

Muscles of the Arms & Legs

Abductor Pollicis Longus

A&P 1 Lab 10

Muscles of the Arms & Legs

Brachioradialis

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Calcaneal Tendon

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Biceps Brachii

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Brachialis

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Deltoid

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Extensor Digitorum Longus

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Fibularis Longus & Fibularis Brevis

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Flexor Carpi Ulnaris

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Extensor Digitorum

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Flexor Carpi Radialis

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Flexor Digitorum Superficialis

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Gastrocnemius

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Gluteus Medius

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Quadriceps Femoris Group

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Gluteus Maximus

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Gracialis

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Hamstrings Group

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Iliopsoas

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Sartorius

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Palmaris Longus

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Retinaculae

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Soleus

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Tensor Fasciae Latae

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Triceps Brachii

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Tibialis Anterior

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Muscles of the Arms & Legs

FYI

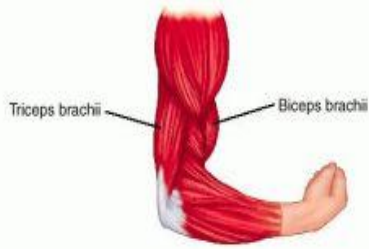
A&P 1 Lab 10

Muscles of the Arms & Legs

FYI

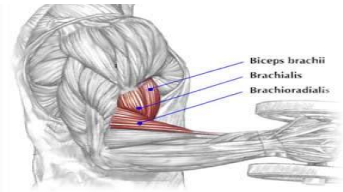
A&P 1 Lab 10

Originates:
Shoulder Area -
"Brachii" refers to
(Upper Arm)
region.

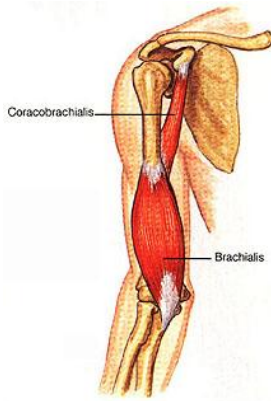


Inserts:
on deltoid
tuberosity of
humerus.
Covers lateral
side of the
shoulder joint.

Action: Flexes Elbow



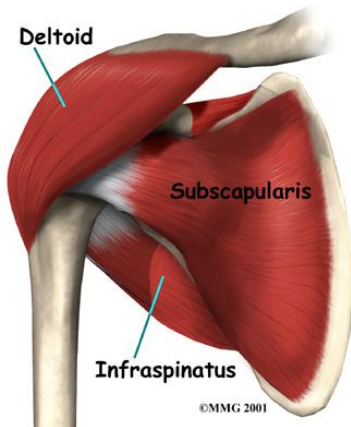
Originates:
Lateral side of
humerus then
travels on a slight
diagonal to the
anterior side of
the forearm
(Upper Arm)



Inserts:
Styloid
Process of
radius

Action: Flexes Elbow

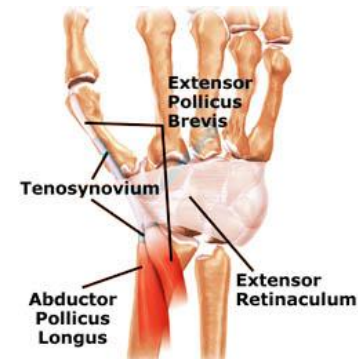
Originates: on
clavicle,
acromion
process, and
spine of
scapula.
(Upper Arm)



Inserts: on
deltoid
tuberosity of
humerus.
Covers lateral
side of the
shoulder joint.

Action: abducts, flexes, extends, and rotates upper arm

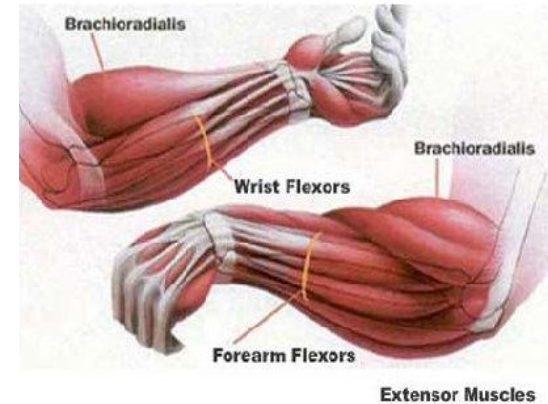
Originates:
Posterior
surface of ulna
and radius
about midway.
(Forearm)



Insertion:
Base of the
1st metacarpal

Action: abducts and extends thumb; abducts wrist.

