






19. Match the muscle names in Column B to the facial muscles described in Column A.

Column A		Column B
<u>D</u> _____	1. Squints the eyes	A. Buccinator
<u>B</u> _____	2. Pulls the eyebrows superiorly	B. Frontal belly of the epicranium
<u>G</u> _____	3. Smiling muscle	C. Occipital belly of the epicranium
<u>E</u> _____	4. Puckers the lips	D. Orbicularis oculi
<u>F</u> _____	5. Draws the corners of the lips downward	E. Orbicularis oris
<u>C</u> _____	6. Pulls the scalp posteriorly	F. Platysma
		G. Zygomaticus

Muscles of the Trunk

20. Identify the anterior trunk muscles described in Column A by choosing a response from Column B. Enter the correct letter in the answer blank. Then, for each muscle description that has a color-coding circle, select a different color to color the coding circle and corresponding muscle on Figure 6-7.

Column A		Column B
 <u>I</u> _____	1. The name means "straight muscle of the abdomen"	A. Deltoid
 <u>H</u> _____	2. Prime mover for shoulder flexion and adduction	B. Diaphragm
 <u>A</u> _____	3. Prime mover for shoulder abduction	C. External intercostal
 <u>D</u> _____	4. Part of the abdominal girdle; forms the external lateral walls of the abdomen	D. External oblique
 <u>J</u> _____	5. Acting alone, each muscle of this pair turns the head toward the opposite shoulder	E. Internal intercostal
<u>F, K</u> _____	6. and 7. Besides the two abdominal muscles (pairs) named above, two muscle pairs that help form the natural abdominal girdle	F. Internal oblique
<u>BC</u> _____	8. Deep muscles of the thorax that promote the inspiratory phase of breathing	G. Latissimus dorsi
<u>OB</u> _____	9. An unpaired muscle that acts with the muscles named immediately above to accomplish inspiration	H. Pectoralis major
		I. Rectus abdominis
		J. Sternocleidomastoid
		K. Transversus abdominis

