

COLORING EXERCISE

Using colored pens or pencils, shade in the figure and accompanying labels in contrasting colors of your choice as indicated by the red numerals.

Muscles of the Head and Neck

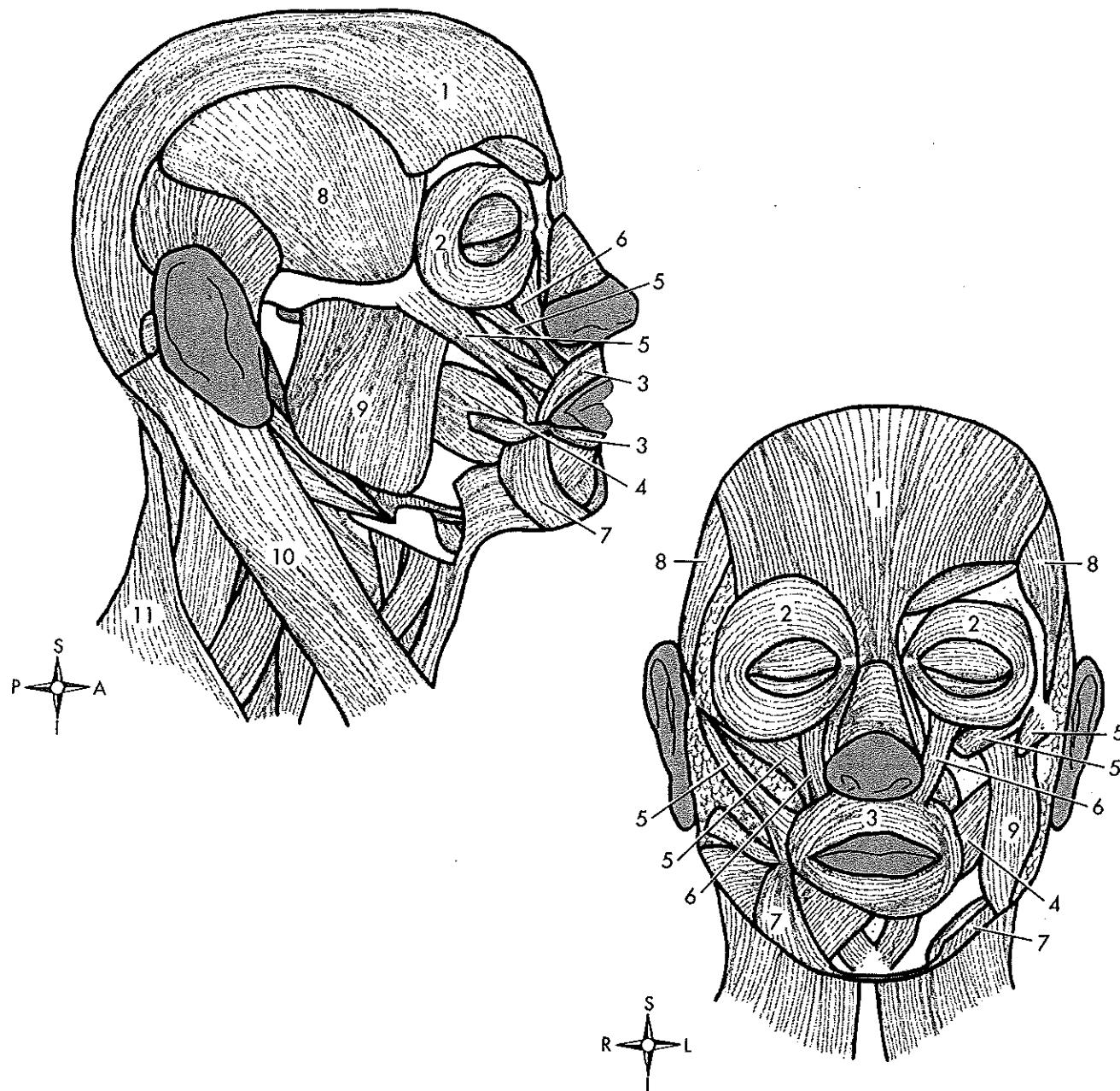


Figure 18-1 Muscles of facial expression and mastication.

