Muscles: Gross Packet

15. Complete the following statements. Insert your answers in the answer blanks.

_____ 1.
_____ 2.
_____ 3.
_____ 4.
_____ 5.
_____ 6.
_____ 7.
_____ 8.
_____ 9.
_____ 10.
_____ 11.
_____ 12.
_____ 13.
_____ 14.

Standing on your toes as in ballet is __(1)__ of the foot. Walking on your heels is __(2)__.

Winding up for a pitch (as in baseball) can properly be called __(3)__. To keep your seat when riding a horse, the tendency is to __(4)__ your thighs.

In running, the action at the hip joint is __(5)__ in reference to the leg moving forward and __(6)__ in reference to the leg in the posterior position. When kicking a football, the action at the knee is __(7)__. In climbing stairs, the hip and knee of the forward leg are both __(8)__. You have just touched your chin to your chest; this is __(9)__ of the neck.

Using a screwdriver with a straight arm requires __(10)__ of the arm. Consider all the movements of which the arm is capable. One often used for strengthening all the upper arm and shoulder muscles is __(11)__.

Moving the head to signify "no" is __(12)__. Action that moves the distal end of the radius across the ulna is __(13)__. Raising the arms laterally away from the body is called __(14)__ of the arms.

16. The terms provided in the key choices are often used to describe the manner in which muscles interact with other muscles. Select the key terms that apply to the following definitions and insert the correct letter or term in the answer blanks.

Key Choices

A. Antagonist B. Fixator C. Prime mover D. Synergist

_____ 1. Agonist

_____ 2. Postural muscles for the most part

_____ 3. Stabilizes a joint so that the prime mover can act at more distal joints

_____ 4. Performs the same movement as the prime mover

_____ 5. Reverses and/or opposes the action of a prime mover

_____ 6. Immobilizes the origin of a prime mover

17. Several criteria are applied to the naming of muscles. These are provided in Column B. Identify which criteria pertain to the muscles listed in Column A and enter the correct letter(s) in the answer blank.

	Column A	Column B
_____	1. Gluteus maximus	A. Action of the muscle
_____	2. Adductor magnus	B. Shape of the muscle
_____	3. Biceps femoris	C. Location of the muscle's origin and/or insertion
_____	4. Transversus abdominis	D. Number of origins
_____	5. Extensor carpi ulnaris	E. Location of muscle relative to a bone or body region
_____	6. Trapezius	F. Direction in which the muscle fibers run relative to some imaginary line
_____	7. Rectus femoris	G. Relative size of the muscle
_____	8. External oblique	

GROSS ANATOMY OF THE SKELETAL MUSCLES

Muscles of the Head

18. Identify the major muscles described in Column A by choosing a response from Column B. Enter the correct letter in the answer blank. Select a different color for each muscle described and color in the coding circle and corresponding muscle on Figure 6–6.

	Column A	Column B
◯ _____	1. Used to show you're happy	A. Buccinator
◯ _____	2. Used to suck in your cheeks	B. Frontalis
◯ _____	3. Used in winking	C. Masseter
◯ _____	4. Wrinkles the forehead horizontally	D. Orbicularis oculi
◯ _____	5. The "kissing" muscle	E. Orbicularis oris
◯ _____	6. Prime mover of jaw closure	F. Sternocleidomastoid
◯ _____	7. Synergist muscle for jaw closure	G. Temporalis
◯ _____	8. Prime mover of head flexion; a two-headed muscle	H. Trapezius
		I. Zygomaticus