Originates:
Humerus.
Found on the
anterior side
of the **(Upper
Arm)** just deep
to and larger
than the
biceps brachii



Inserts:
Ulna

Action: Flexes elbow



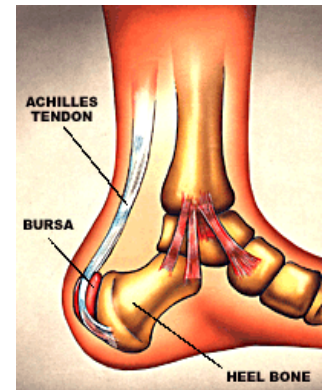
a.k.a.

Achilles
Tendon

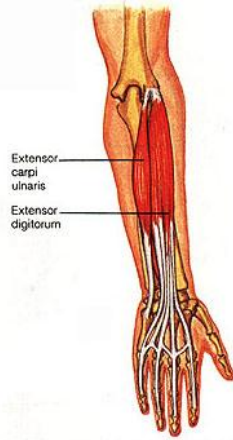
(Lower Leg)

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Attaches to the Calcaneus Foot Bone and is the tendon
attachment for both the soleus and gastrocnemius.



Originates:
Lateral
epicondyle of
humerus.
(Forearm)



Inserts:
bases of
phalanges of
digits thru
five.

Trace the tendons
on the dorsal
surface of the foot
from the four lateral
toes up to this
muscle.

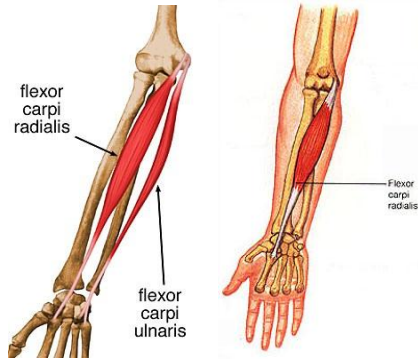


It lies lateral and
parallel to the
tibialis anterior.
(Lower Leg)

Action: Extends fingers and wrist.

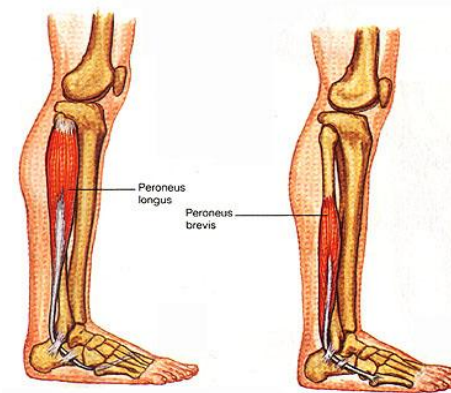
Action: dorsiflexion, eversion, and extension
of 4 lateral toes

Originates: medial
epicondyle of
humerus. On the
anterior and lateral
sides of the forearm
find the thin, narrow
muscle whose tendon
runs closest and
parallel to the radius.



Inserts: 1st and
2nd metacarpals
(base of thumb)
(Forearm)

The distal tendon
passes posteriorly
to the lateral
malleolus of the
fibula and
attaches to the
lateral side of the
metatarsals.



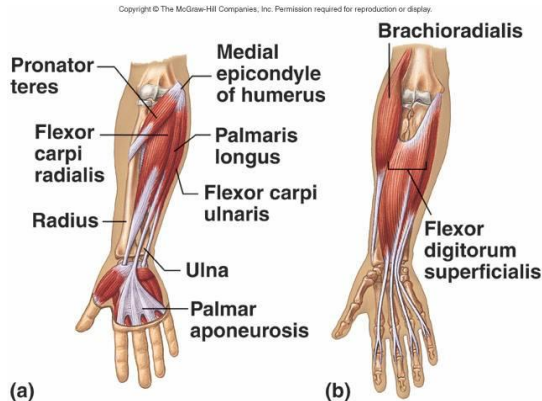
It is lateral and
parallel to the
extensor
digitorum
longus.

a.k.a. Peroneus
longus and brevis
(Lower Leg)

Action: flexes and abducts wrist

Action: plantar flexion and eversion

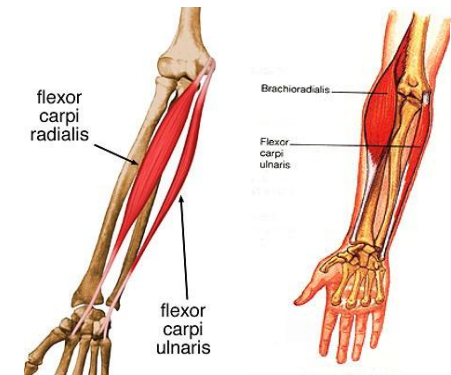
Originates:
Medial
epicondyle
of humerus
and upper
radius.
(Forearm)



Inserts: middle
phalanges of
digits two thru
five. Visible on
the model just
deep to the
distal portion
of the
Palmaris
longus.