MUSCLES OF THE HEAD AND NECK

Table 18-1

Muscle	Origin	Insertion	Action
OCCIPITOFRONTALIS ¹	Occipital	Skin of eyebrow, nose	Elevates brows; moves scalp
ORBICULARIS OCULI ²	Maxilla, frontal	Encircles eye, near origin	Closes eye
ORBICULARIS ORIS ³	Maxilla, mandible	Lips	Closes lips
BUCCINATOR ⁴	Maxilla, mandible	Angle of mouth	Compresses cheeks
ZYGOMATICUS ^{5 (two)}	Zygomatic bone	Angle of mouth, upper lip	Elevates angle of mouth, upper lip
LEVATOR LABII SUPERIORIS ⁶	Maxilla	Upper lip, nose	Elevates upper lip, nose
DEPRESSOR ANGULI ORIS ⁷	Mandible	Lower lip near angle	Depresses angle of mouth
TEMPORALIS ⁸	Temporal aspect of skull	Mandible	Closes jaw
MASSETER ⁹	Zygomatic arch	Mandible	Closes jaw
PTERYGOIDS ^(two)	Inferior aspect of skull	Mandible	Medial closes jaw; lateral opens jaw
STERNOCLIDOMASTOID ¹⁰	Sternum, clavicle	Mastoid process (skull)	Rotates, extends head
TRAPEZIUS ¹¹	Skull, upper vertebral column	Scapula	Extends head, neck

use terms in **OUTLINE** type as coloring labels. Terms in **SOLID** type do not appear in the coloring plate.