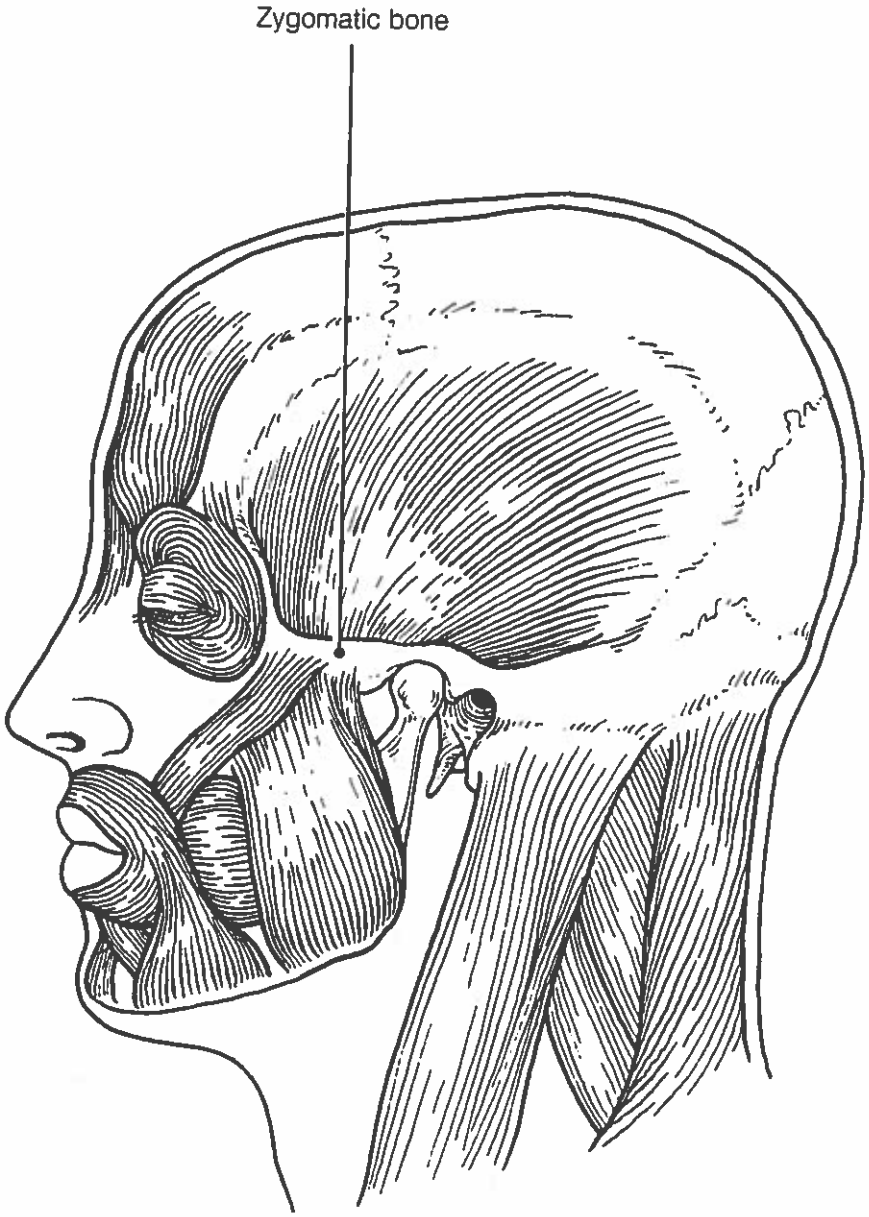


Figure 6–6

19. Match the muscle names in Column B to the facial muscles described in Column A.

Column A	Column B
_____ 1. Squints the eyes	A. Buccinator
_____ 2. Pulls the eyebrows superiorly	B. Frontal belly of the epicranius
_____ 3. Smiling muscle	C. Occipital belly of the epicranius
_____ 4. Puckers the lips	D. Orbicularis oculi
_____ 5. Draws the corners of the lips downward	E. Orbicularis oris
_____ 6. Pulls the scalp posteriorly	F. Platysma
	G. Zygomaticus

Muscles of the Trunk

20. Identify the anterior trunk muscles described in Column A by choosing a response from Column B. Enter the correct letter in the answer blank. Then, for each muscle description that has a color-coding circle, select a different color to color the coding circle and corresponding muscle on Figure 6–7.

Column A	Column B
◯ _____ 1. The name means "straight muscle of the abdomen"	A. Deltoid
◯ _____ 2. Prime mover for shoulder flexion and adduction	B. Diaphragm
◯ _____ 3. Prime mover for shoulder abduction	C. External intercostal
◯ _____ 4. Part of the abdominal girdle; forms the external lateral walls of the abdomen	D. External oblique
◯ _____ 5. Acting alone, each muscle of this pair turns the head toward the opposite shoulder	E. Internal intercostal
_____ 6. and 7. Besides the two abdominal muscles (pairs) named above, two muscle pairs that help form the natural abdominal girdle	F. Internal oblique
_____ 8. Deep muscles of the thorax that promote the inspiratory phase of breathing	G. Latissimus dorsi
_____ 9. An unpaired muscle that acts with the muscles named immediately above to accomplish inspiration	H. Pectoralis major
	I. Rectus abdominis
	J. Sternocleidomastoid
	K. Transversus abdominis

