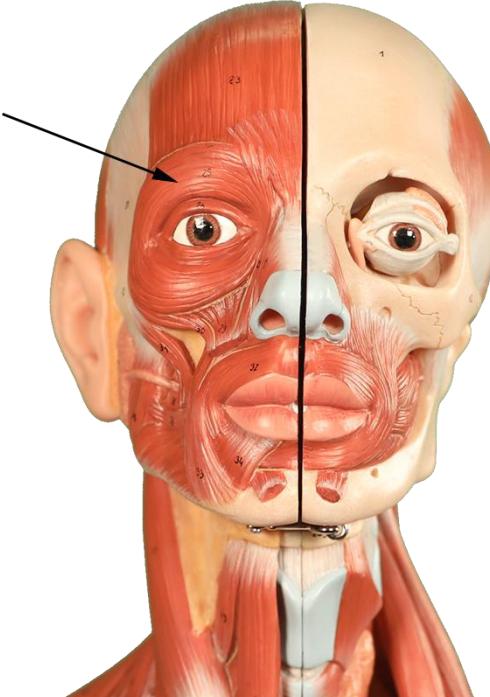


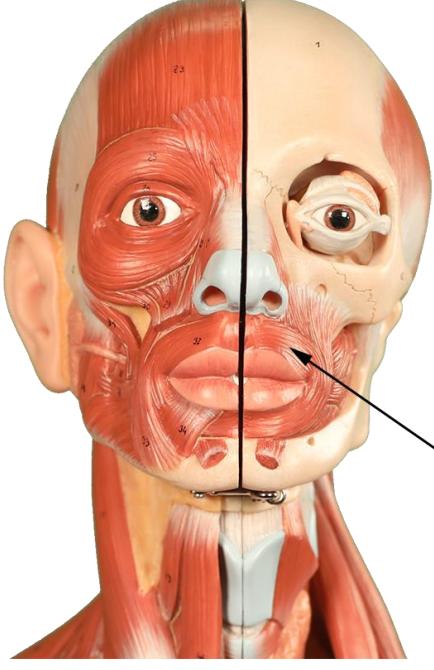
Muscles of the Head, Neck and Torso

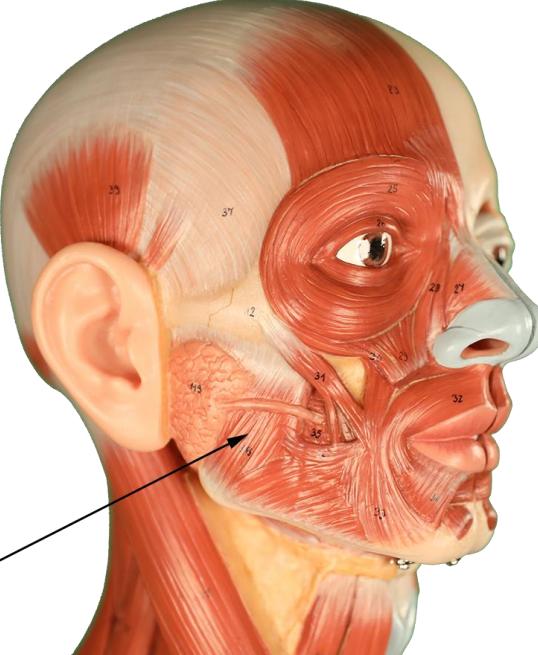
You are expected to be able to identify a required muscle on any model it can be seen.

The terms in **gray** you are **NOT required** to know. They are included to help you identify the muscles.