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Muscles of the Trunk

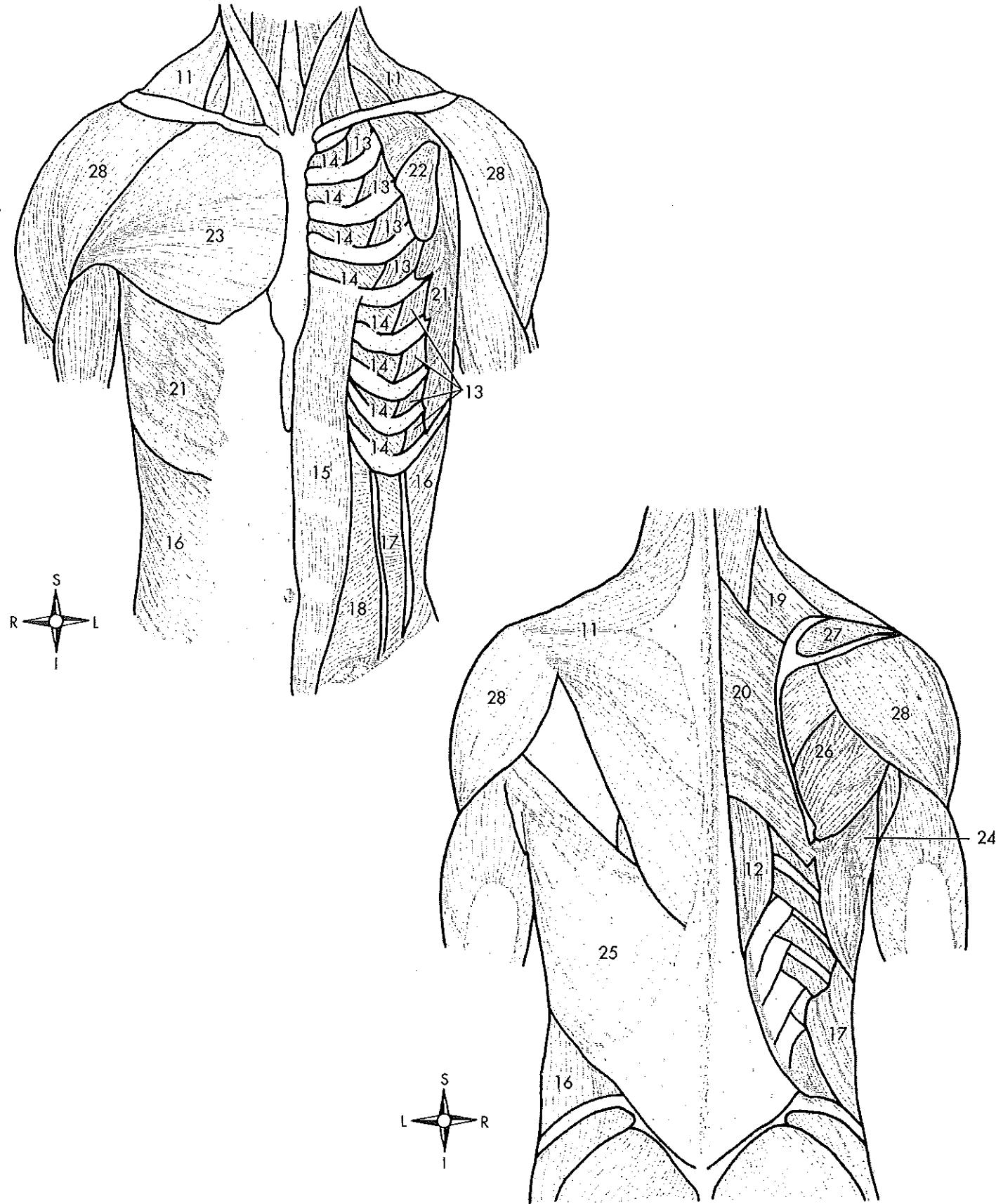


Figure 18-2 Muscles of the trunk and abdominal wall.

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MUSCLES OF THE TRUNK

Table 18-2

Muscle	Origin	Insertion	Action
ERECTOR SPINAЕ 12 (divides into three)	Vertebrae, pelvis	Superior vertebrae, ribs	Holds body upright
DEEP BACK MUSCLES	Vertebrae	Vertebrae	Flex or extend trunk
EXTERNAL INTERCOSTALS 13	Ribs	Edge of next rib (inferiorly)	Expand thorax
INTERNAL INTERCOSTALS 14	Ribs	Edge of next rib (superiorly)	Compress thorax
RECTUS ABDOMINIS 15	Pubis	Inferior thoracic cage	Flexes waist
EXTERNAL ABDOMINAL OBlique 16	Inferior thoracic cage	Midline of abdomen	Compresses abdomen
INTERNAL ABDOMINAL OBlique 17	Pelvis	Midline of abdomen	Compresses abdomen
TRANSVERSUS ABDOMINIS 18	Vertebrae, pelvis ribs	Midline of abdomen	Compresses abdomen
TRAPEZIUS 11	Skull, upper vertebral column	Scapula	Extends head, neck; rotates scapula
LEVATOR SCAPULAE 19	Vertebrae	Scapula	Elevates scapula
RHOMBOIDEUS 20 (two)	Vertebrae	Scapula	Retract scapula
SERRATUS ANTERIOR 21	Ribs	Scapula	Protracts scapula
PECTORALIS MINOR 22	Ribs	Scapula	Depresses scapula
PECTORALIS MAJOR 23	Ribs, clavicle	Humerus	Adducts, flexes arm
TERES MAJOR 24	Scapula	Humerus	Extends, adducts rotates arm
LATISSIMUS DORSI 25	Vertebrae	Humerus	Extends arm
INFRASPINATUS 26	Scapula	Humerus	Extends, rotates arm
SUPRASPINATUS 27	Scapula	Humerus	Abducts arm
SUBSCAPULARIS	Scapula	Humerus	Extends, rotates arm
TERES MINOR	Scapula	Humerus	Adducts, rotates arm
DELTOID 28	Scapula, clavicle	Humerus	Abducts arm