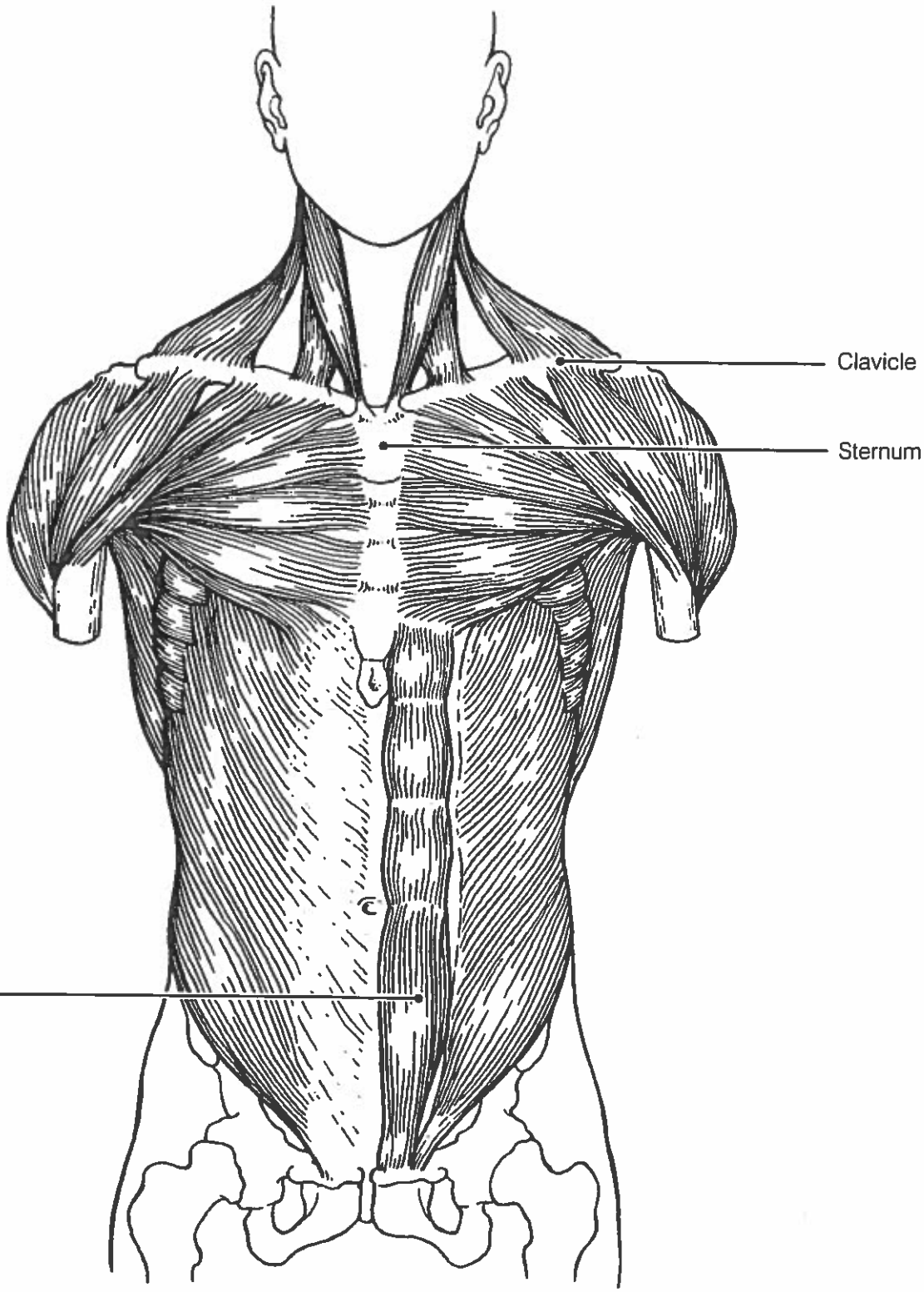

Clavicle
Sternum
Aponeurosis normally overlying this muscle has been removed

Figure 6–7

21. Identify the posterior trunk muscles described in Column A by choosing a response from Column B. Enter the correct letter in the answer blank. Select a different color for each muscle description with a coding circle and color the coding circles and corresponding muscles on Figure 6–8.