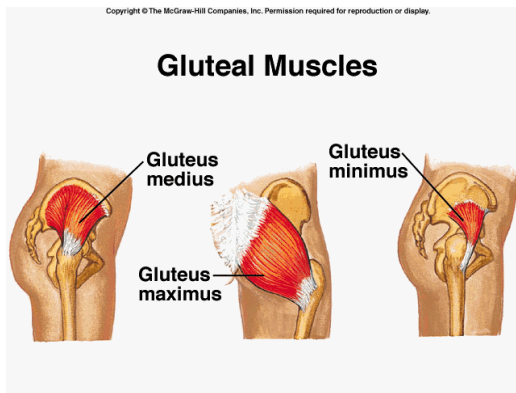
Action: flexes fingers and wrist

Originates:
medial
epicondyle of
humerus and
upper ulna.
(Forearm)



Inserts: a medial
carpal. On the
anterior and medial
sides of the forearm
find the thin,
narrow muscle
whose tendon runs
closest and parallel
to the ulna.

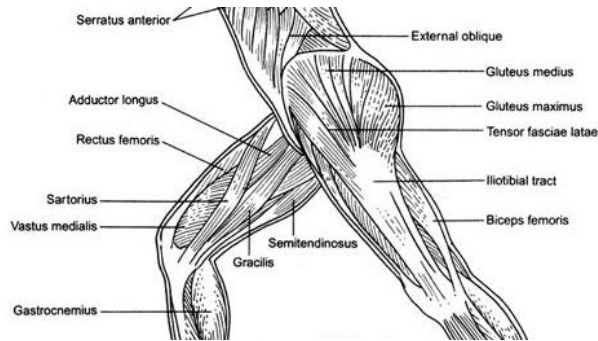
Action: Flexes and adducts wrist



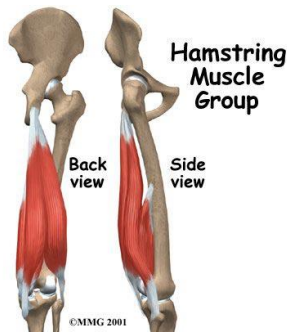
Gluteal Muscles

Action: extends and abducts hip (leg)

The larger of the two "butt" muscles. (Hip & Upper Leg)

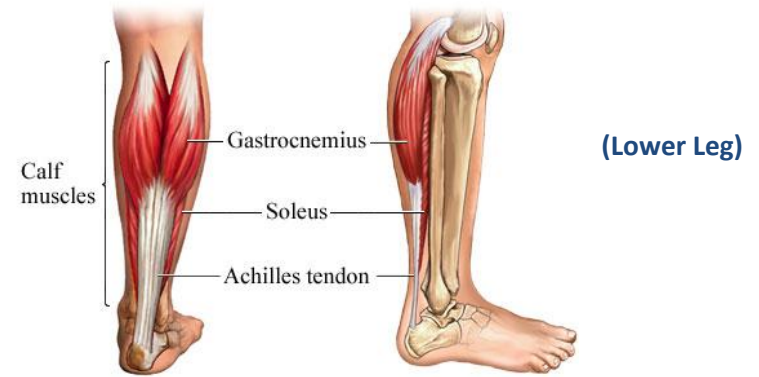


(Hip & Leg) - Action: adducts thigh; assists with flexion of knee
Appears as a superficial flat 'band' of muscle (a little wider than the Sartorius) running vertically on medial side of the thigh

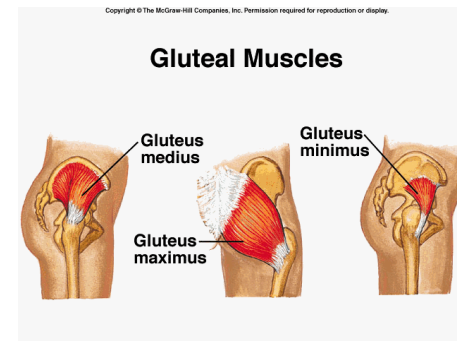


(Hip & Upper Leg)- Action: flexes knee and extends hip
Group of 3 muscles on the posterior side of the femur

A superficial muscle high on the posterior side of the lower leg. It appears to have two bellies.