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Muscles of the Upper Extremity

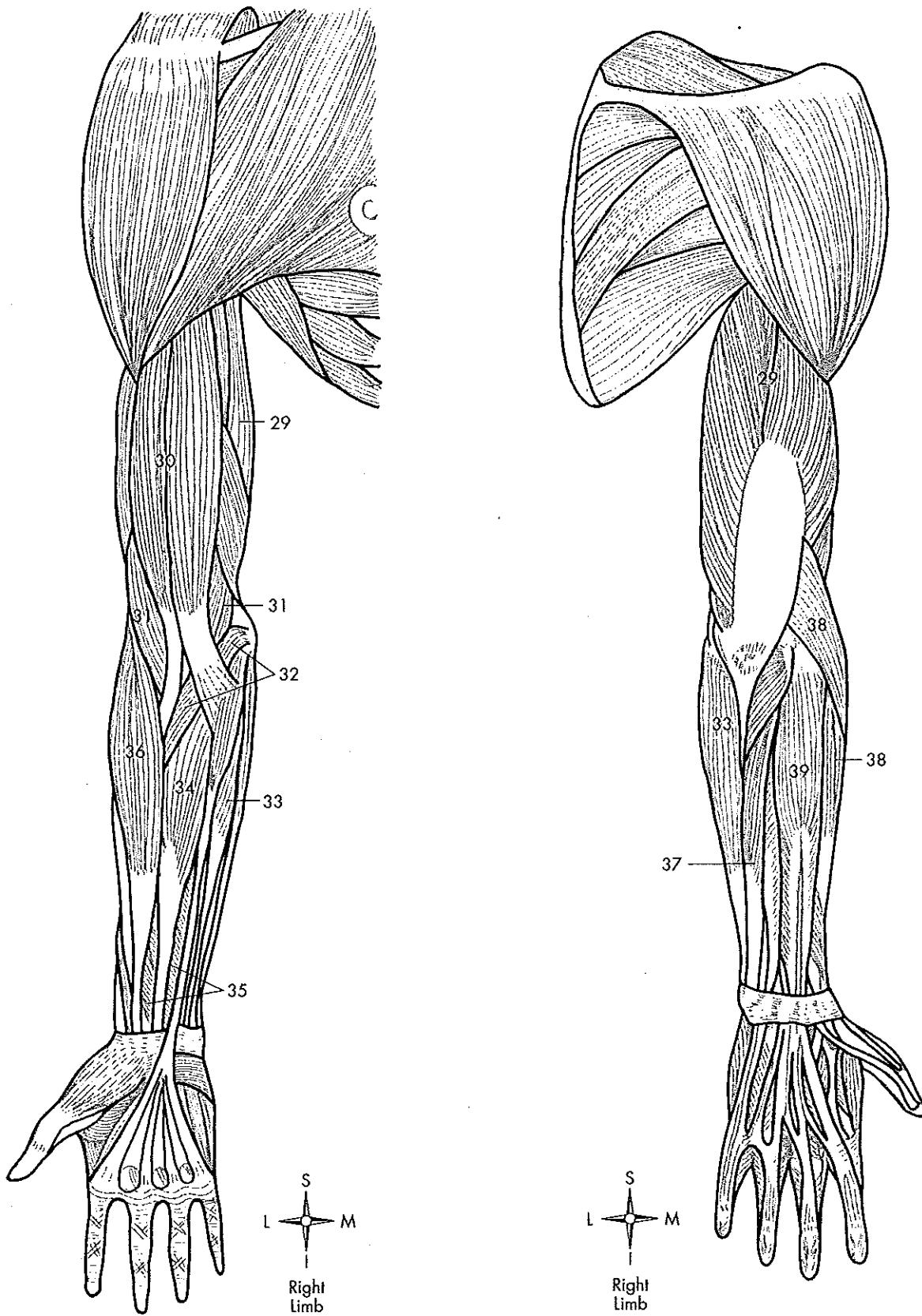


Figure 18-3 Muscles of the arm.