Muscles of the Head and Neck

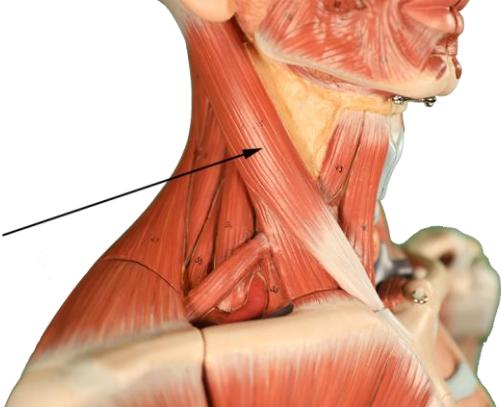
Name	Orbicularis oculi Name meaning - muscle that makes an orbit (circle) around the eye	
Origin	Medial wall of orbit	
Insertion	Encircles orbit inserting on itself	
Actions	Closes eye and numerous other actions	

Name	Orbicularis oris Name meaning - muscle that makes an orbit (circle) around the mouth	
Origin	Muscle fibers surrounding mouth opening	
Insertion	Encircles mouth inserting on itself	
Actions	Closes mouth Purses lips Protrudes lips	

Name	Masseter	
	Name meaning - maseter (G), to chew	
Origins (2)	Zygomatic bone Zygomatic arch	
Insertion	Ramus of mandible	
Actions	Elevates mandible Protrudes mandible	

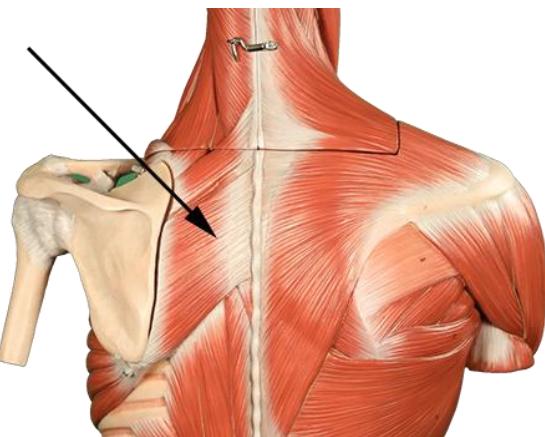
Name	Temporalis Name meaning - muscle that originates on the temporal bone	
Origin	Temporal bone	
Insertion	Coronoid process of mandible	
Actions	Elevates mandible Retracts mandible	

Name	Digastric Name meaning - two bellies	
Origin	Mastoid process of temporal bone	
Insertion	Mandible (via a pulley tendon on the the hyoid bone)	
Action	Depresses mandible	

Name	Sternocleidomastoid Name meaning - muscle attached to the sternum, clavicle and mastoid process	
Origins (2)	Manubrium Clavicle	
Insertion	Mastoid process of temporal bone	
Actions	Rotates head (toward opposite side with contraction of one side) Flexes head (with contraction of both sides) Elevates sternum and ribs (if head is stabilized)	

Muscles of the Back

Name	Trapezius Name meaning - muscle shaped like a trapezoid	
Origins (Multiple)	Occipital bone Spinous processes of vertebrae C7 to T12	
Insertions (3)	Acromion process of scapula Spine of scapula Acromial end of clavicle	
Actions	Elevates scapula Elevates clavicle Adducts scapula Depresses scapula Extends head	

Name	Rhomboid major Name meaning - Larger muscle of a group of muscles shaped like a rhombus	
Origins (Multiple)	Spinous processes of vertebrae T2 to T5	
Insertion	Medial border of scapula	
Action	Adducts scapula	

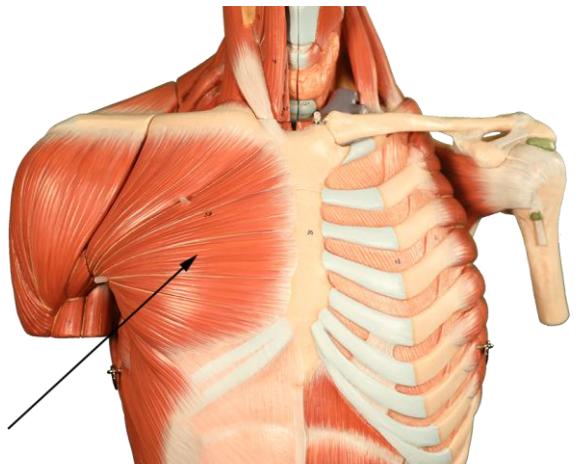
Name	Latissimus dorsi Name meaning - broadest muscle of the back	
Origins (Multiple)	Spinous processes of vertebrae T7 to sacrum	
Insertion	Intertubercular sulcus of humerus	
Actions	Extends arm (humerus) Adducts arm (humerus) posteriorly Rotates arm (humerus) medially	
Model Keys	Torso - 56 Mini-man - 16 Upper Extremity - 5	

