

SKELETAL MUSCLES

Practical Exam 3 Guide

- Identify and name the listed muscles using photos of models.
- Describe ONE action of selected muscles using a model photo that shows the muscle.
- List only ONE origin and ONE insertion of selected muscles using a model photo.

Note: You may choose which action, origin, and insertion to memorize if more than one exists.

HEAD/ TORSO	Muscle Name	What to Learn
HEAD/ TORSO	Orbicularis oculi	Name only
	Orbicularis oris	Name only
	Masseter	Name, Origin, Insertion, and Action
	Temporalis	Name, Origin, Insertion, and Action
	Digastric	Name, Origin, Insertion, and Action
	Sternocleidomastoid	Name and Action
	Rectus abdominis	Name and Action
	External oblique	Name and Action
	Internal oblique	Name and Action
	Diaphragm	Name and what goes through the 3 openings
	Trapezius	Name, Origin, Insertion, and Action
	Rhomboid major	Name, Origin, Insertion, and Action
	Latissimus dorsi	Name, Origin, Insertion, and Action
	Pectoralis major	Name, Origin, Insertion, and Action
	External intercostals	Name only
	Internal intercostals	Name only
	Serratus anterior	Name and Action
UPPER EXTREMITY	Muscle Name	What to Learn
UPPER EXTREMITY	Deltoid	Name, Origin, Insertion, and Action
	Supraspinatus	Name, Origin, Insertion, and Action
	Infraspinatus	Name, Origin, Insertion, and Action
	Teres minor	Name and Action
	Subscapularis	Name, Origin, Insertion, and Action
	Biceps brachii	Name, Origin, Insertion, and Action
	Brachialis	Name and Action
	Triceps brachii	Name and Action
	Brachioradialis	Name and Action
	Pronator teres	Name and Action
	Flexor carpi radialis	Name and Action
	Flexor carpi ulnaris	Name and Action
	Extensor carpi ulnaris	Name and Action
	Extensor digitorum	Name and Action
	Extensor carpi radialis longus	Name and Action

**LOWER
EXTREMITY**

<u>Muscle Name</u>	<u>What to Learn</u>
Gluteus maximus	Name, Origin, Insertion, and Action
Tensor fasciae latae	Name, Origin, Insertion, and Action
Iliacus	Name, Origin, Insertion, and Action
Psoas major	Name and Action
Adductor magnus	Name and Action
Gracilis	Name and Action
Sartorius	Name and Action
Rectus femoris	Name, Origin, Insertion, and Action
Vastus medialis	Name, Origin, Insertion, and Action
Vastus lateralis	Name, Origin, Insertion, and Action
Vastus intermedius	Name and Action
Biceps femoris	Name, Origin, Insertion, and Action
Semitendinosus	Name, Origin, Insertion, and Action
Semimembranosus	Name, Origin, Insertion, and Action
Gastrocnemius	Name and Action
Tibialis anterior	Name and Action