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MUSCLES OF THE UPPER EXTREMITY

Table 18-3

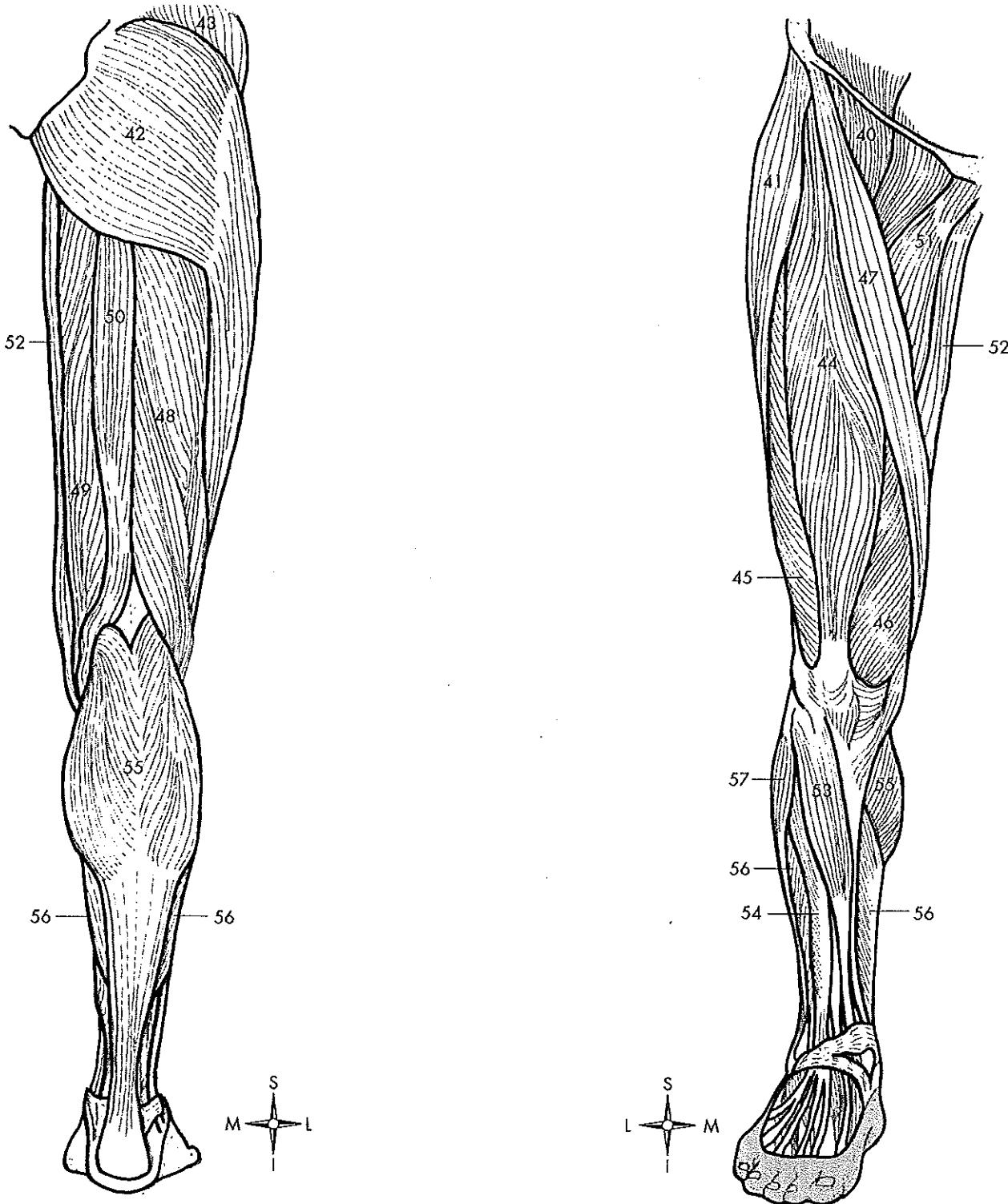
Muscle	Origin	Insertion	Action
TRICEPS BRACHII 29	Humerus, scapula	Ulna	Extend forearm
BICEPS BRACHII 30	Humerus, scapula	Radius	Flex, supinate forearm
BRACHIALIS 31	Humerus	Ulna	Flexes forearm
PRONATORS 32 (two)	Ulna, humerus	Radius	Pronate forearm
FLEXOR CARPI ULNARIS 33	Humerus (medial epicondyle)	Carpal bone	Flex, abduct wrist
FLEXOR CARPI RADIALIS 34	Humerus (medial epicondyle)	Metacarpal bones	Flex, abduct wrist
FLEXOR DIGITORUM 35 (two)	Humerus (medial epicondyle, ulna, radius)	Phalanges	Flex fingers
BRACHIORADIALIS 36	Humerus	Radius (distal)	Flex, pronate forearm
SUPINATOR	Ulna	Radius	Supinates forearm
EXTENSOR CARPI ULNARIS 37	Humerus (lateral epicondyle)	Metacarpal bones	Extends, abducts wrist
EXTENSOR CARPI RADIALIS 38 (two)	Humerus (lateral epicondyle)	Metacarpal bones	Extends, abducts wrist
EXTENSOR DIGITORUM 39	Humerus (lateral epicondyle)	Phalanges	Extends, fingers