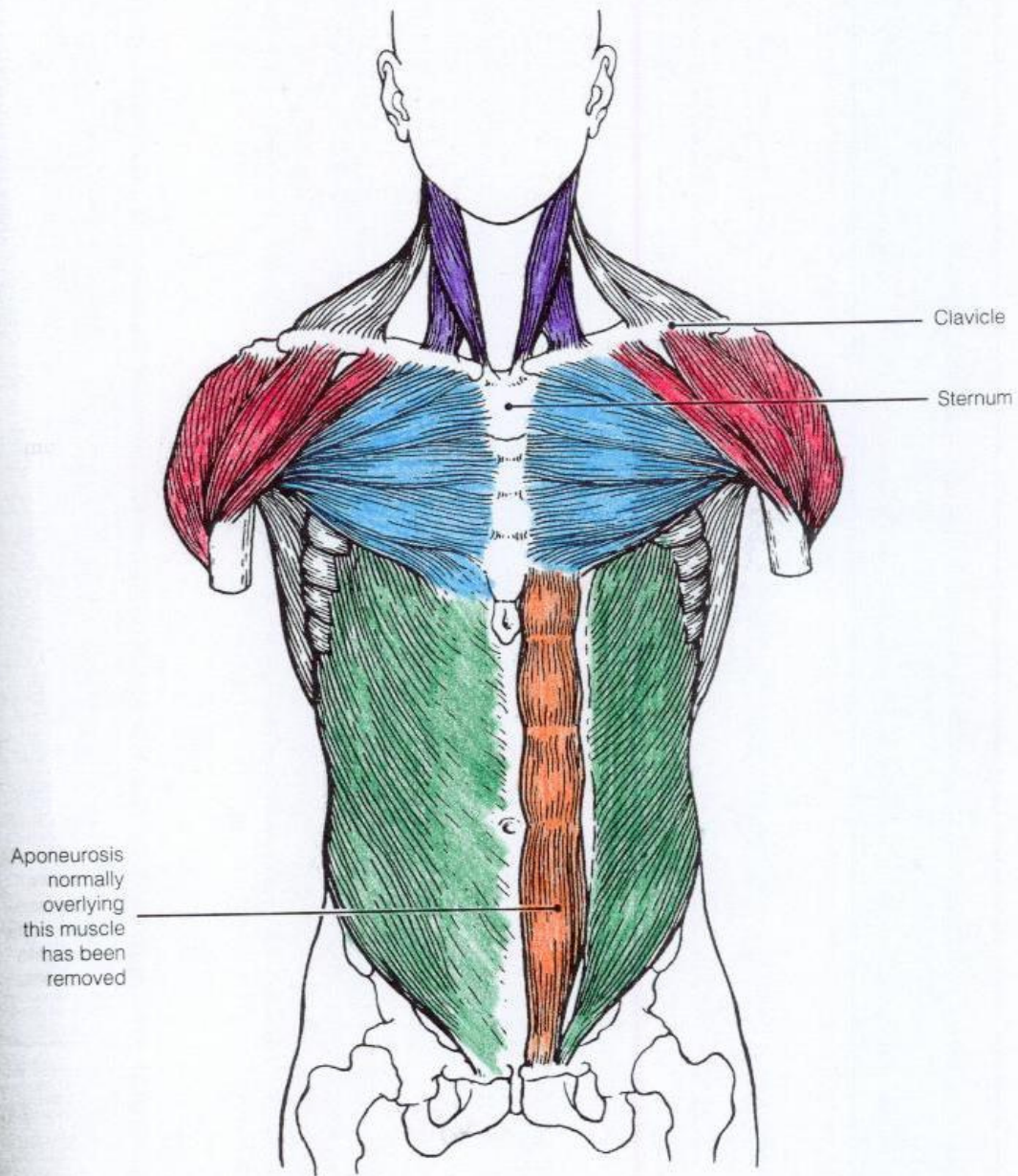


Figure 6-7

21. Identify the posterior trunk muscles described in Column A by choosing a response from Column B. Enter the correct letter in the answer blank. Select a different color for each muscle description with a coding circle and color the coding circles and corresponding muscles on Figure 6-8.

Column A	Column B	
<input checked="" type="radio"/> <u>G</u>	1. Muscle that allows you to shrug your shoulders or extend your head	A. Deltoid
<input checked="" type="radio"/> <u>E</u>	2. Muscle that adducts the shoulder and causes extension of the shoulder joint	B. Erector spinae
<input checked="" type="radio"/> <u>A</u>	3. Shoulder muscle that is the antagonist of the muscle just described	C. External oblique
<input type="radio"/> <u>B</u>	4. Prime mover of back extension; a deep composite muscle consisting of three columns	D. Gluteus maximus
<input type="radio"/> <u>E</u>	5. Large paired superficial muscle of the lower back	E. Latissimus dorsi
<input checked="" type="radio"/> <u>F</u>	6. Fleshy muscle forming part of the posterior abdominal wall that helps maintain upright posture	F. Quadratus lumborum
		G. Trapezius

