

CSM Anatomy

Muscles Lab Guide

HISTOLOGY

smooth muscle
skeletal muscle
 striations
cardiac muscle
 intercalated discs

BODY MOVEMENTS (these terms must
be used to describe actions of muscles)

flexion and extension
adduction and abduction
rotation
supination and pronation
inversion and eversion
plantar flexion and dorsiflexion
elevation and depression
protraction and retraction

MUSCLES

Items in *italics* are not muscles but tendons or ligaments.

Anterior Head and Trunk

Face

 frontalis
 orbicularis oculi
 orbicularis oris
 platysma
 temporalis
 masseter
 zygomaticus major

External Ocular Muscles (6)

Tongue (Glossus) Muscles (4)

Sternocleidomastoid

pectoralis major

pectoralis minor

serratus anterior

diaphragm

external and internal intercostals

external oblique

internal oblique
transversus abdominis
rectus abdominis (*tendinous inscriptions*)
linea alba
inguinal ligament
Pelvic Floor Muscles

Thigh

quadriceps femoris
 rectus femoris
 vastus lateralis
 vastus medialis
 vastus intermedius
patellar tendon and ligament
sciatic nerve
sartorius
hamstrings
 biceps femoris
 semitendinosus
 semimembranosus

iliopsoas
gluteus maximus
gluteus medius
iliotibial tract (band)
tensor fasciae latae
gracilis
pectineus
adductor longus
adductor brevis
adductor magnus

Leg

tibialis anterior
gastrocnemius
extensor digitorum longus
extensor hallucis longus
peroneus/fibularis longus
peroneus /fibularis brevis
flexor hallucis longus

soleus
calcaneal tendon

Posterior Trunk

erector spinae (3 groups)

trapezius

rhomboideus major

rhomboideus minor

latissimus dorsi

supraspinatus

infraspinatus

teres major

teres minor

subscapularis

Arm

deltoid

biceps brachii (short and long head)

brachialis

triceps brachii (lateral, medial and long heads)

Forearm

brachioradialis

flexor carpi radialis

palmaris longus

flexor carpi ulnaris

extensor carpi radialis longus

extensor carpi radialis brevis

extensor digitorum

extensor carpi ulnaris

extensor digiti minimi

pronator teres

Hand

thenar eminence

hypothenar eminence