

MUSCLE NAMES

Dr.K.B.Srinivasan,M.P.T

(Sports),

**TAMILNADU PHYSICAL
EDUCATION AND SPORTS
UNIVERSITY.**

Axial Muscles of the body

objectives:

Name and be able to identify specific axial muscles in the body.

Know the origin and insertion of specific muscles.

Naming Skeletal Muscles

- Muscles are often times named based on specific characteristics:

- Name based on muscle **location** - sternocleidomastoid
- Name based on muscle **shape** - deltoid
- Name based on muscle **size** – gluteus maximus
- Name based on muscle **fiber direction** - rectus abdominis (rectus means straight)
- Name based on the number of **origins** – triceps, biceps, quadriceps
- Name based on the **location of attachments** - brachioradialis
- Name based on **its action** – adductor longus

Naming of muscles

Muscle attachments	
Sternum and clavicle (cleido)	Sternocleidomastoid
Between the ribs	Intercostal
Subscapular fossa	Subscapularis
Fibula	Fibularis longus
Zygomatic bone	Zygomatikus major
Orientation of muscle fibers	
Rectus (straight)	Rectus abdominus
Oblique (angled)	External oblique
Orbicularis (circular)	Orbicularis oculi
Muscle shape and size	
Deltoid (triangular)	Deltoid
Quadratus (rectangular)	Pronator quadratus
Trapezius (trapezoidal)	Trapezius
Longus (long)	Abductor pollicis longus
Brevis (short)	Abductor pollicis brevis
Major (larger of two muscles)	Pectoralis major
Minor (smaller of two muscles)	Pectoralis minor
Maximus (largest)	Gluteus maximus
Medius (medium sized)	Gluteus medius
Minimus (smallest)	Gluteus minimus
Muscle heads / tendons of origin	
Biceps (two heads)	Biceps femoris
Triceps (three heads)	Triceps brachii
Quadriceps (four heads)	Quadriceps femoris



Terms to know

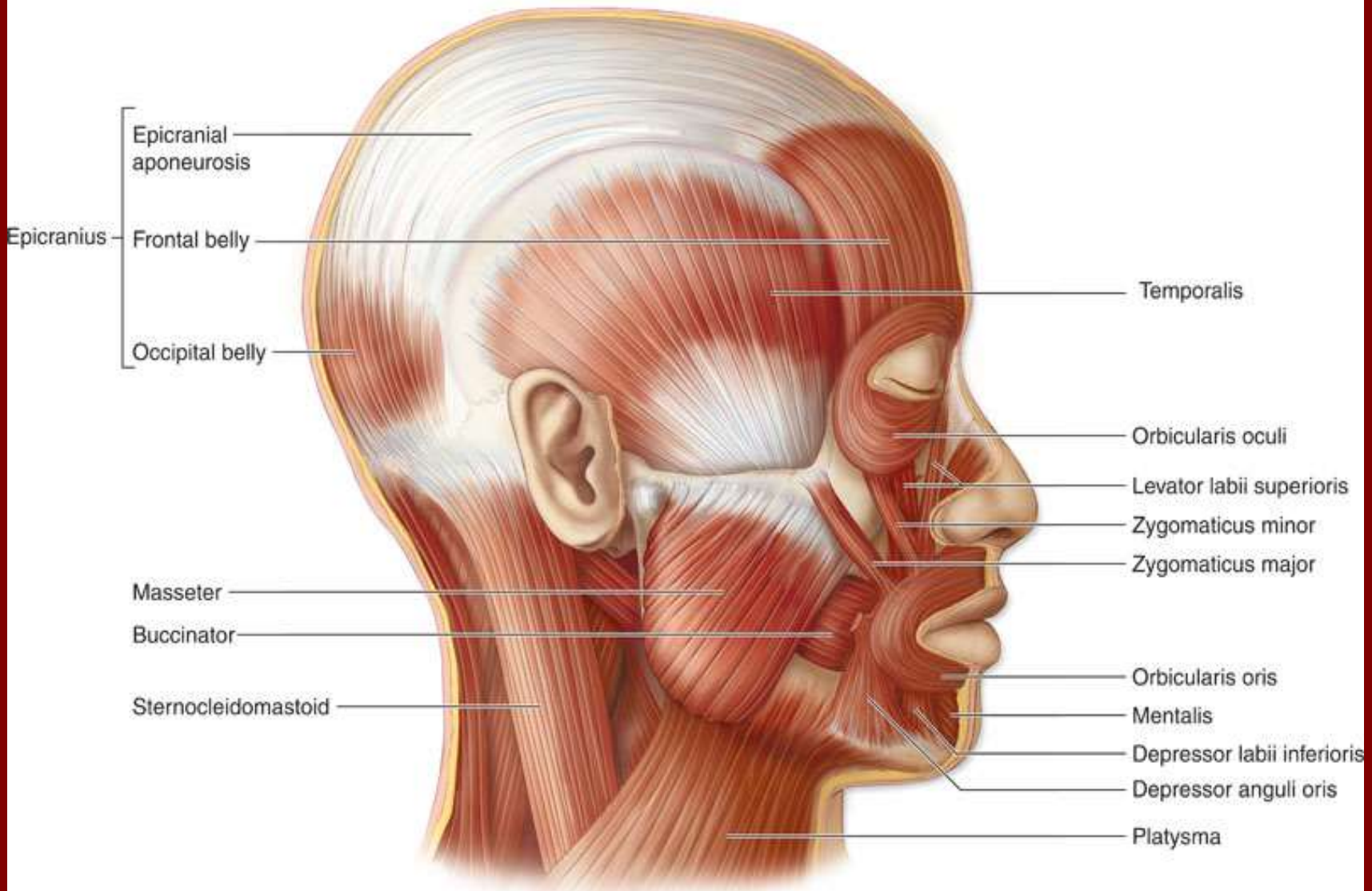
- **Origin**- where the muscle originates from.
i.e. - least moveable end.
- **Insertion**- where the muscle attaches to.
i.e. - most movable end.
- **Action**- the type of response the muscle creates when contracted.
 - flexion, extension, abduction, adduction, etc.

Muscles you must know and identify

- **Head:** Frontalis, Occipitalis, Orbicularis oculi, Orbicularis oris, Zygomaticus major, Masseter, Temporalis.
- **Neck:** Sternocleidomastoid
- **Back :** Erector spinae = (iliocostalis, longissimus, spinalis), Serratus anterior, Trapezius, Rhomboids, and Latissimus dorsi.
- **Buttocks and pelvis:** Gluteus maximus, Gluteus medius, Gluteus minimus, Psoas major, Iliacus.