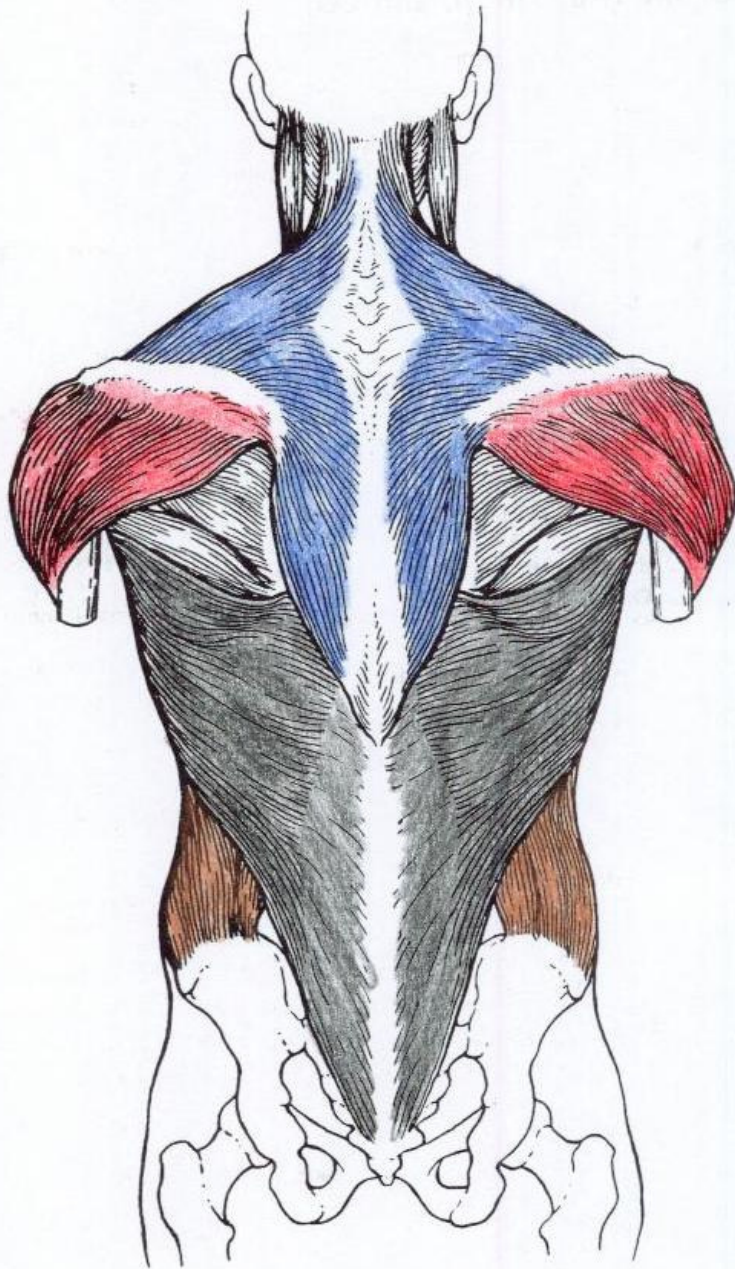


Figure 6-8

Muscles of the Hip, Thigh, and Leg

22. Identify the muscles described in Column A by choosing a response from Column B. Enter the correct letter in the answer blank. Select a different color for each muscle description provided with a color-coding circle, and use it to color the coding circles and corresponding muscles on Figure 6-9. Complete the illustration by labeling those muscles provided with leader lines.

Column A

- H 1. Hip flexor, deep in pelvis; a composite of two muscles
- E 2. Used to extend the hip when climbing stairs
- D 3. "Toe dancer's" muscle; a two-bellied muscle of the calf
- O 4. Inverts and dorsiflexes the foot
- A 5. Muscle group that allows you to draw your legs to the midline of your body, as when standing at attention
- I 6. Muscle group that extends the knee
- G 7. Muscle group that extends the thigh and flexes the knee
- F 8. Smaller hip muscle commonly used as an injection site
- C 9. Muscle group of the lateral leg; plantar flex and evert the foot
- K 10. Straplike muscle that is a weak thigh flexor; the "tailor's muscle"
- N 11. Like the two-bellied muscle that lies over it, this muscle is a plantar flexor

Column B

- A. Adductors
- B. Biceps femoris
- C. Fibularis muscles
- D. Gastrocnemius
- E. Gluteus maximus
- F. Gluteus medius
- G. Hamstrings
- H. Iliopsoas
- I. Quadriceps
- J. Rectus femoris
- K. Sartorius
- L. Semimembranosus
- M. Semitendinosus
- N. Soleus
- O. Tibialis anterior
- P. Vastus intermedius
- Q. Vastus lateralis
- R. Vastus medialis

23. What is the functional reason the muscle group on the dorsal leg (calf) is so much larger than the muscle group in the ventral leg region?

The calf muscles work against the force of gravity whereas the ventral leg muscles do not.