	Column A	Column B
◯ _____	1. Muscle that allows you to shrug your shoulders or extend your head	A. Deltoid
◯ _____	2. Muscle that adducts the shoulder and causes extension of the shoulder joint	B. Erector spinae
◯ _____	3. Shoulder muscle that is the antagonist of the muscle just described	C. External oblique
_____	4. Prime mover of back extension; a deep composite muscle consisting of three columns	D. Gluteus maximus
_____	5. Large paired superficial muscle of the lower back	E. Latissimus dorsi
◯ _____	6. Fleshy muscle forming part of the posterior abdominal wall that helps maintain upright posture	F. Quadratus lumborum
		G. Trapezius

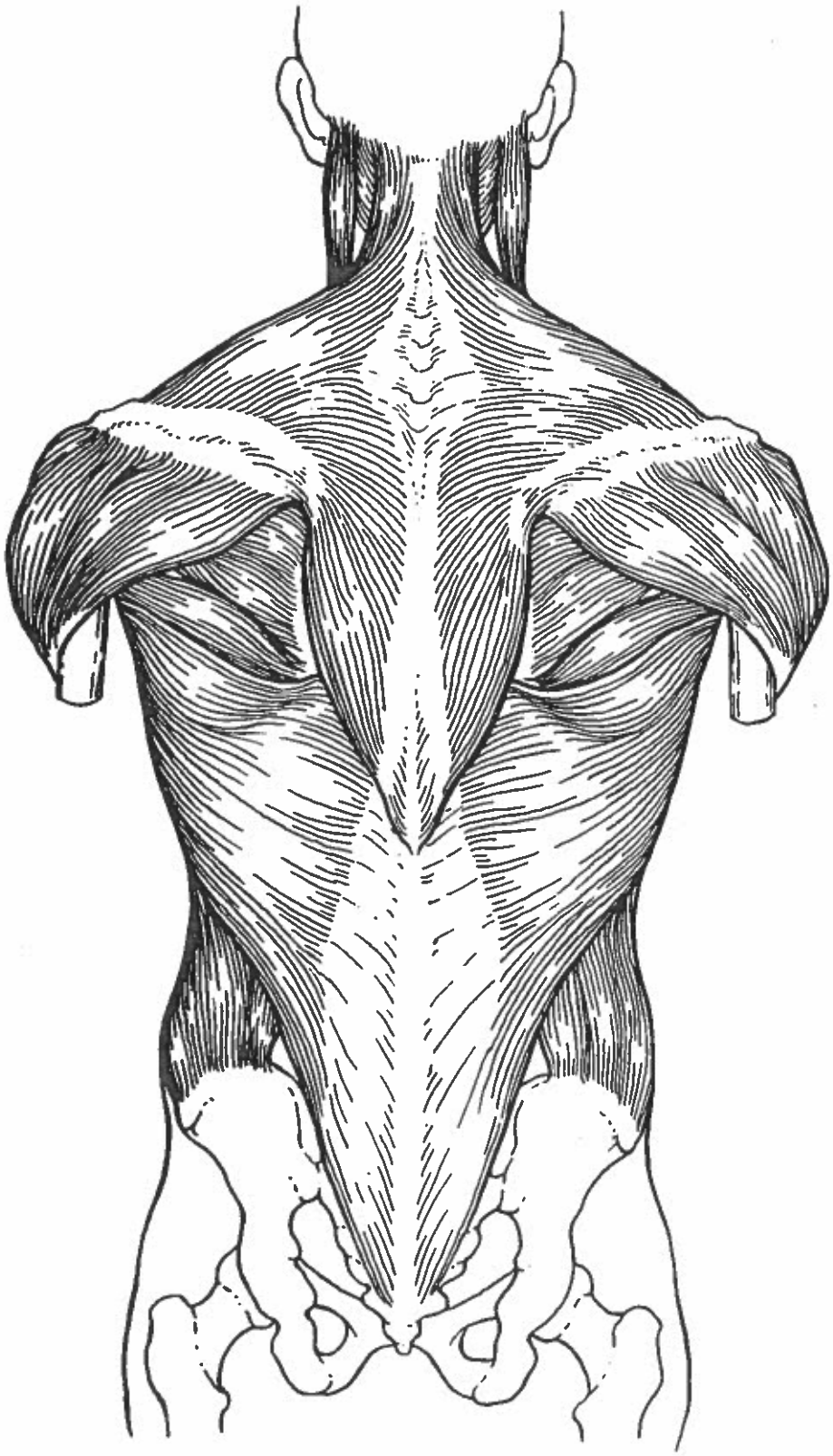


Figure 6–8

Muscles of the Hip, Thigh, and Leg

22. Identify the muscles described in Column A by choosing a response from Column B. Enter the correct letter in the answer blank. Select a different color for each muscle description provided with a color-coding circle, and use it to color the coding circles and corresponding muscles on Figure 6–9. Complete the illustration by labeling those muscles provided with leader lines.