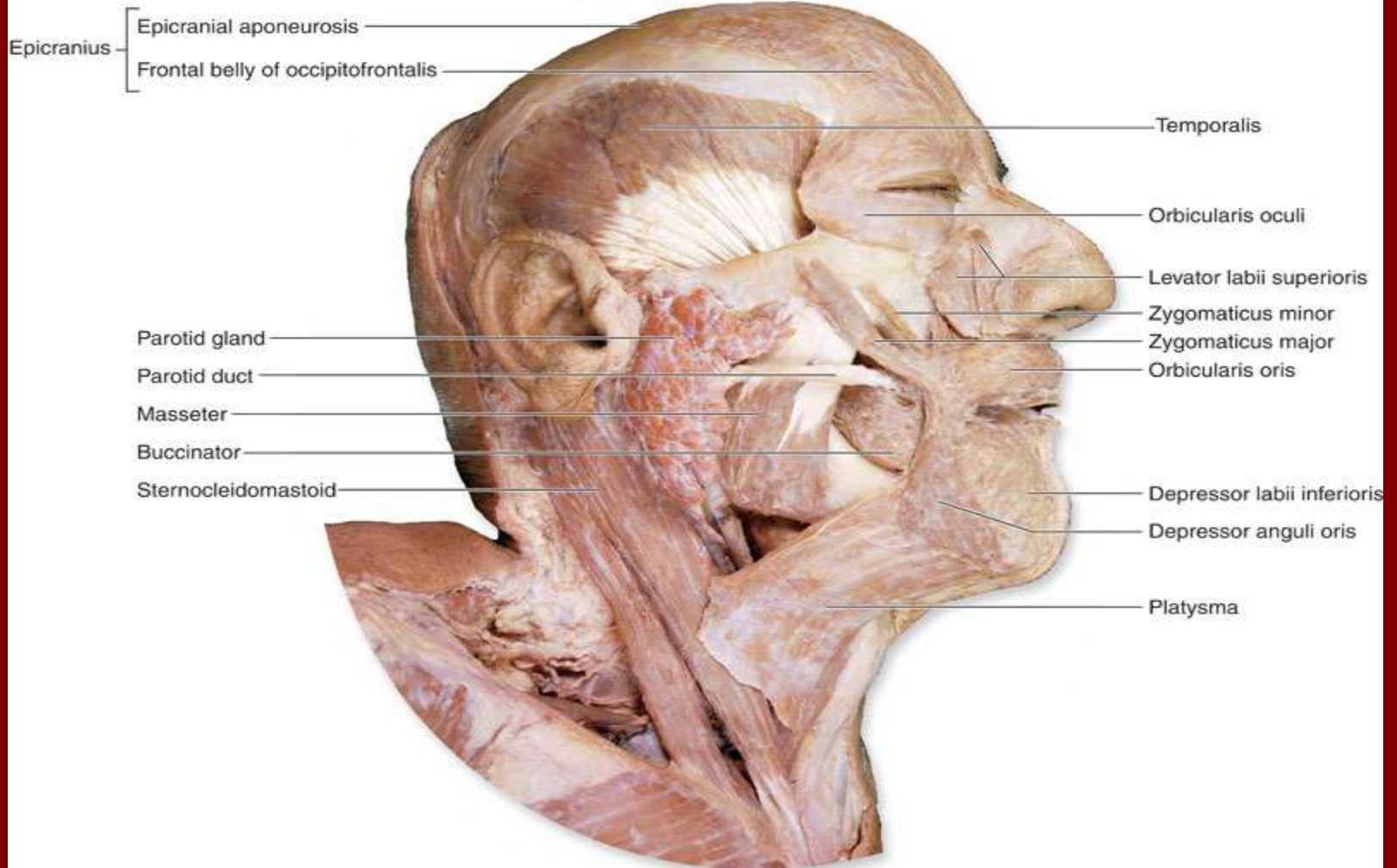
Head and neck muscles

Copyright © The McGraw-Hill Companies, Inc. Permission required for reproduction or display.



Head and neck muscles

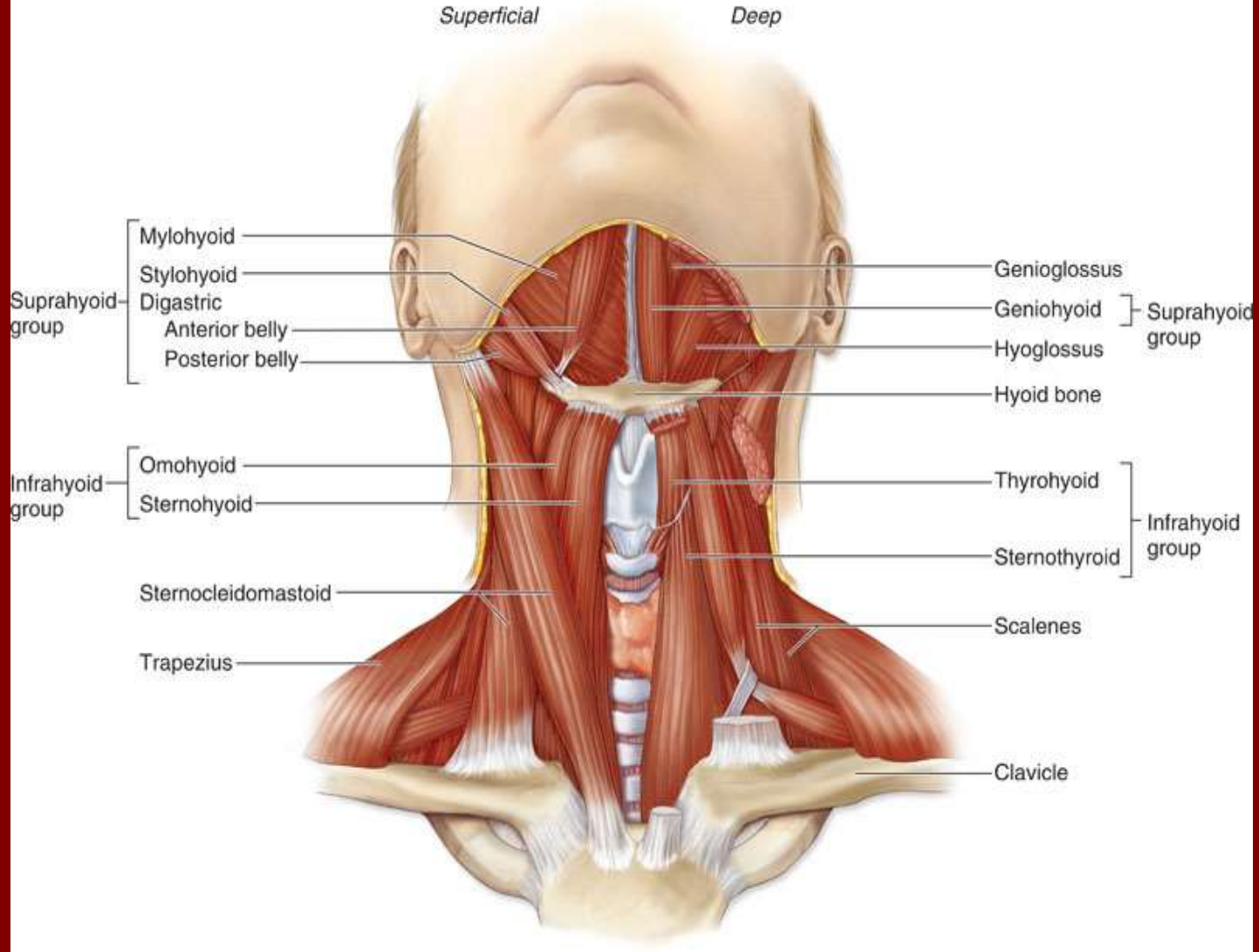
Copyright © The McGraw-Hill Companies, Inc. Permission required for reproduction or display.