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Muscles of the Lower Extremity



MUSCLES OF THE LOWER EXTREMITY

Table 18-4

Muscle	Origin	Insertion	Action
ILIOPSOAS ⁴⁰	Ilium, vertebrae	Femur	Flexes thigh
TENSOR FASCIAE LATAE ⁴¹	Hip	Tibia	Abducts thigh
GLUTEAL GROUP (a, b, c)			
a GLUTEUS MAXIMUS ⁴²	Hip	Femur	Extends thigh
b GLUTEUS MEDIUS ⁴³	Hip	Femur	Extends thigh
c GLUTEUS MINIMUS	Ilium	Femur	Abducts thigh
QUADRICEPS FEMORIS (a, b, c, d)			
a RECTUS FEMORIS ⁴⁴	Ilium	Tibia	Extends leg, flexes thigh
b VASTUS LATERALIS ⁴⁵	Femur	Tibia	Extends leg
c VASTUS MEDIALIS ⁴⁶	Femur	Tibia	Extends leg
d VASTUS INTERMEDIUS	Femur	Tibia	Extends leg
SARTORIUS ⁴⁷	Ilium	Tibia	Flexes thigh; flexes, rotates leg
HAMSTRING GROUP (a, b, c)			
a BICEPS FEMORIS ⁴⁸	Ischium, femur	Fibula	Flexes leg, extends thigh
b SEMIIMEMBRANOSUS ⁴⁹	Ischium	Tibia	Flexes leg, extends thigh
c SEMITENDINOSUS ⁵⁰	Ischium	Tibia	Flexes leg, extends thigh
ADDUCTOR GROUP (a, b)			
a ADDUCTOR LONGUS ⁵¹	Pubis	Metatarsal bones	Extends (dorsiflexes) foot
b GRACILIA ⁵²	Pubis	Tibia	Adducts thigh
TIBIALIS ANTERIOR ⁵³	Tibia	Metatarsal bones	Extends (dorsiflexes) foot
EXTENSOR DIGITORUM LONGUS ⁵⁴	Tibia	Phalanges	Extends toes
GASTROCNEMIUS ⁵⁵	Femur	Calcaneus	(Plantar) flexes foot
SOLEUS ⁵⁶	Tibia, fibula	Calcaneus	(Plantar) flexes foot
PERONEUS ^{57 (three)}	Tibia, fibula	Tarsal, metatarsal bones	Flexes, evert foot

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HINT

By now you have noticed that several of the muscles illustrated in the coloring exercises do not have labels. Some of them are muscles that you were asked to identify but are not labeled for coloring because they are too far away from the outline labels. Go back to the figures and try to identify the unlabeled muscles. Use your textbook and anatomy reference books in your school library to help you.