Column A

_____ 1. Hip flexor, deep in pelvis; a composite of two muscles

◯ _____ 2. Used to extend the hip when climbing stairs

◯ _____ 3. "Toe dancer's" muscle; a two-bellied muscle of the calf

◯ _____ 4. Inverts and dorsiflexes the foot

◯ _____ 5. Muscle group that allows you to draw your legs to the midline of your body, as when standing at attention

◯ _____ 6. Muscle group that extends the knee

◯ _____ 7. Muscle group that extends the thigh and flexes the knee

◯ _____ 8. Smaller hip muscle commonly used as an injection site

◯ _____ 9. Muscle group of the lateral leg; plantar flex and evert the foot

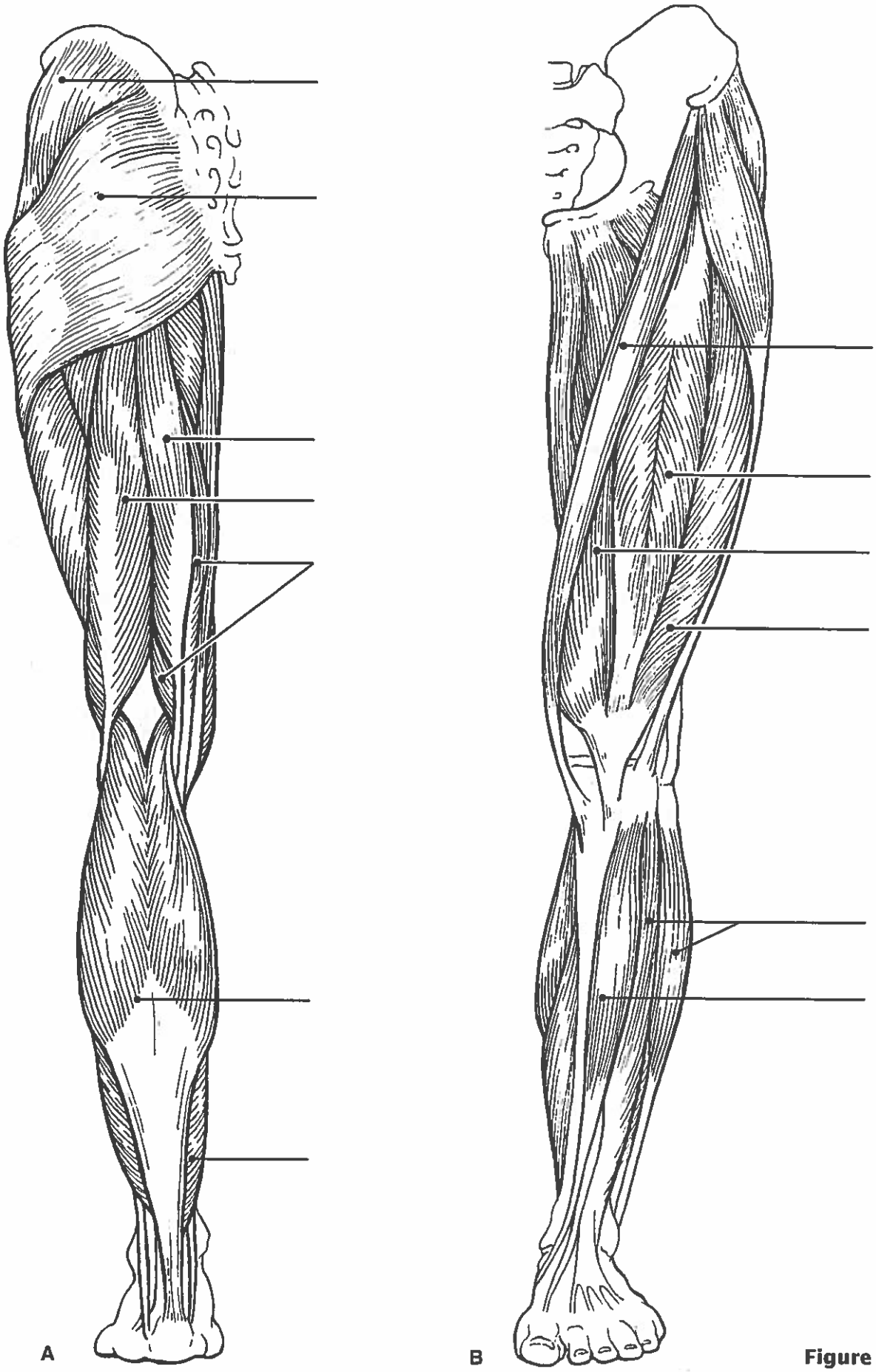
◯ _____ 10. Straplike muscle that is a weak thigh flexor; the "tailor's muscle"