(b) Lateral view

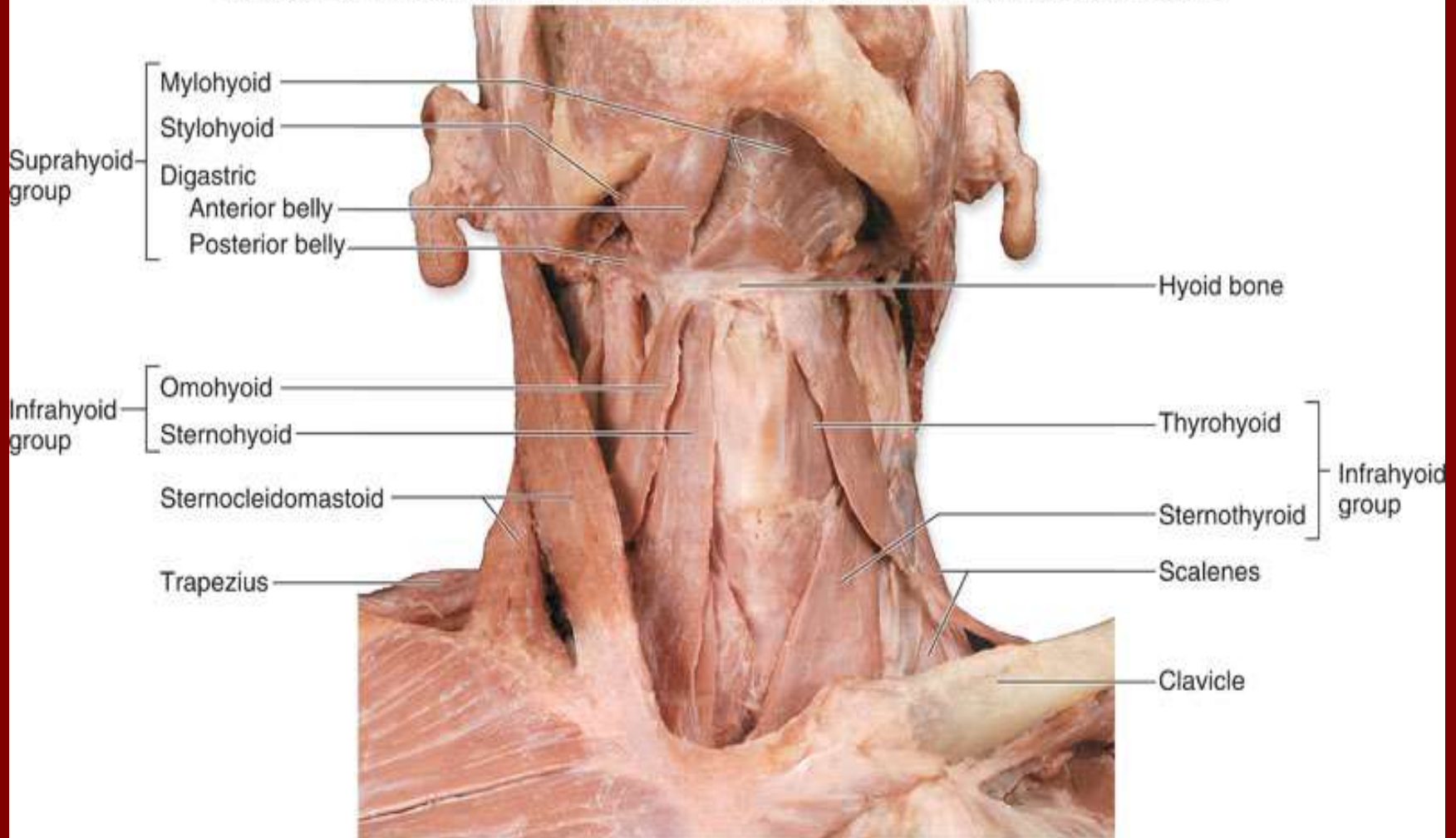
Head and neck muscles

Copyright © The McGraw-Hill Companies, Inc. Permission required for reproduction or display.



Head and neck muscles

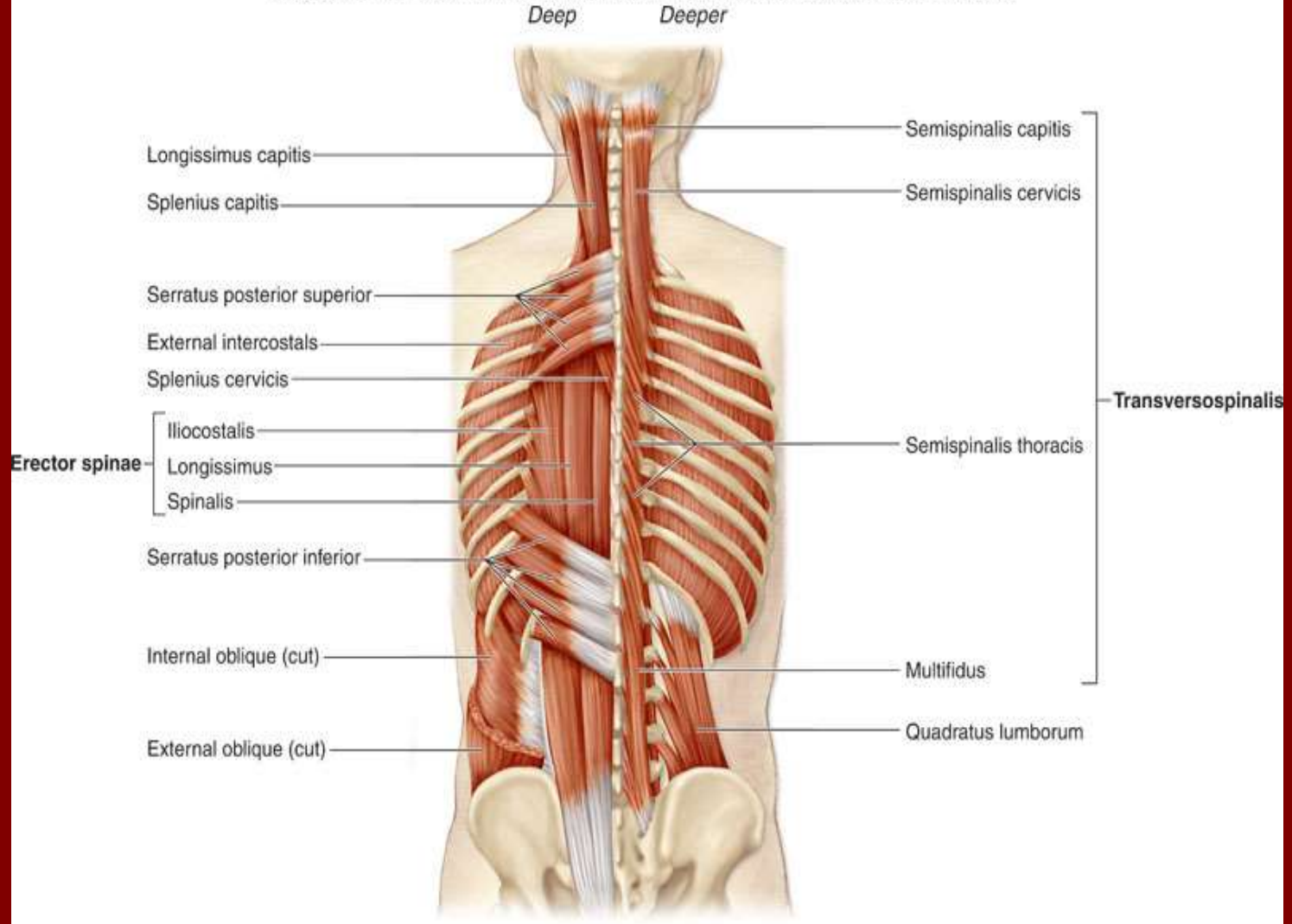
Copyright © The McGraw-Hill Companies, Inc. Permission required for reproduction or display.