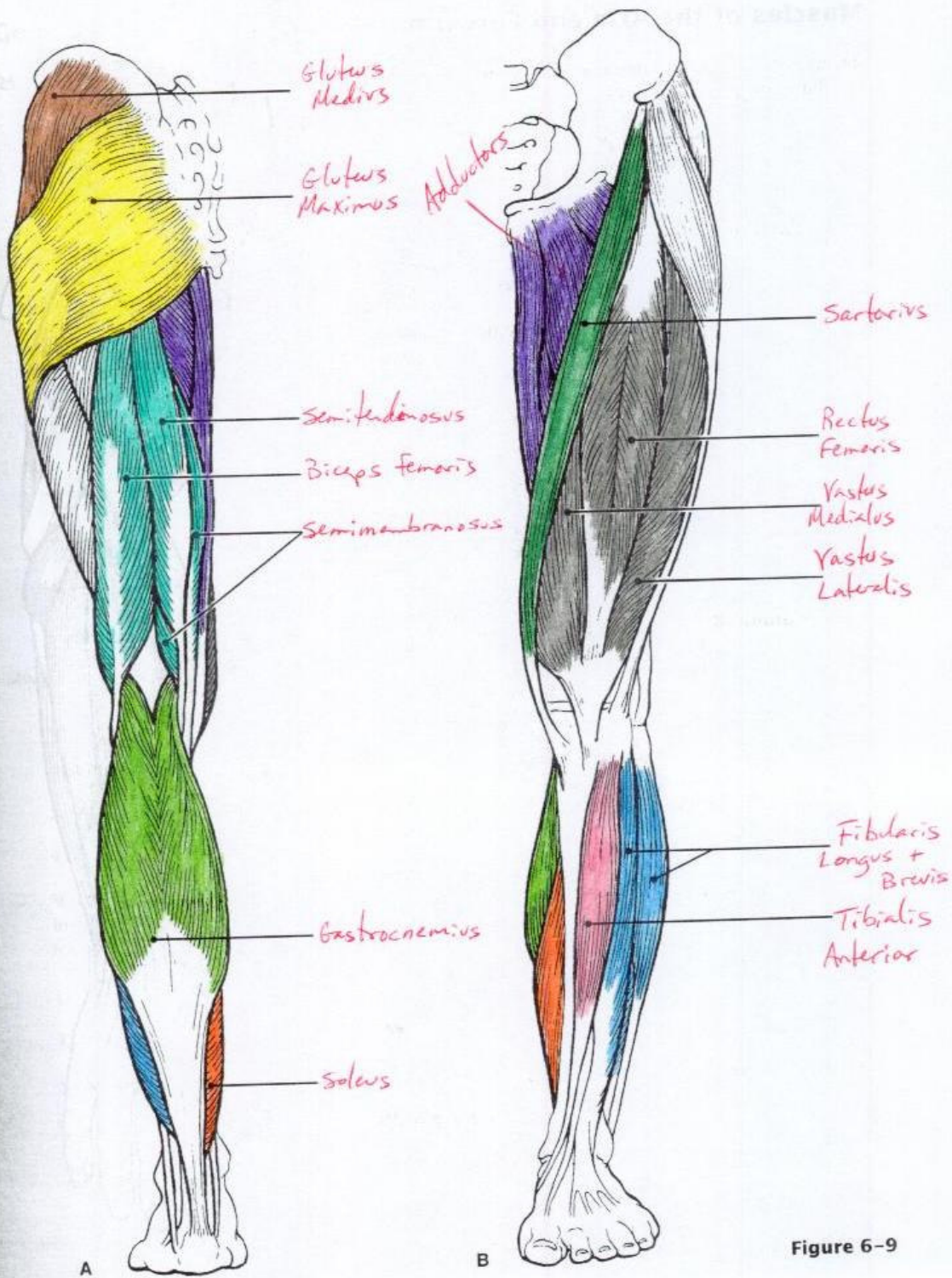


Figure 6-9

Muscles of the Arm and Forearm

24. Identify the muscles described in Column A by choosing a response from Column B. Enter the correct letter in the answer blank. Then select different colors for each muscle description provided with a color-coding circle and use them to color in the coding circles and corresponding muscles on Figure 6-10.

Column A

- E 1. Wrist flexor that follows the ulna
- D 2. Muscle that extends the fingers
- F 3. Muscle that flexes the fingers
- A 4. Muscle that allows you to bend (flex) the elbow
- G 5. Muscle that extends the elbow
- B 6. Powerful shoulder abductor, used to raise the arm overhead

Column B

- A. Biceps brachii
- B. Deltoid
- C. Extensor carpi radialis
- D. Extensor digitorum
- E. Flexor carpi ulnaris
- F. Flexor digitorum superficialis
- G. Triceps brachii



Figure 6-10

General Body Muscle Review

25. Complete the following statements describing muscles. Insert the correct answers in the answer blanks.

- Deltoid 1. Three muscles—(1), (2), and (3)—are commonly used for intramuscular injections in adults.
- Gluteus Maximus 2. The insertion tendon of the (4) group contains a large sesamoid bone, the patella.
- Gluteus Medius 3. The triceps surae insert in common into the (5) tendon.
- Quadriceps 4. The bulk of the tissue of a muscle tends to lie (6) to the part of the body it causes to move.
- Calcaneal 5. The extrinsic muscles of the hand originate on the (7).
- Proximal 6. Most flexor muscles are located on the (8) aspect of the body; most extensors are located (9). An exception to this generalization is the extensor-flexor musculature of the (10).
- Forearm 7. The pectoralis major and deltoid muscles act synergistically to (11) the arm.
- Anterior 8.
- Posteriorly 9.
- Knee 10.
- Flex 11.






