◯ _____ 11. Like the two-bellied muscle that lies over it, this muscle is a plantar flexor

Column B

A. Adductors
B. Biceps femoris
C. Fibularis muscles
D. Gastrocnemius
E. Gluteus maximus
F. Gluteus medius
G. Hamstrings
H. Iliopsoas
I. Quadriceps
J. Rectus femoris
K. Sartorius
L. Semimembranosus
M. Semitendinosus
N. Soleus
O. Tibialis anterior
P. Vastus intermedius
Q. Vastus lateralis
R. Vastus medialis

23. What is the functional reason the muscle group on the dorsal leg (calf) is so much larger than the muscle group in the ventral leg region?



A B

Figure 6–9

Muscles of the Arm and Forearm

24. Identify the muscles described in Column A by choosing a response from Column B. Enter the correct letter in the answer blank. Then select different colors for each muscle description provided with a color-coding circle and use them to color in the coding circles and corresponding muscles on Figure 6–10.

Column A

○ _____ 1. Wrist flexor that follows the ulna

○ _____ 2. Muscle that extends the fingers

_____ 3. Muscle that flexes the fingers

○ _____ 4. Muscle that allows you to bend (flex) the elbow

○ _____ 5. Muscle that extends the elbow

○ _____ 6. Powerful shoulder abductor, used to raise the arm overhead

Column B

A. Biceps brachii

B. Deltoid

C. Extensor carpi radialis

D. Extensor digitorum

E. Flexor carpi ulnaris

F. Flexor digitorum superficialis

G. Triceps brachii

Figure 6–10

General Body Muscle Review

25. Complete the following statements describing muscles. Insert the correct answers in the answer blanks.

_____ 1. Three muscles—__(1)__, __(2)__, and __(3)__—are commonly used for intramuscular injections in adults.

_____ 2.

_____ 3. The insertion tendon of the __(4)__ group contains a large sesamoid bone, the patella.

_____ 4. The triceps surae insert in common into the __(5)__ tendon.

_____ 5. The bulk of the tissue of a muscle tends to lie __(6)__ to the part of the body it causes to move.

_____ 6.

_____ 7. The extrinsic muscles of the hand originate on the __(7)__.

_____ 8. Most flexor muscles are located on the __(8)__ aspect of the body; most extensors are located __(9)__. An exception to this generalization is the extensor–flexor musculature of the __(10)__.

_____ 9.

_____10. The pectoralis major and deltoid muscles act synergistically to __(11)__ the arm.

_____11.

26. Circle the term that does not belong in each of the following groupings.

1. Vastus lateralis Vastus medialis Knee extension Biceps femoris
2. Latissimus dorsi Pectoralis major Shoulder adduction Antagonists
3. Buccinator Frontalis Masseter Mastication Temporalis
4. Vastus medialis Rectus femoris Iliacus Origin on coxal bone

27. When kicking a football, at least three major actions of the lower limb are involved. Name the major muscles (or muscle groups) responsible for the following:

1. Flexing the hip joint: _____
2. Extending the knee: _____
3. Dorsiflexing the foot: _____

_____

28. Identify the numbered muscles in Figure 6–11 by placing the numbers in the blanks next to the following muscle names. Then select a different color for each muscle provided with a color-coding circle and color the coding circle and corresponding muscle in Figure 6–11.