Anterior view

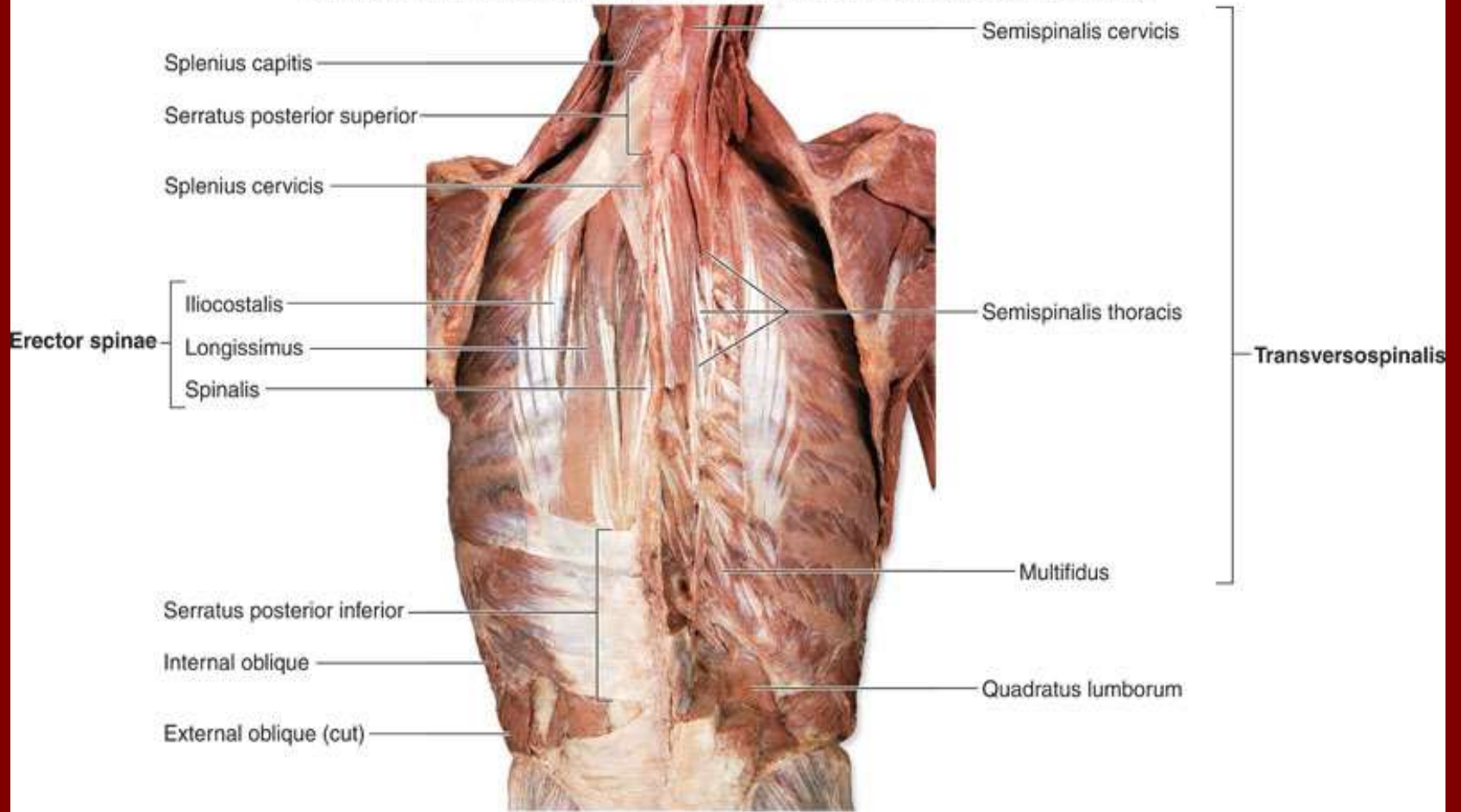
Back muscles

Copyright © The McGraw-Hill Companies, Inc. Permission required for reproduction or display.



Back muscles

Copyright © The McGraw-Hill Companies, Inc. Permission required for reproduction or display.



