

Superficial Muscle Anatomy

Name: _____

| JOINT | PART MOVED | MUSCLE | * LOCATION ON JOINT | # ACTION ON PART |
|-----------------|------------|---|---------------------|---|
| Neck | Head | <i>Sternocleidomastoid</i> | | |
| | | <i>Splenius capitis</i> <i>Trapezius (Upper)</i> | | |
| Inter-vertebral | Trunk | <i>External oblique</i> <i>Rectus abdominis</i> | | |
| | | <i>Erector spinae</i> | | |
| Shoulder | Upper Arm | <i>Deltoid</i> | | Anterior part: Posterior part: Both together: |
| | | <i>Pectoralis major</i> <i>Latisimus dorsi</i> | | P.m. alone: L.d. alone: Both together: |
| Elbow | Forearm | <i>Biceps brachialis</i> | | |
| | | <i>Triceps brachialis</i> | | |
| Hip | Thigh | <i>Rectus femoris</i> <i>Sartorius</i> | | |
| | | <i>Gluteus maximus</i> <i>Hamstrings (note a)</i> | | |
| | | <i>Gluteus medius</i> <i>Gluteus minimus</i> | | |
| | | <i>Adductors</i> | | |
| Knee | Lower Leg | <i>Quadriceps (note a)</i> | | |
| | | <i>Hamstrings</i> <i>Sartorius</i> <i>Gastrocnemius</i> | | |
| Ankle | Foot | <i>Tibialis anterior</i> | | |
| | | <i>Gastrocnemius</i> <i>Soleus</i> | | |

*Location: Anterior, Posterior, Lateral, Medial

#Action Flexion, Extension, Abduction, Adduction

Note a: Hamstrings = *Biceps femoris*, *Semimembranosus*, *Semitendinosus*

Note b: Quadriceps = *Rectus femoris*, *Vastus medialis*, *Vastus lateralis*

Moving the Arm at the Shoulder



_____ A



_____ B



_____ C



_____ D

Moving the Head on the Neck



_____ E



_____ F

Moving the Lower Leg at the Knee



_____ G



_____ H

Moving the forearm at the elbow



_____ I



_____ J

Moving the trunk at the Hip



_____ K



_____ L

Moving the Thigh at the Hip



_____ M



_____ N



_____ O



_____ P

Examples of Muscle Actions

Flexion

Touch your chin to your chest.
Bend over and touch your toes.
Clench your fist.
Bend your elbow.
Bend your wrist inward.
Point straight ahead.
Knee straight, kick forward and upward.
Bend your knee.
Bend your foot upward.
Curl your toes

Flexor muscles are located on the *anterior* surfaces of joints when the body is in the anatomical position. (Exception: knees and toes, which bend the “wrong” way.)

Extension

Look at the ceiling..
Do a back bend.
Straighten your elbows.
Straighten your wrist.
Stretch your arm straight behind you.
Knee straight, stretch your leg backward.
Straighten your knee.
Stand on tiptoes.
Uncurl your toes.

Extensor muscles are located on the *posterior* surfaces of joints when the body is in anatomical position. (Exception: knees and toes.)

Lateral Flexion

Touch your ear to your shoulder.
Bend your body sideways.

Abduction

Raise your arms out to the sides.
Raise thigh and leg out to the side.
Spread your fingers apart.

Ab = away. Think of absent. Abductor muscles are located *lateral* to their joints.

Adduction

Pull your arms back down.
Pull your thigh and leg back down.
Pull your fingers together.

Ad = to or towards. Adductor muscles are located *medial* to their joints.

Rotation

Shake your head “no”.
With stiff ankles and knees, stand pigeon-toed. - turn your toes outward.
With stiff wrist, turn your humerus toward you body. - away from your body.

Supination and pronation

Turn your hand palm up. - palm down.