○ _____ 1. Orbicularis oris

○ _____ 2. Pectoralis major

○ _____ 3. External oblique

○ _____ 4. Sternocleidomastoid

○ _____ 5. Biceps brachii

○ _____ 6. Deltoid

○ _____ 7. Vastus lateralis

○ _____ 8. Frontalis

○ _____ 9. Rectus femoris

○ _____ 10. Sartorius

○ _____ 11. Gracilis

○ _____ 12. Adductor group

○ _____ 13. Fibularis longus

○ _____ 14. Temporalis

○ _____ 15. Orbicularis oculi

○ _____ 16. Zygomaticus

○ _____ 17. Masseter

○ _____ 18. Vastus medialis

○ _____ 19. Tibialis anterior

○ _____ 20. Transversus abdominis

○ _____ 21. Rectus abdominis

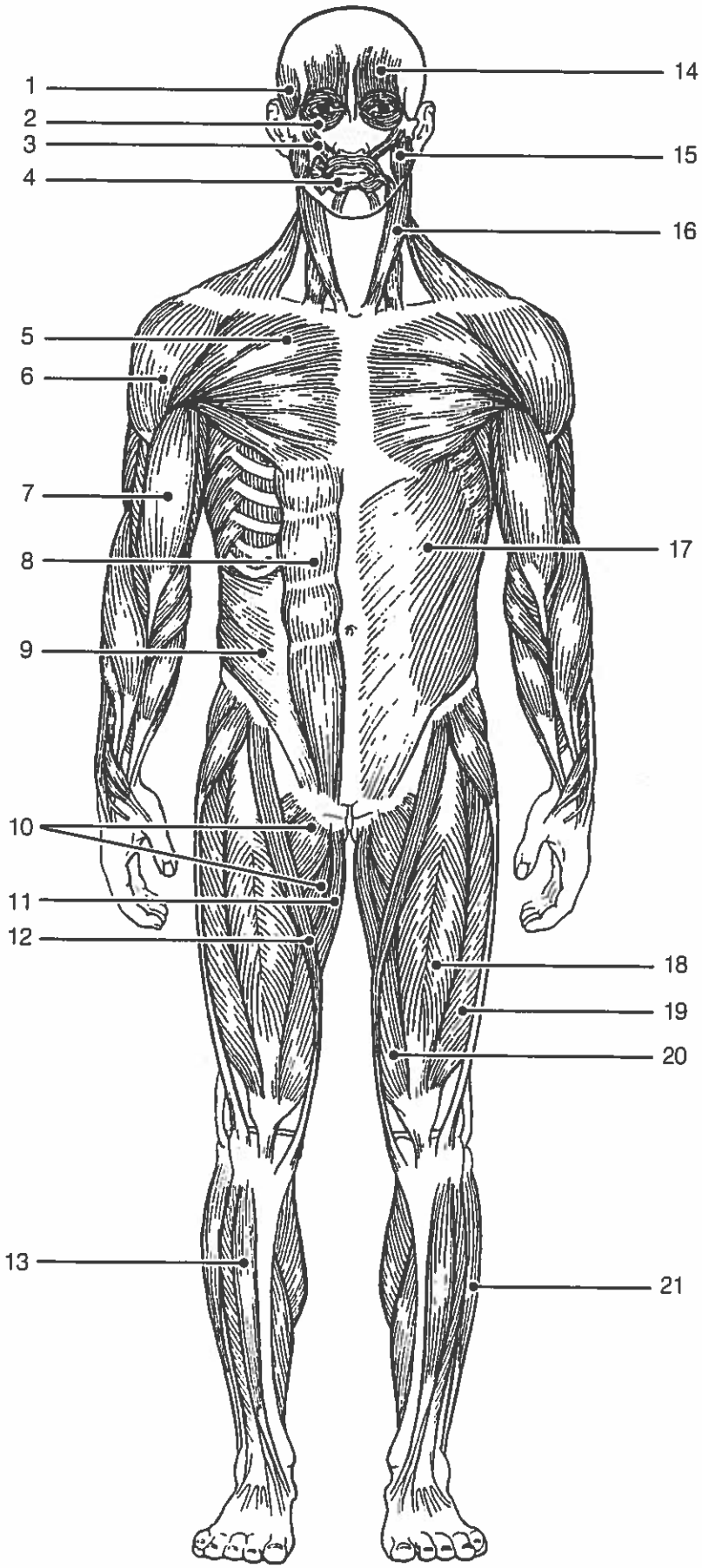


Figure 6–11

29. Identify each of the numbered muscles in Figure 6–12 by placing the numbers in the blanks next to the following muscle names. Then select different colors for each muscle and color the coding circles and corresponding muscles on Figure 6–12.