Action: plantar flexion and knee flexion

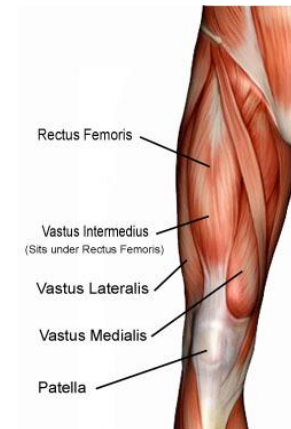


Gluteal Muscles

(Hip & Upper Leg) - Action: abducts hip (leg)
Found just deep and slightly anterior to the gluteus maximus.
Remove the gluteus maximus to see the gluteus medius.

Group of 4 muscles on the anterior side of the femur

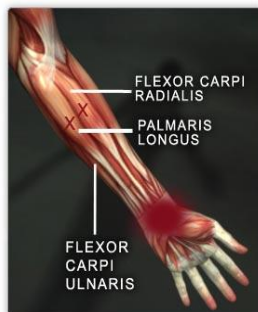
3 are visible. Identify them. Do the names describe them or their locations? Rectus femoris, vastus lateralis, vastus medialis



The 4th muscle is Vastus intermedius but is located deep to the other muscles so is not visible on these models
(Hip & Upper Leg)

Action of group: extends knee mostly but also helps flex hip

On the anterior side of the forearm- the thin, narrow, superficial muscle between flexor carpi ulnaris and flexor carpi radialis.

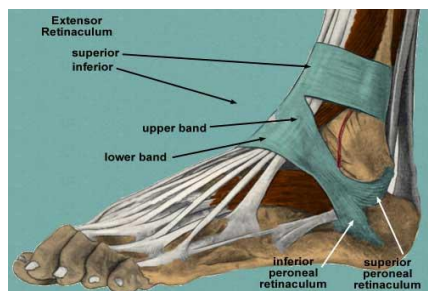


Its tendon of insertion runs straight into palm of hand.
(Forearm)

Originates: medical epicondyle

Inserts: palmar fascia (connective tissue of palm)

Action: flexes wrist



They hold tendons close to bones. Act like pulleys for tendons. Tendons travel under these to points of insertion.

(Lower leg)

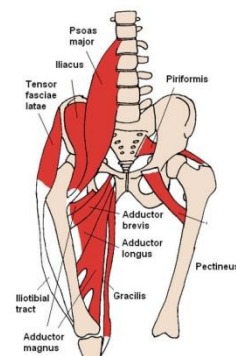
The circumferential bands of connective tissue, white in color, at ankles and wrists.



(Lower leg)

Larger, deeper muscle on posterior side of lower leg. Edges are visible just deep to edges of the distal tendon of the gastrocnemius. Rests against the deeper side of the gastrocnemius.

Action: plantar flexion



(Hip & Upper Leg)

Action: Flexes hip

The insertion end is visible after removing the Sartorius. There is about 3 inches of the iliopsoas visible under the proximal end of the Sartorius.

Part of Quadriceps Femoris Group



(Hip & Upper Leg)

Narrow band of muscle originating at the anterior superior iliac spine and traveling diagonally to medial side of tibial tuberosity.

Action: assist w/ flexion of hip and knee

What common ailment of runners inflames this muscle especially when they run on hard surfaces?

Answer: shin splints



(Lower Leg)

The name tells you where to find this muscle.

Action: dorsiflexion and inversion

- Flex elbow joint. Name 3 synergists.
- Extend your elbow joint. Name the muscle producing this action.
- Abduct your arm. Name the muscle producing this action.
- Abduct your thumb. Name the muscle producing this action.
- Flex your fingers to make a fist. Name the muscle producing this action.
- Extend your fingers. Name the muscle producing this action.
- Flex your wrist. Name 3 synergists.

In which arm muscle are intramuscular injections most often given? Answer:

Flexors are generally on the anterior side.

Extensors are generally on the posterior side.

In which hip/leg muscle(s) are intramuscular injections most often given for adults?

Answer:

Synergists are muscles that work together to produce a motion such as flexion, extension, etc.

Antagonists are muscles that produce opposite motions.

Found superior and superficially to the vastus lateralis.

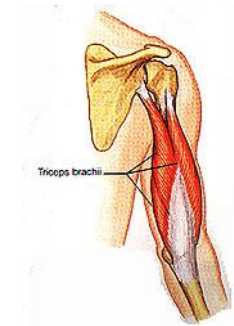
Applies tension to the lateral fascia of the leg—thus the name.



(Hip & Upper Leg)

Action: flexes and abducts hip (leg)

All of the muscle tissue on the posterior side of the upper arm. There are 3 different “heads” or points of origin—thus the name.



(Upper Arm)

Originates: upper humerus and scapula

Inserts: olecranon process of ulna

Action: extends elbow

Part of Quadriceps Femoris Group

