

MAJOR SKELETAL MUSCLES - Naming

CHARACTERISTIC	EXAMPLES	EXAMPLES IN HUMANS
Direction of fascicles relative to midline	rectus = parallel transverse = perpendicular oblique = at 45° angle	Rectus abdominis Transversus abdominis External Oblique
Location (i.e. the bone or body part that a muscle covers)	frontal bone tibia	Frontalis Tibialis Anterior
Relative Size	maximus = largest minimus = smallest longus = longest brevis = shortest	Gluteus maximus Gluteus minimus Palmaris longus Peroneus longus
Number of Origins (Heads)	biceps = 2 origins triceps = 3 origins	Biceps brachii Triceps brachii
Shape	deltoid = triangle trapezius = trapezoid serratus = saw-toothed orbicularis = circular	Deltoid Trapezius Serratus anterior Orbicularis oris
Location of Origin and/or Insertion	origin = sternum insertion = mastoid process	Sternocleidomastoid
Action of Muscle	flexion extension adduction	Flexor carpi radialis Extensor digitorum Adductor longus

VII. **MAJOR SKELETAL MUSCLES** (Keyed at the end of this outline)

Use the figures and tables on pages 325-386 to complete the following information.

If a muscle is starred (*), please include its origin and insertion. Also see

- A. **Muscles of Facial Expression:**
See Table 10.1 on page 335 -336.

NAME OF MUSCLE	LOCATION/ DESCRIPTION	ACTION
Epicranius Frontalis Occipitalis		
Orbicularis oris		
Zygomaticus (*)		
Buccinator		
Platysma		
Orbicularis oculi		

- B. **Muscles of Mastication:** See Table 10.2 on page 338

NAME OF MUSCLE	LOCATION/ DESCRIPTION	ACTION
Masseter(*)		
Temporalis		

C. Muscles that move the Head and Vertebral Column:
See Table 10.4 on page 342, page 344.

NAME OF MUSCLE	LOCATION/ DESCRIPTION	ACTION
Sternocleidomastoid (*)		
Erector Spinae		

D. Muscles that move the Pectoral Girdle:
See Fig 10.8 on page 352

NAME OF MUSCLE	LOCATION/ DESCRIPTION	ACTION
Trapezius (*)		
Pectoralis minor		
Serratus anterior		

E. Muscles that move the Arm (Humerus):
See Table 10.9, page 354-355

NAME OF MUSCLE	LOCATION/ DESCRIPTION	ACTION
Pectoralis major (*)		
Latissimus dorsi		
Deltoid		
Supraspinatus		

Subscapularis		
Infraspinatus		
Teres minor		

**F. Muscles that move the Forearm (radius & ulna):
See Table 10.1, page 357**

NAME OF MUSCLE	LOCATION/ DESCRIPTION	ACTION
Biceps Brachii (*)		
Brachialis		
Brachioradialis		
Triceps brachii		

G. Muscles that move the Hand
See Table 10.11, page 358-359

NAME OF MUSCLE	LOCATION/ DESCRIPTION	ACTION
Flexor carpi radialis		
Flexor carpi ulnaris		
Palmaris longus		
Extensor digitorum		
Flexor digitorum profundus		
Flexor digitorum Superficialis		
Extensor carpi radialis longus		
Extensor carpi ulnaris		

**H. Muscles of the Abdominal Wall:
See Table 10.6, page 348**

NAME OF MUSCLE	LOCATION/ DESCRIPTION	ACTION
Rectus abdominis (*)		
External Oblique		
Internal Oblique		
Transversus abdominis		

**I. Muscles of the Pelvic Outlet
See Table 10.7 page 350-351**

NAME OF MUSCLE	LOCATION/ DESCRIPTION	ACTION
Levator ani		
Coccygeus		
Superficial transversus perinei		
Bulbospongiosus		
Ischiocavernosus		
Sphincter urethrae		

J. Muscles that move the Thigh (Femur):
See Table 10.14, page 367-372

NAME OF MUSCLE	LOCATION/ DESCRIPTION	ACTION
Gluteus Maximus (*)		
Gluteus Medius		
Adductor Longus		
Iliopsoas		Flexes thigh
Tensor fasciae latae		
Gracilis		

K. Muscles that move the Leg (Tibia & Fibula):
See Table 10.14, page 367-372

NAME OF MUSCLE	LOCATION/ DESCRIPTION	ACTION
Rectus femoris		
Vastus lateralis		
Vastus Medialis		
Vastus intermedius		
Sartorius (*)		
Biceps femoris (*)		

Semitendinosus		
Semimembranosus		

L. Muscles that move the Foot & Toes
See Table 10.15, page 373-378

NAME OF MUSCLE	LOCATION/ DESCRIPTION	ACTION
Tibialis anterior		
Fibularis (peroneus) longus		
Gastrocnemius (*)		
Soleus		
Flexor digitorum longus		
Extensor digitorum longus		