Muscles of the Head and Neck

1. Using choices from the list at the right, correctly identify the muscles provided with leader lines on the diagram.
   - buccinator
   - frontalis
   - masseter
   - platysma
   - occipitalis
   - orbicularis oculi
   - orbicularis oris
   - zygomaticus

2. Using the terms provided above, identify the muscles described next.
   1. used to grin
   2. important muscle to a saxophone player
   3. used in blinking and squinting
   4. its contraction makes the "sad clown" face (pulls the corners of the mouth downward)
   5. raises your eyebrows for a questioning expression
   6. your "kisser"
   7. allows you to "bite" that carrot stick
   8. tenses skin of the neck during shaving
Muscles of the Trunk and Upper Limb

3. Using choices from the key, identify the major muscles described next:

1. a major spine flexor
   - rectus abdominis
   - erector spinae
   - latissimus dorsi
   - triceps brachii

2. prime mover for pulling the arm posteriorly
   - external oblique
   - internal oblique
   - rectus abdominis

3. elbow extender
   - extensor carpi radialis
   - extensor carpi ulnaris
   - extensor digitorum superficialis

4. help form the abdominal girdle (four pairs of muscles)
   - external intercostals
   - external oblique
   - flexor carpi radialis
   - internal oblique
   - latissimus dorsi
   - pectoralis major
   - rectus abdominis
   - transversus abdominis
   - trapezius
   - triceps brachii

5. extends and adducts wrist
   - extensor carpi ulnaris

6. allows you to raise your arm laterally
   - deltoid

7. shoulder adductors (two muscles)
   - not in the lab manual

8. flexes elbow; supinates the forearm
   - triceps brachii

9. small muscles between the ribs; elevate the ribs during breathing
   - trapezius

10. extends the head
    - pectoralis major

11. extends the spine
    - rectus abdominis

12. extends and abducts the wrist
    - transversus abdominis

Muscles of the Lower Limb

4. Use the key terms to respond to the descriptions below. (Some terms may be used more than once.)

1. lateral compartment muscle that plantar flexes and everts the ankle
   - fibularis longus

2. forms the buttock
   - glutaeus maximus

3. a prime mover of ankle plantar flexion
   - gastrocnemius

4. a prime mover of ankle dorsiflexion
   - tibialis anterior

5. allow you to grip a horse’s back with your thighs
   - adductor group

6. muscles that insert into the tibial tuberosity (two choices)
   - biceps femoris
   - semitendinosus

7. muscles that extend thigh and flex knee
   - semimembranosus

8. prime mover of inversion of the foot
   - tibia posterior

9. prime mover of dorsiflexion of the foot
   - vastus muscles
10. adduct the thigh, as when standing at attention
11. extends the toes
12. extends knee and flexes thigh
13. used to extend the hip when climbing stairs
14. prime movers of plantar flexion (two muscles) of the foot

General Review: Muscle Descriptions
5. Complete the following statements (use your textbook, as necessary):
   1. Deltoid, Gluteus medius, and Vastus lateralis are commonly used for intramuscular injections (three muscles).
   2. The insertion tendon of the Quadriceps group contains a large sesamoid bone, the patella.
   3. The gastrocnemius and soleus muscles insert in common into the Achilles tendon.
   4. The bulk of the tissue of a muscle tends to lie proximal to the part of the body it causes to move.
   5. The extrinsic muscles of the hand originate on the humerus.
   6. Most flexor muscles are located on the anterior aspect of the body; most extensors are located posterior. An exception to this generalization is the extensor-flexor musculature of the leg.
6. Identify the lettered muscles in the diagram of the human anterior superficial musculature by matching each letter with one of the following muscle names:

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. rectus abdominis
11. sartorius
12. platysma
13. flexor carpi radialis
14. orbicularis oculi
15. gastrocnemius
16. masseter
17. trapezius
18. tibialis anterior
19. adductors
20. vastus medialis
21. transversus abdominis
22. fibularis longus
23. iliopsoas
24. temporalis
25. zygomaticus
26. triceps brachii

27. brachialis
28. extensor digitorum longus
29. internal oblique
30. soleus
7. Identify each of the lettered muscles in this diagram of the human posterior superficial musculature by matching the letter to one of the following muscle names:

1. gluteus maximus
2. semimembranosus
3. gastrocnemius
4. latissimus dorsi
5. deltoid
6. semitendinosus
7. trapezius
8. biceps femoris
9. triceps brachii
10. external oblique
11. gluteus medius
12. flexor carpi ulnaris
13. extensor carpi ulnaris
14. extensor digitorium
15. extensor carpi radialis
16. sternocleidomastoid
17. adductor magnus
18. soleus