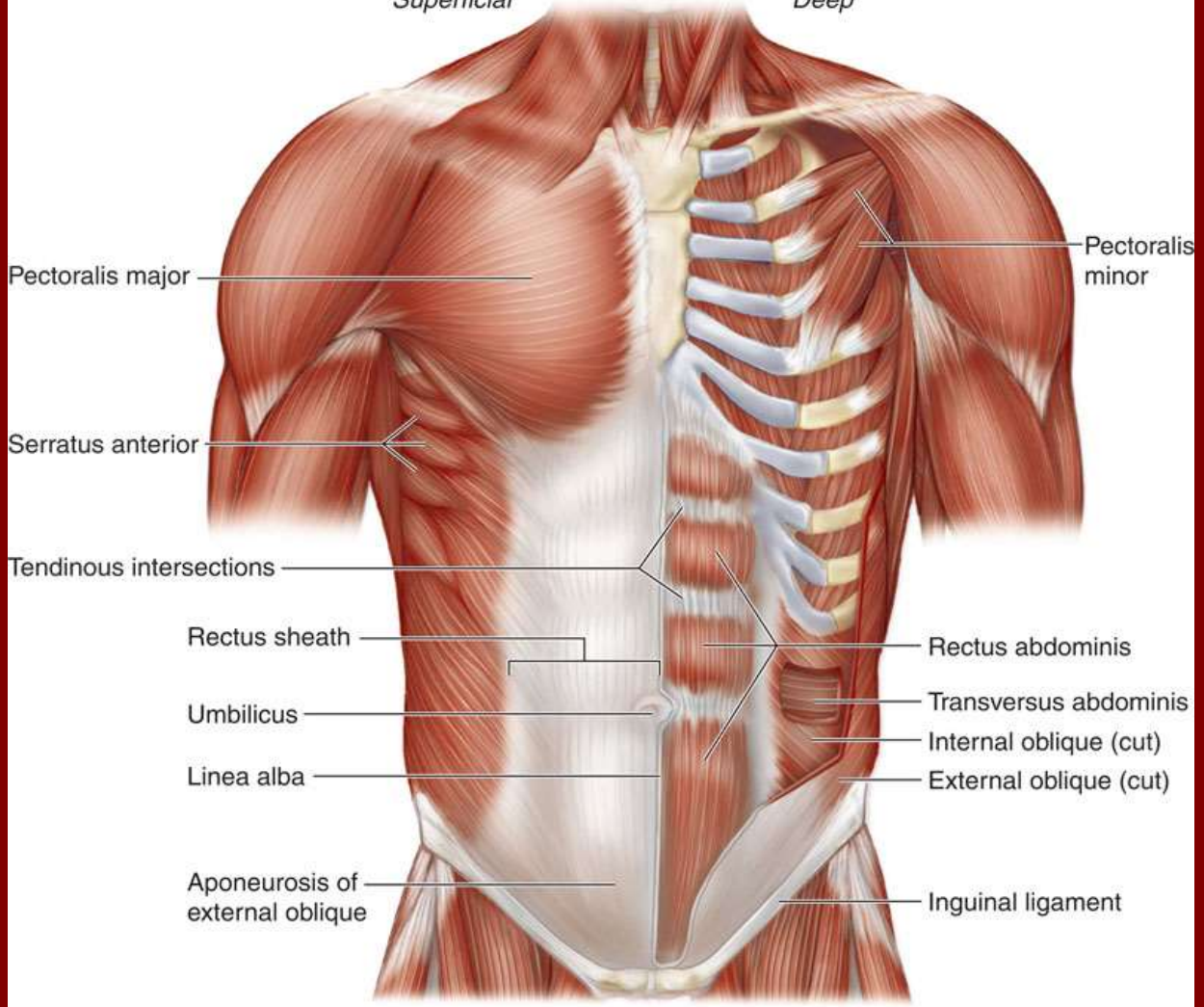
Posterior view

Muscles to know and identify

- **Chest and abdomen:** Pectoralis major, Diaphragm, External intercostals, Internal intercostals, Rectus abdominis, External oblique, Internal oblique, Transversus abdominis.

Chest and abdomen muscles

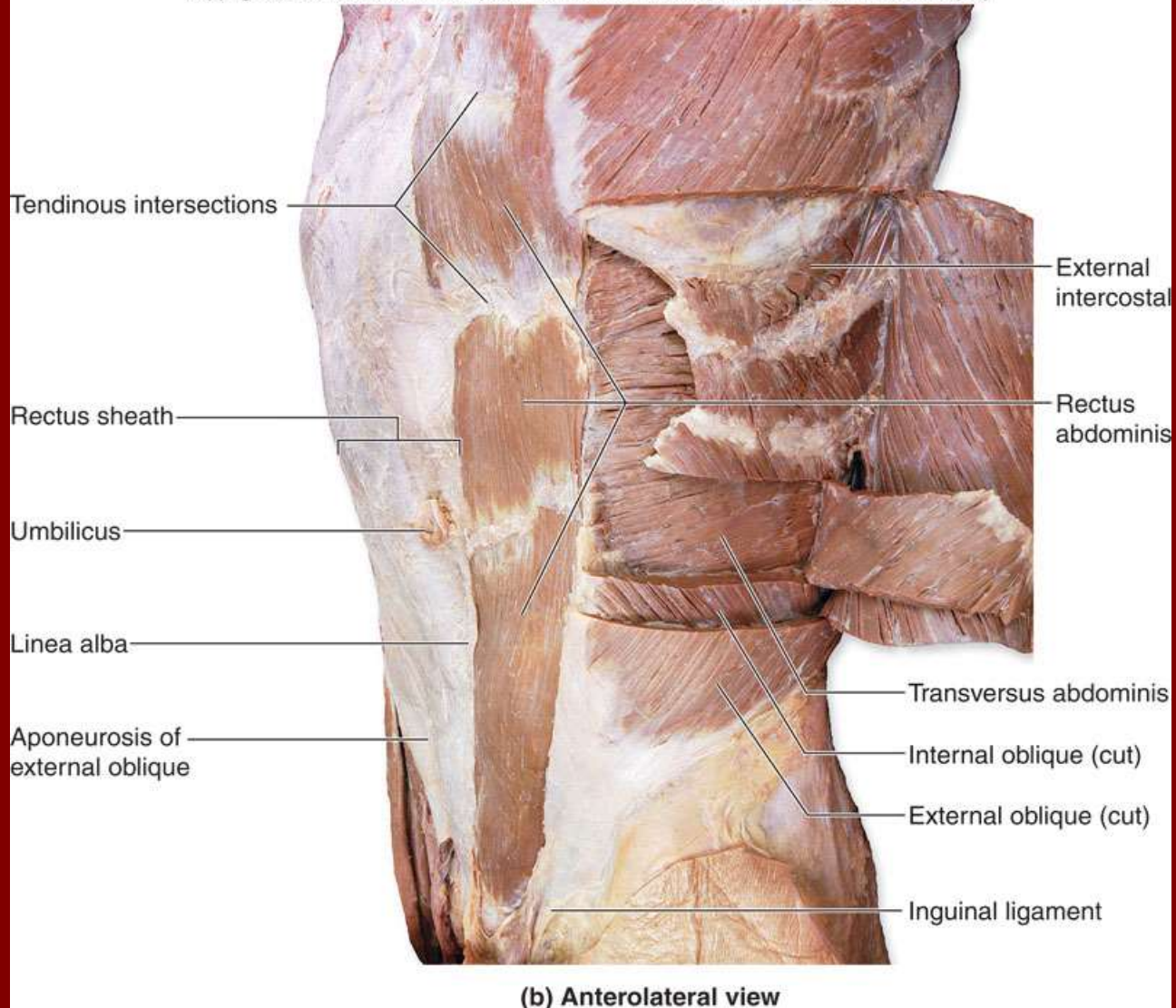
Copyright © The McGraw-Hill Companies, Inc. Permission required for reproduction or display.
Superficial *Deep*



