

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

<u>Muscle Name</u>	<u>What to Learn</u>
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

<u>Muscle Name</u>	<u>What to Learn</u>
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