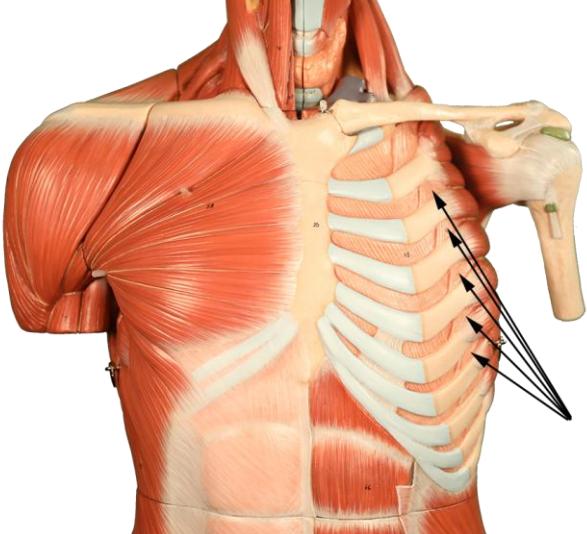
Muscles of the Chest

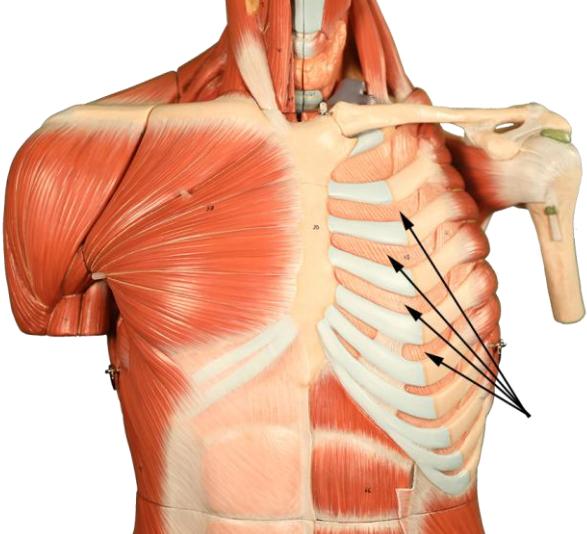
The term forearm refers to the portion of the upper extremity between the elbow and wrist.

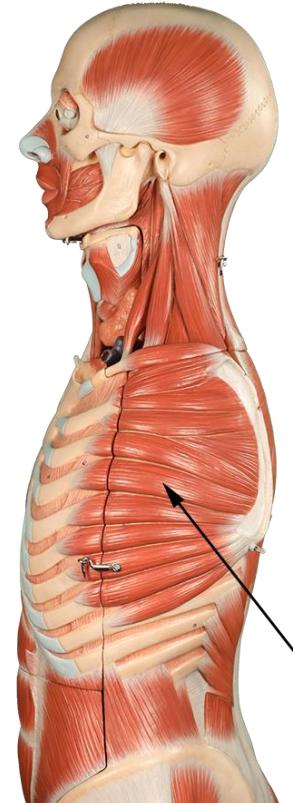
The terms in gray you are NOT required to know. They are included to help you identify the muscles.