26. Circle the term that does not belong in each of the following groupings.

1. Vastus lateralis Vastus medialis Knee extension Biceps femoris
2. Latissimus dorsi Pectoralis major Shoulder adduction Antagonists
3. Buccinator Frontalis Masseter Mastication Temporalis
4. Vastus medialis Rectus femoris Iliacus Origin on coxal bone

27. When kicking a football, at least three major actions of the lower limb are involved. Name the major muscles (or muscle groups) responsible for the following:

1. Flexing the hip joint: Iliopsoas and Rectus Femoris
2. Extending the knee: Rectus Femoris, Vastus Medialis, Vastus Lateralis
3. Dorsiflexing the foot: Tibialis anterior

28. Identify the numbered muscles in Figure 6-11 by placing the numbers in the blanks next to the following muscle names. Then select a different color for each muscle provided with a color-coding circle and color the coding circle and corresponding muscle in Figure 6-11.

- | | |
|---|---------------------------|
|  <u>4</u> | 1. Orbicularis oris |
|  <u>5</u> | 2. Pectoralis major |
|  <u>17</u> | 3. External oblique |
|  <u>16</u> | 4. Sternocleidomastoid |
|  <u>7</u> | 5. Biceps brachii |
|  <u>6</u> | 6. Deltoid |
|  <u>19</u> | 7. Vastus lateralis |
|  <u>14</u> | 8. Frontalis |
|  <u>18</u> | 9. Rectus femoris |
|  <u>12</u> | 10. Sartorius |
|  <u>11</u> | 11. Gracilis |
|  <u>10</u> | 12. Adductor group |
|  <u>21</u> | 13. Fibularis longus |
|  <u>1</u> | 14. Temporalis |
|  <u>2</u> | 15. Orbicularis oculi |
|  <u>3</u> | 16. Zygomaticus |
|  <u>15</u> | 17. Masseter |
|  <u>20</u> | 18. Vastus medialis |
|  <u>13</u> | 19. Tibialis anterior |
|  <u>9</u> | 20. Transversus abdominis |
|  <u>8</u> | 21. Rectus abdominis |