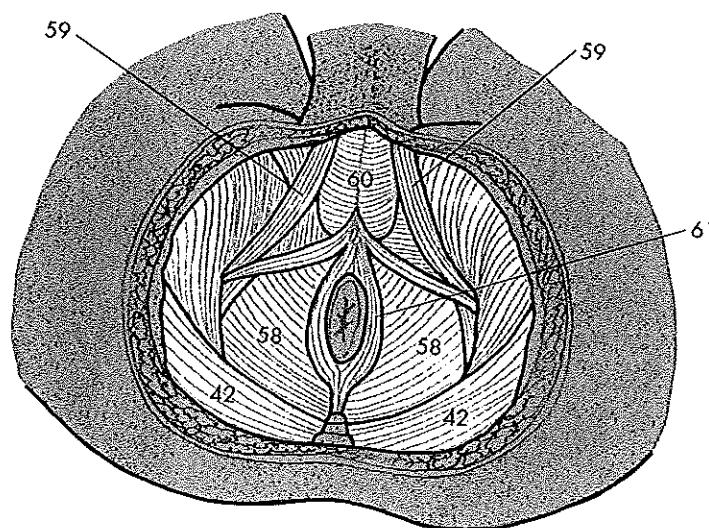
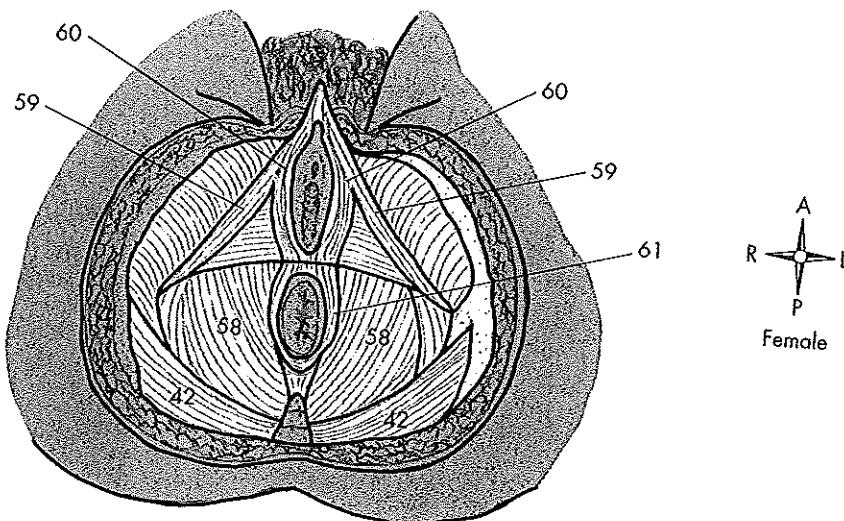


Figure 18-5 Inferior view of the pelvic muscles in the female and male.

MUSCLES OF THE PELVIC FLOOR

Table 18-5

Muscle	Origin	Insertion	Action
LEVATOR ANI ⁵⁸	Pubis, ischium	Sacrum, coccyx	Elevates anus
ISCHIOCAVERNOSUS ⁵⁹	Ischium	Clitoris or penis	Compresses base of clitoris or penis
BULBOSPONGIOSUS ⁶⁰	MALE: bulb of penis FEMALE: central tendon of perineum clitoris	MALE: central tendon of perineum FEMALE: base of clitoris	MALE: constricts urethra; erects penis FEMALE: erect
SPHINCTER EXTERNUS ANI ⁶¹	Coccyx	Central tendon (median raphe)	Closes anal canal
GLUTEUS MAXIMUS ⁴²	Hip	Femur	Extends thigh

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