Name	Pectoralis major Name meaning - pectus (L), breast; major, larger muscle of a muscle group
Origins (2)	Clavicle Sternum
Insertion	Distal of the greater tubercle of humerus
Actions	Flexes arm (humerus) Adducts arm (humerus) anteriorly Rotates arm (humerus) medially



Name	External Intercostals Name meaning - more external of the muscles between the ribs	
Origin	Inferior border of rib that is superior	
Insertion	Superior border of rib that is inferior	
Actions	Aids in expansion of thoracic cavity during inhalation	

Name	Internal Intercostals Name meaning - more internal of the muscles between the ribs	
Origin	Superior border of rib that is inferior	
Insertion	Superior border of rib that is inferior	
Action	Aids in compression of thoracic cavity during exhalation	

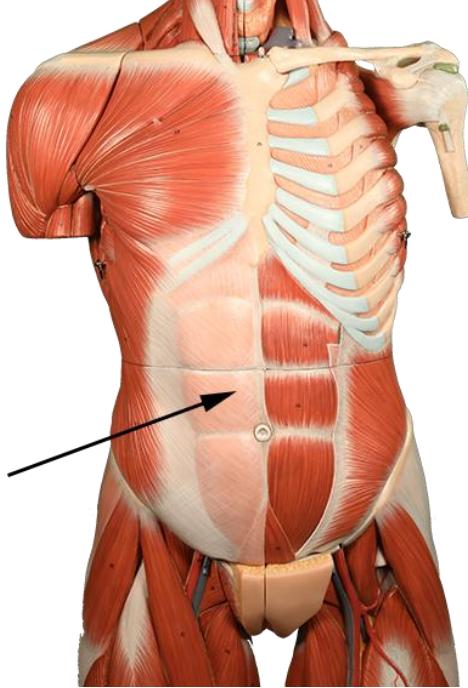
Name	Serratus anterior Name meaning - serra (L), saw; anterior, nearer the front	
Origin	Ribs 1-8	
Insertion	Medial border of scapula	
Actions	Abducts scapula superiorly	

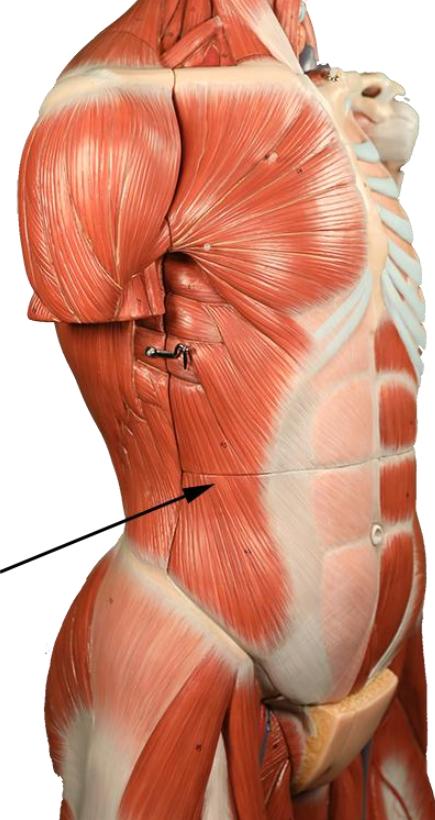
Muscles of the Abdomen

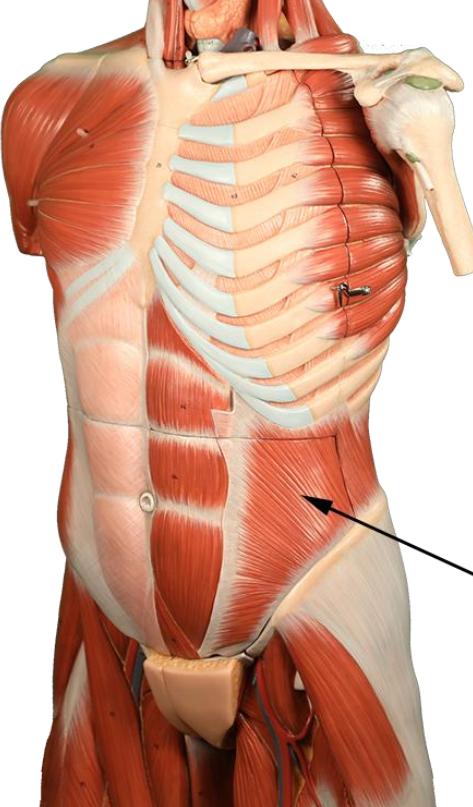
Linea alba – “white line” of connective tissue that is located along the midline of the Rectus abdominis muscle.