(a) Anterior view

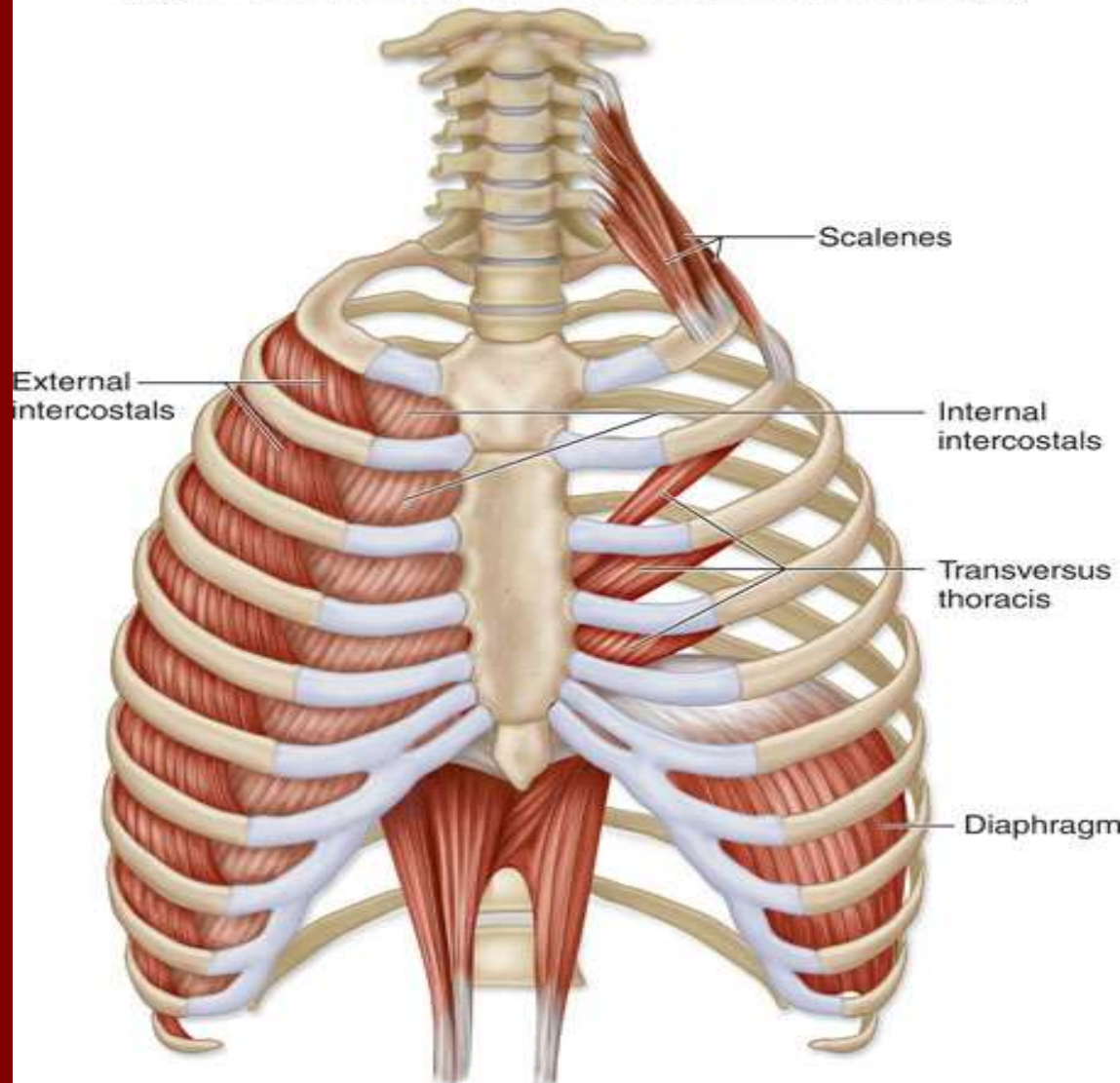
Chest and abdomen muscles

Copyright © The McGraw-Hill Companies, Inc. Permission required for reproduction or display.



Deep chest muscles

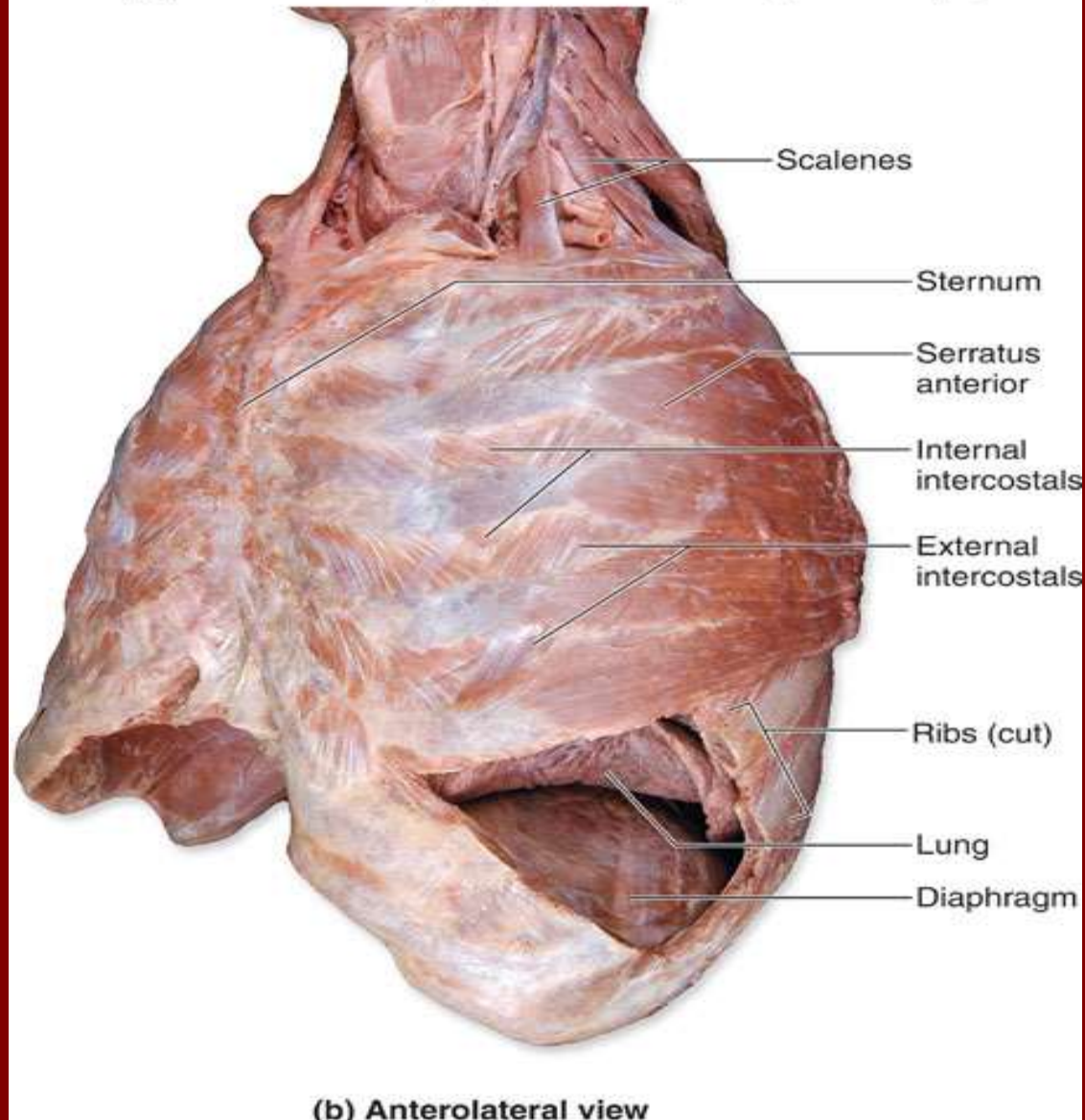
Copyright © The McGraw-Hill Companies, Inc. Permission required for reproduction or display.



(a) Anterior view

Deep chest muscles

Copyright © The McGraw-Hill Companies, Inc. Permission required for reproduction or display.