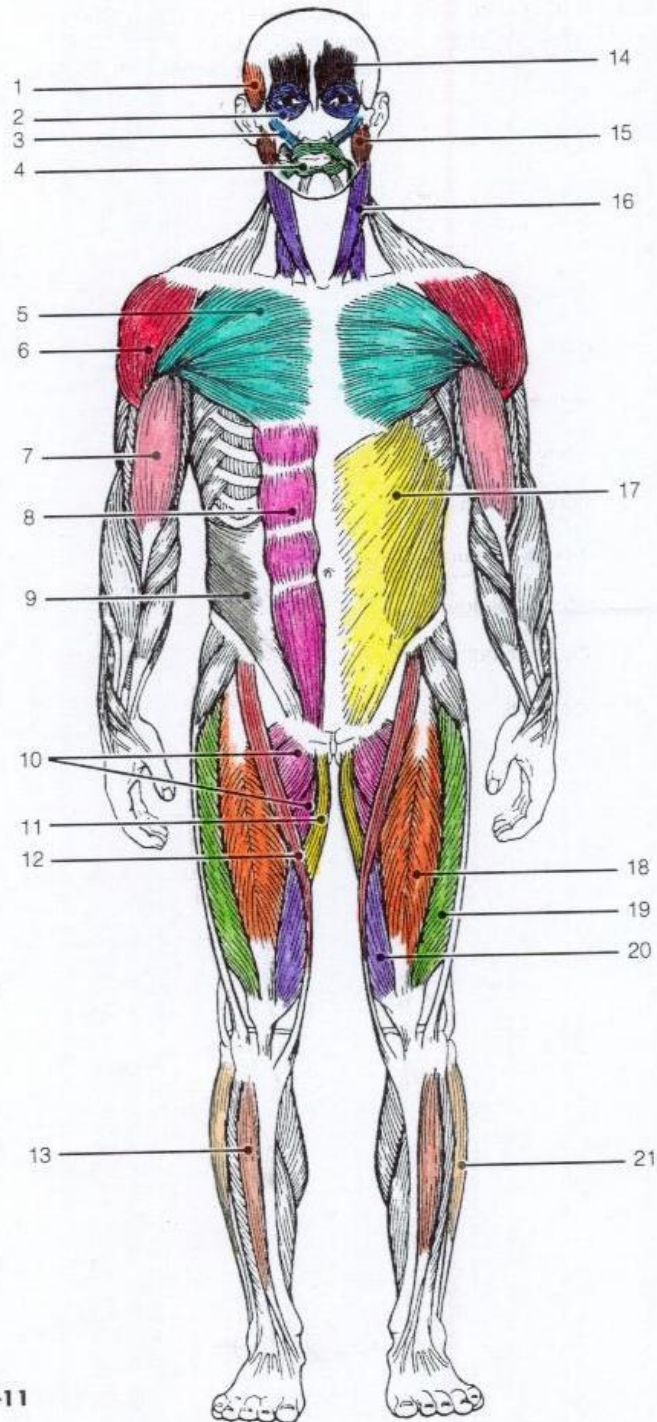


Figure 6-11

29. Identify each of the numbered muscles in Figure 6-12 by placing the numbers in the blanks next to the following muscle names. Then select different colors for each muscle and color the coding circles and corresponding muscles on Figure 6-12.

-  2 1. Adductor muscle
-  1 2. Gluteus maximus
-  5 3. Gastrocnemius
-  9 4. Latissimus dorsi
-  7 5. Deltoid
-  4 6. Semitendinosus
-  12 7. Soleus
-  3 8. Biceps femoris
-  8 9. Triceps brachii
-  10 10. External oblique
-  11 11. Gluteus medius
-  6 12. Trapezius

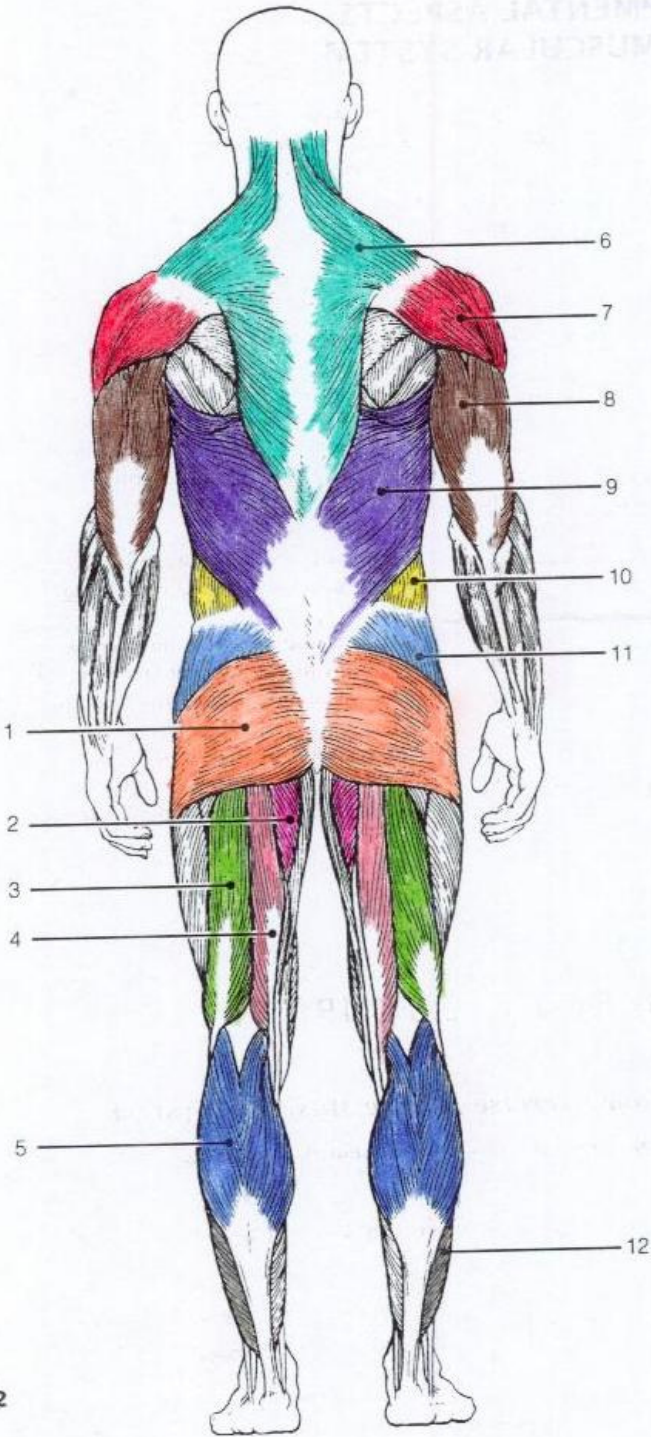


Figure 6-12