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.

<table>
<thead>
<tr>
<th>Column A</th>
<th>Column B</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>A. Buccinator</td>
</tr>
<tr>
<td>A</td>
<td>B. Frontalis</td>
</tr>
<tr>
<td>D</td>
<td>C. Masseter</td>
</tr>
<tr>
<td>B</td>
<td>D. Orbicularis oculi</td>
</tr>
<tr>
<td>E</td>
<td>E. Orbicularis oris</td>
</tr>
<tr>
<td>C</td>
<td>F. Sternocleidomastoid</td>
</tr>
<tr>
<td>G</td>
<td>G. Temporalis</td>
</tr>
<tr>
<td>F</td>
<td>H. Trapezius</td>
</tr>
<tr>
<td></td>
<td>I. Zygomaticus</td>
</tr>
</tbody>
</table>

Figure 6-6

Zygomatic bone

TEMPORALIS

FRONTALIS

ORBICULARIS OCULI

ZYGOMATICUS

ORBICULARIS ORIS

BUCCINATOR

MASSETER

STERNOCLEIDOMASTOID

TRAPEZIUS
Muscles of the Trunk

19. 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**

1. The name means “straight muscle of the abdomen”
   - H
2. Prime mover for shoulder flexion and adduction
   - A
3. Prime mover for shoulder abduction
   - D
4. Part of the abdominal girdle; forms the external lateral walls of the abdomen
   - J
5. Acting alone, each muscle of this pair turns the head toward the opposite shoulder
   - K
6. and 7. Besides the two abdominal muscles (pairs) named above, two muscle pairs that help form the natural abdominal girdle
   - C
7. Deep muscles of the thorax that promote the inspiratory phase of breathing
   - B
8. An unpaired muscle that acts with the muscles named immediately above to accomplish inspiration
   - TR.

**Column B**

- A. Deltoid
- B. Diaphragm
- C. External intercostal
- D. External oblique
- E. Internal intercostal
- F. Internal oblique
- G. Latissimus dorsi
- H. Pectoralis major
- I. Rectus abdominis
- J. Sternoceidomastoid
- K. Transversus abdominis

\[ \text{cont.} \]
20. 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.

<table>
<thead>
<tr>
<th>Column A</th>
<th>Column B</th>
</tr>
</thead>
<tbody>
<tr>
<td>G</td>
<td>A. Deltoid</td>
</tr>
<tr>
<td>E</td>
<td>B. Erector spinae</td>
</tr>
<tr>
<td>A</td>
<td>C. External oblique</td>
</tr>
<tr>
<td>B</td>
<td>D. Gluteus maximus</td>
</tr>
<tr>
<td>E</td>
<td>E. Latissimus dorsi</td>
</tr>
<tr>
<td>F</td>
<td>F. Quadratus lumborum</td>
</tr>
<tr>
<td></td>
<td>G. Trapezius</td>
</tr>
</tbody>
</table>

1. Muscle that allows you to shrug your shoulders or extend your head
2. Muscle that adducts the shoulder and causes extension of the shoulder joint
3. Shoulder muscle that is the antagonist of the muscle just described
4. Prime mover of back extension; a deep composite muscle consisting of three columns
5. Large paired superficial muscle of the lower back
6. Riehty muscle forming part of the posterior abdominal wall that helps maintain upright posture
Chapter 6  The Muscular System

Figure 6-5

TRAPEZIUS
DELTOID
LATTISSIMUS DORSI
QUADRATUS LUMBOrium
**Muscles of the Hip, Thigh, and Leg**

21. 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.

<table>
<thead>
<tr>
<th>Column A</th>
<th>Column B</th>
</tr>
</thead>
<tbody>
<tr>
<td>H</td>
<td>A. Adductors *</td>
</tr>
<tr>
<td>E</td>
<td>B. Biceps femoris *</td>
</tr>
<tr>
<td>D</td>
<td>C. Tibialis anterior *</td>
</tr>
<tr>
<td>O</td>
<td>D. Gastrocnemius*</td>
</tr>
<tr>
<td>C</td>
<td>E. Gluteus maximus*</td>
</tr>
<tr>
<td>F</td>
<td>F. Gluteus medius *</td>
</tr>
<tr>
<td>G</td>
<td>G. Hamstrings *</td>
</tr>
<tr>
<td>I</td>
<td>H. Iliopsoas *</td>
</tr>
<tr>
<td>J</td>
<td>I. Quadriceps *</td>
</tr>
<tr>
<td>K</td>
<td>J. Rectus femoris *</td>
</tr>
<tr>
<td>N</td>
<td>K. Sartorius *</td>
</tr>
<tr>
<td></td>
<td>L. Semimembranosus *</td>
</tr>
<tr>
<td></td>
<td>M. Semitendinosus *</td>
</tr>
<tr>
<td></td>
<td>N. Soleus *</td>
</tr>
<tr>
<td></td>
<td>O. Tibialis anterior *</td>
</tr>
<tr>
<td></td>
<td>P. Vastus intermedius *</td>
</tr>
<tr>
<td></td>
<td>Q. Vastus lateralis *</td>
</tr>
<tr>
<td></td>
<td>R. Vastus medialis *</td>
</tr>
</tbody>
</table>

- 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. Strap-like 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
Muscles of the Arm and Forearm

22. 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 the coding circles and corresponding muscles on Figure 6–10.

**Column A**

1. Wrist flexor that follows the ulna
   - C. Extensor carpi radialis
   - E. Flexor carpi ulnaris
   - G. Triceps brachii

2. Muscle that extends the fingers
   - B. Deltoid
   - F. Flexor digitorum superficialis

3. Muscle that flexes the fingers
   - D. Extensor digitorum
   - A. Biceps brachii

4. Muscle that allows you to bend (flex) the elbow
   - B. Deltoid
   - A. Biceps brachii

5. Muscle that extends the elbow
   - C. Extensor carpi radialis
   - E. Flexor carpi ulnaris
   - G. Triceps brachii

6. Powerful shoulder abductor, used to raise the arm overhead
   - B. Deltoid
   - A. Biceps brachii

**Figure 6–10**
25. 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.

- 4. Orbicularis oris
- 5. Pectoralis major
- 17. External oblique
- 16. Sternocleidomastoid
- 7. Biceps brachii
- 6. Deltoid
- 19. Vastus lateralis
- 14. Frontalis
- 18. Rectus femoris
- 12. Sartorius
- 11. Gracilis
- 10. Adductor group
- 21. Fibularis longus
- 1. Temporalis
- 2. Orbicularis oculi
- 3. Zygomaticus
- 15. Masseter
- 20. Vastus medialis
- 13. Tibialis anterior
- 9. Transversus abdominis
- 8. Rectus abdominis
Figure 6-11
26. 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

- 6. TRAPEZIUS
- 7. DELTOID
- 8. TRICERS BRACHII
- 9. LATISSIMUS DORSI
- 10. EXTERNAL OBLIQUE
- 11. GLUTEUS MEDius
- 12. SOLEUS
- GLUTEUS MAXIMUS
- ADDUCTOR
- BICEPS FEMORIS
- SEMITENDINOUS
- GASTROC NEMIUS

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