Inguinal ligament – a connective tissue structure located in the groin area, divides the pelvic region from the lower extremity.

Thoracolumbar fascia – a connective tissue structure located in the posterior thoracic and lumbar regions. The Latissimus dorsi muscle originates from the vertebral column through this structure.

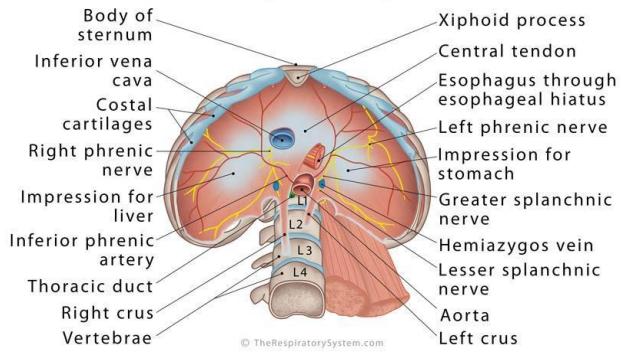
Name	Rectus abdominis Name meaning - vertically straight muscle of the abdomen	 An anatomical illustration of the human torso from the front, showing the rectus abdominis muscle. The muscle is a vertical band of red tissue running from the pubic bone at the bottom to the xiphoid process and costal cartilages of ribs 5-7 at the top. A black arrow points to the center of the muscle, highlighting its vertical fibers.
Origin	Superior ramus of pubis	
Insertions (multiple)	Xiphoid process Costal cartilage of ribs 5 to 7	
Actions	Compresses abdomen Flexes vertebral column	

Name	External oblique Name meaning - more exterior of the slanting muscles on the side of the abdomen	 An anatomical illustration of the human torso from the side, showing the external oblique muscle. This large, triangular muscle covers the lateral aspect of the abdomen. A black arrow points to the lower right quadrant of the muscle, indicating its slanted fibers.
Origins (Multiple)	Ribs 5 to 12	
Insertions (2)	Iliac crest of ilium Linea alba	
Actions	Compresses abdomen (with contraction of both) Flexes vertebral column laterally (with contraction of one)	

Name	Internal oblique Name meaning - more interior of the slanting muscles on the side of the abdomen	
Origins (3)	Iliac crest Inguinal ligament Thoracolumbar fascia	
Insertions (multiple)	Lower ribs Linea alba	
Action	Compresses abdomen (with contraction of both) Flexes vertebral column laterally (with contraction of one)	

Diaphragm

With the diaphragm, you must know which hole in the diaphragm the aorta, inferior vena cava and esophagus pass through.

Name	Diaphragm Name meaning - through a fence	Diaphragm
Origins (3)	Xiphoid process Costal cartilage of ribs 6 to 12 Lumbar vertebrae	 <p>The diagram illustrates the muscular structure of the diaphragm. It shows the central tendon at the top, the costal margin where it attaches to the lower six ribs, and the lumbar margin where it attaches to the upper four lumbar vertebrae. The xiphoid process of the sternum is also shown. Several structures pass through the diaphragm: the inferior vena cava, the aorta, the esophagus (through the esophageal hiatus), the right and left phrenic nerves, the greater and lesser splanchnic nerves, the hemiazygos vein, and the thoracic duct. The diagram also labels the impression for the liver and the impression for the stomach. The vertebral column is labeled with L1, L2, L3, and L4.</p>
Insertion	Central tendon	
Action	Forms floor of thorax Contraction increases vertical length of thorax, causing inspiration	