

List of muscles for exam: Be able to identify the following muscles on a model. Also, know the origins, insertions, and actions of only the muscles listed on Table 11-1 p. 256 in lab book.

1. epicranii (frontalis and occipitalis)
2. orbicularis oculi
3. zygomaticus
4. buccinator
5. orbicularis oris
6. temporalis
7. masseter
8. platysma
9. sternocleidomastoid
10. trapezius
11. pectoralis minor
12. rectus abdominis
13. external obliques
14. deltoid
15. pectoralis major
16. latissimus dorsi
17. serratus anterior
18. infraspinatus
19. subscapularis
20. supraspinatus
21. teres minor
22. biceps brachii
23. triceps brachii
24. brachialis
25. brachioradialis
26. flexor carpi ulnaris
27. extensor carpi radialis longus
28. extensor digitorum
29. extensor carpi ulnaris
30. gluteus maximus
31. sartorius
32. rectus femoris
33. Vastus medialis
34. Vastus intermedius
35. Vastus lateralis
36. Adductor longus
37. Biceps femoris
38. Semimembranosus
39. Semitendinosus
40. Gastrocnemius
41. Soleus
42. Tibialis anterior
43. Extensor digitorum longus
44. External intercostals
45. Internal intercostals

Naming skeletal muscles

Muscle nomenclature is the system of naming skeletal muscle organs. The names of muscles, as with many organs, are in Latin rather than in English. By using only a handful of descriptive Latin words, in combinations of two or three, anatomists have named all the muscles of the human body. Review these terms used to name muscles because they will come in handy when you learn specific muscle names in the next exercise.

- 1 Muscles can be named for their overall shape. Review these terms related to muscle shape:

deltoid	shaped like <i>delta</i> (Δ)
orbicularis	circular
platy	flattened; platelike
quadratus	square
rhomboideus	diamond-shaped
trapezius	trapezoidal
triangularis	triangular

- 2 Some muscles are named for their points of attachment (*origin* and *insertion*). For example, the *sternocleidomastoid* muscle has attachments on the sternum, clavicle, and mastoid process of the temporal bone.
- 3 Muscles can be named according to relative size:

brevis	short
longus	long
magnus	large
maximus	largest
medius	moderately sized
minimus	small

- 4 The direction of fibers visible in a muscle can be a basis for its name, using these terms:

oblique	diagonal to the body's midline
rectus	parallel to the midline
sphincter	circling an opening
transversus	at a right angle to the midline

- 5 Some muscle names are derived from the action(s) produced:

abductor	abducts a part
adductor	adducts a part
depressor	depresses a part
extensor	extends a part
flexor	flexes a part
levator	elevates a part
rotator	rotates a part

- 6 Some muscles are named for the region in which they are found. Some of these terms should be familiar to you:

brachialis	arm
frontalis	frontal (bone)
femoris	femur
gluteus	posterior of hip/thigh
oculi	eye
radialis	radius
ulnaris	ulna