Structures to know and identify

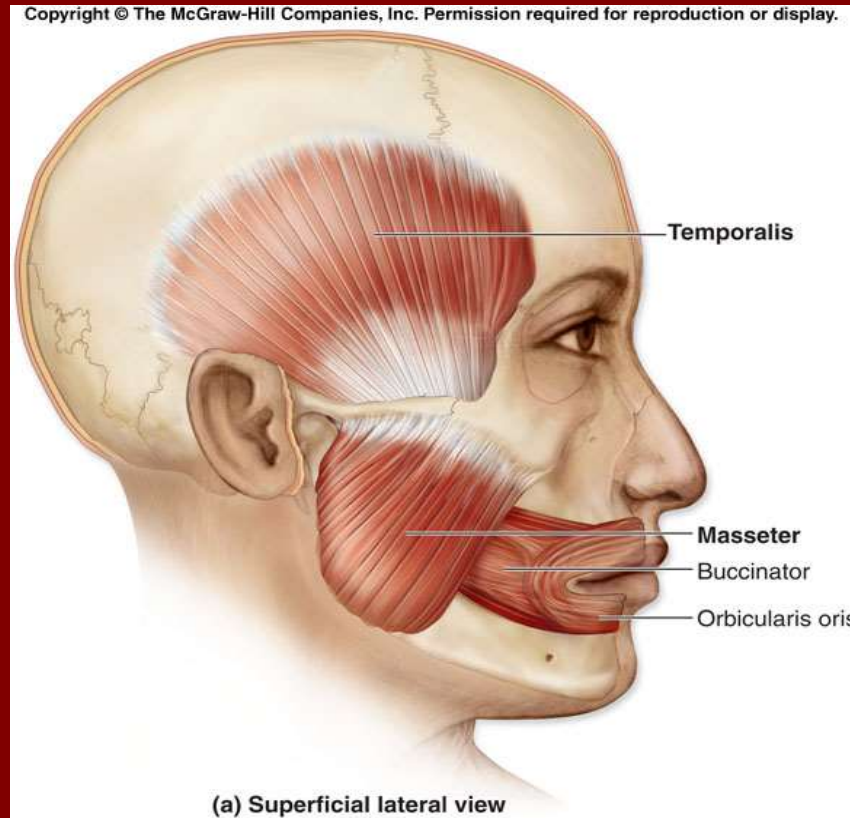
- Tendons
- Galea aponeurosis
- Linea alba
- Iliotibial tract
- Calcaneal “achilles” tendon

Know origin and insertion

- Masseter
 - Biceps brachii
 - Triceps brachii
 - Latissimus dorsi
 - Deltoid
- Rectus abdominis
 - Rectus femoris
 - Biceps femoris
 - Sartorius
 - Gastrocnemius

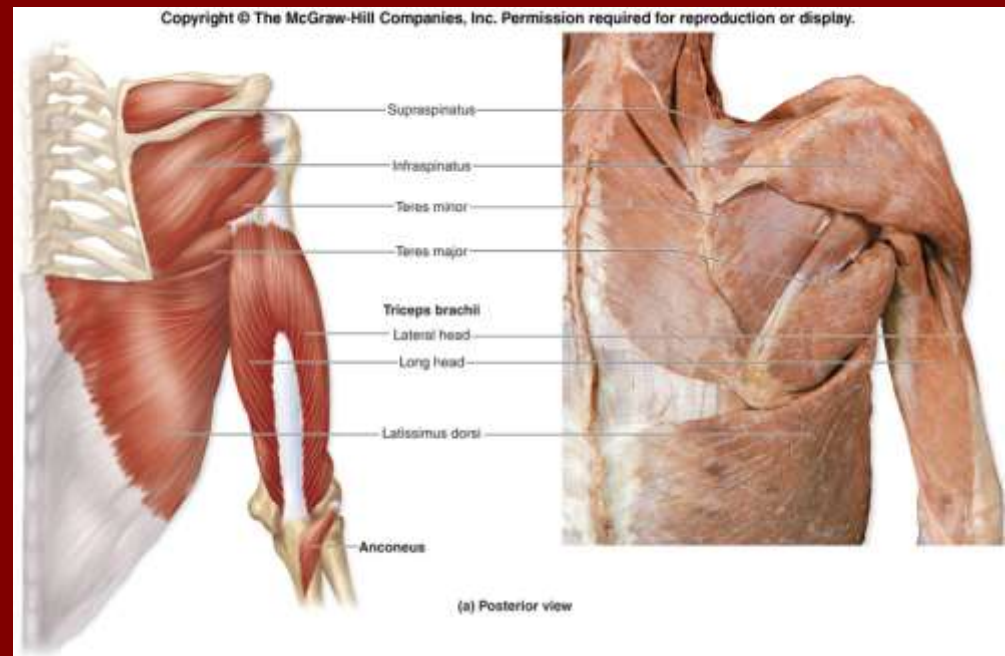
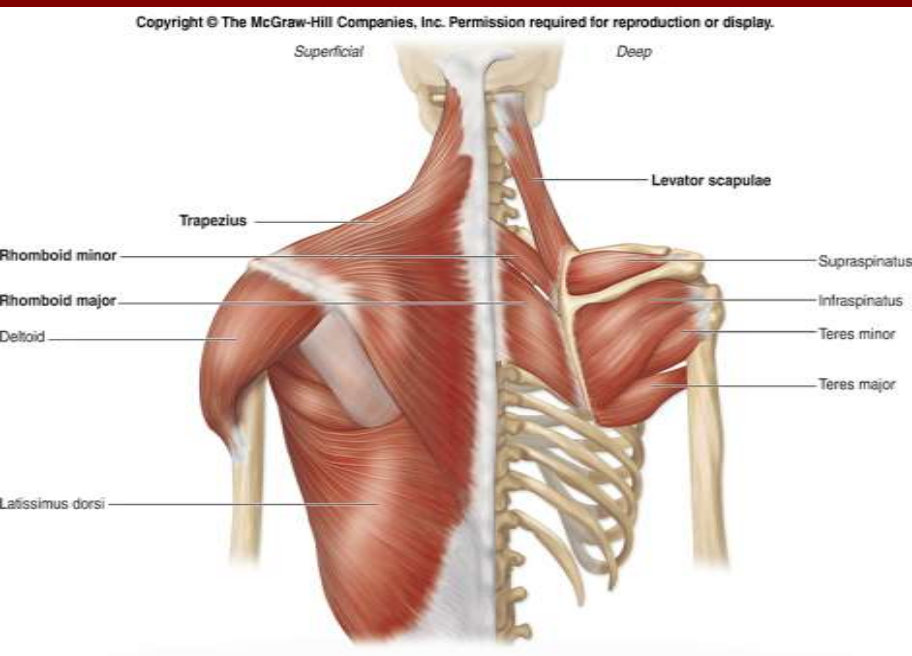
Masseter

- **Origin:** Zygomatic arch and bone
- **Insertion:** Angle and ramus of mandible
- **Action:** Prime mover of jaw closure