◯ _____ 1. Adductor muscle

◯ _____ 2. Gluteus maximus

◯ _____ 3. Gastrocnemius

◯ _____ 4. Latissimus dorsi

◯ _____ 5. Deltoid

◯ _____ 6. Semitendinosus

◯ _____ 7. Soleus

◯ _____ 8. Biceps femoris

◯ _____ 9. Triceps brachii

◯ _____ 10. External oblique

◯ _____ 11. Gluteus medius

◯ _____ 12. Trapezius

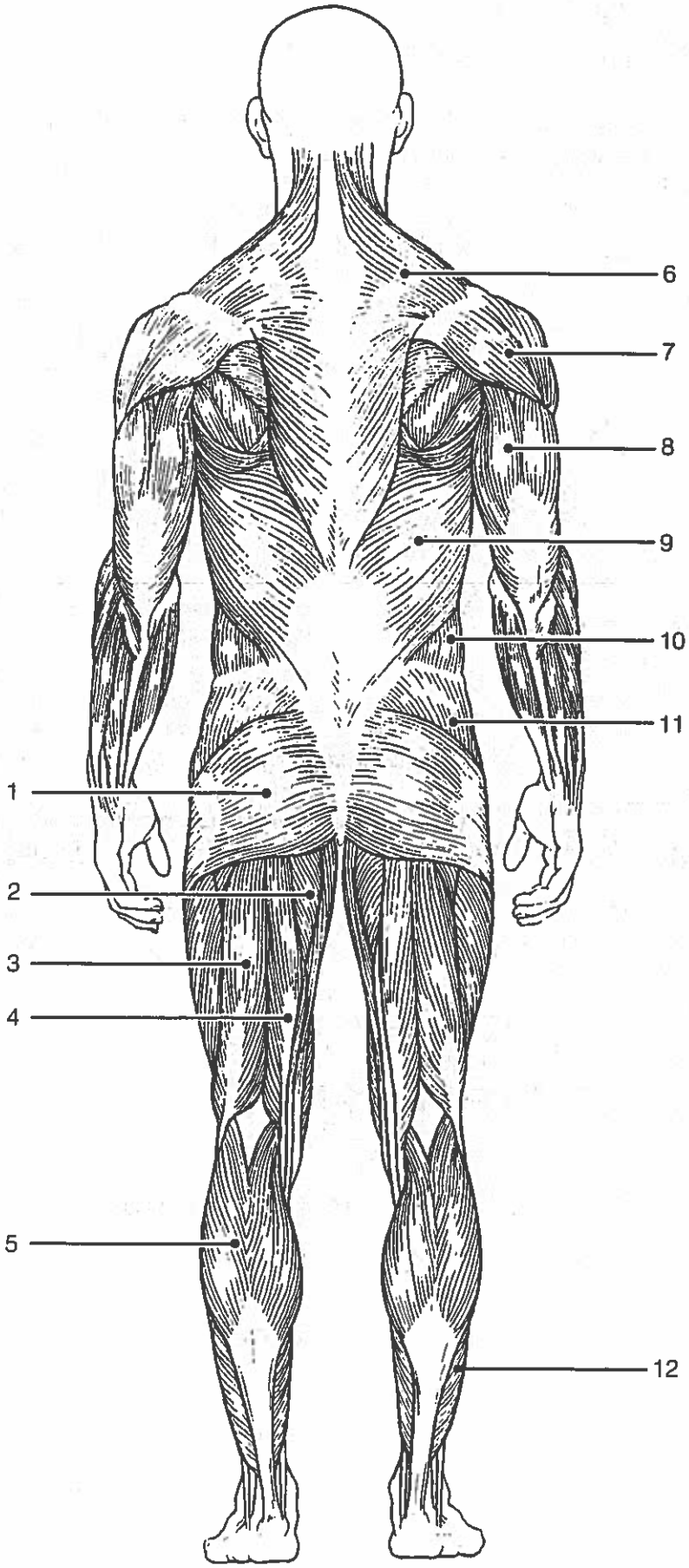


Figure 6–12