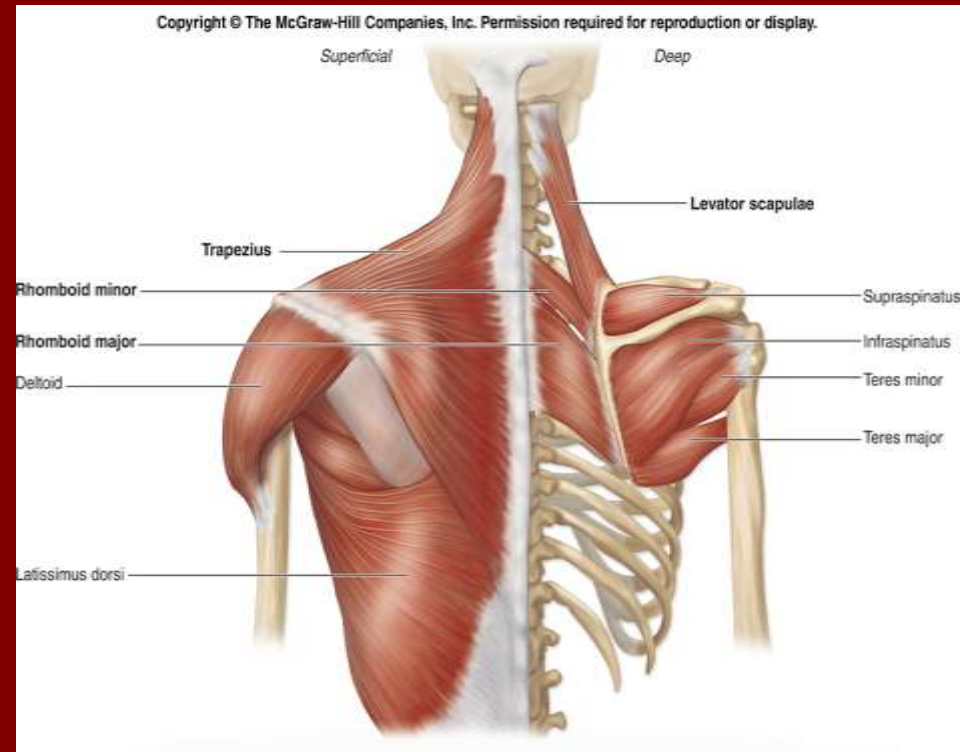
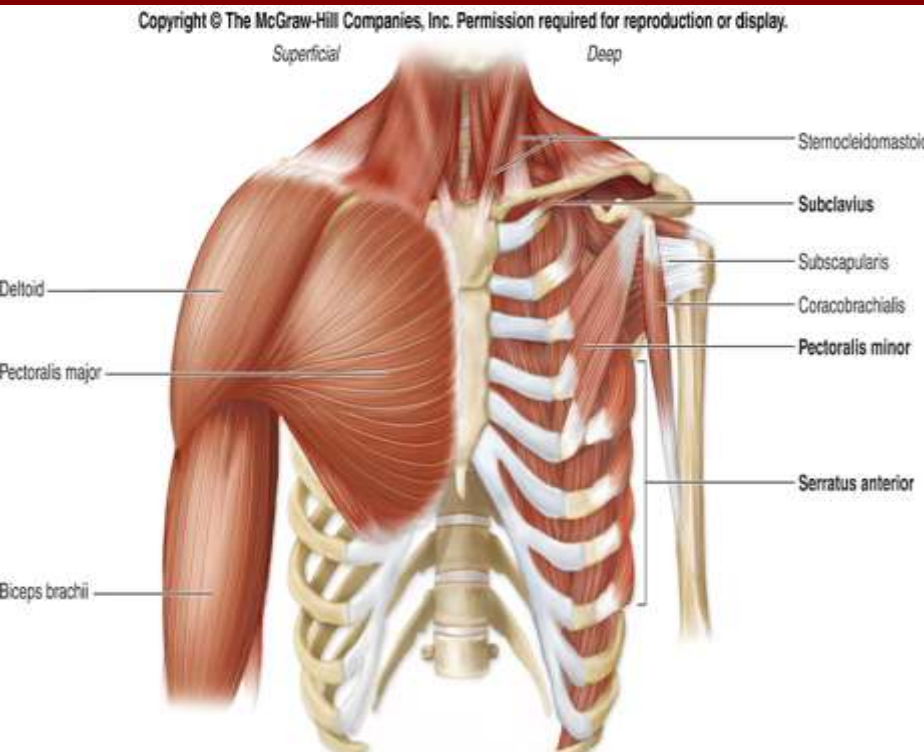
Latissimus dorsi

- **Origin:** Spinous proc of T6-T12, L1-L5; ribs 8-12
- **Insertion:** Intertubercular groove of humerus
- **Action:** Extension, adduction and medial rotation of shoulder



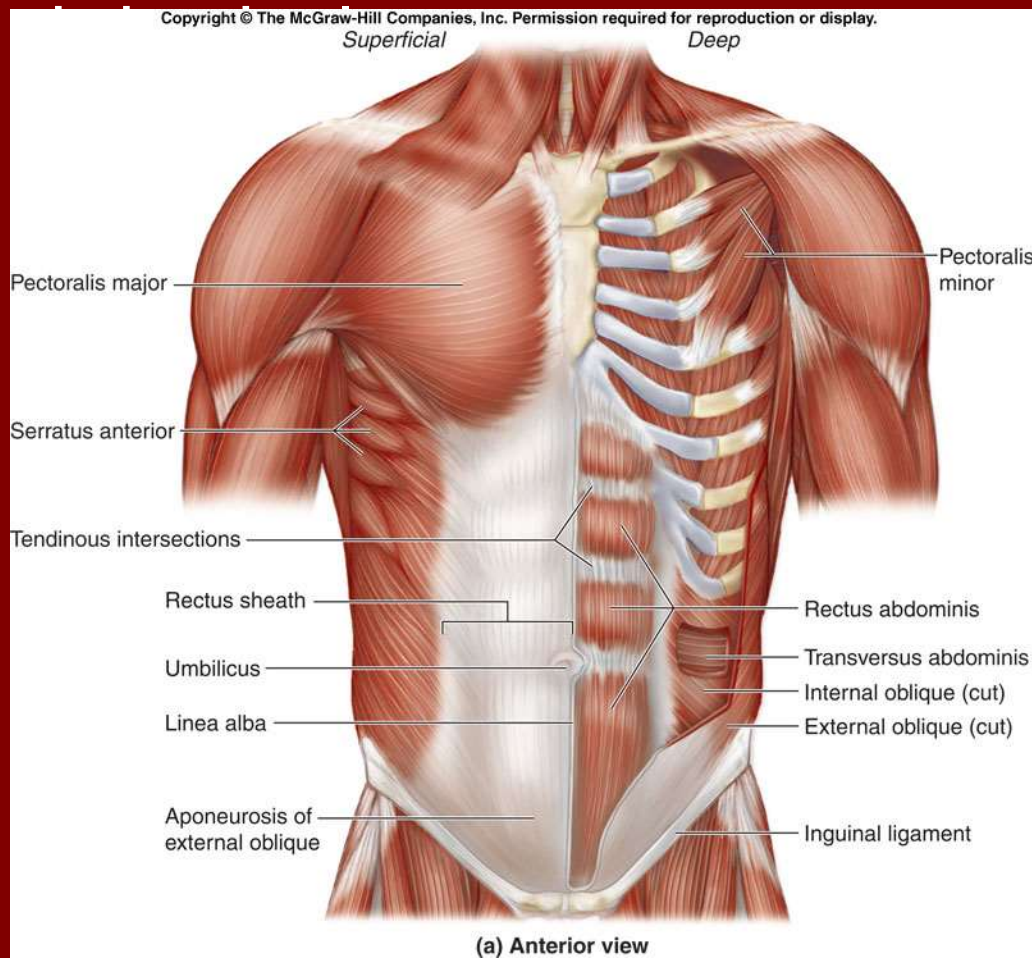
Deltoid

- **Origin:** Clavicle, scapula acromion and spine
- **Insertion:** Deltoid tuberosity of humerus
- **Action:** Abducts shoulder; flexion and rotation of humerus; extension and lateral rotation of humerus



Rectus abdominis

- **Origin:** Pubic crest and symphysis
- **Insertion:** Xiphoid process, costal cartilage ribs 5-7
- **Action:** Flex and rotate vertebral column; stabilize pelvis; exert



THANK YOU