

Figure 6-12

26. 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.

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

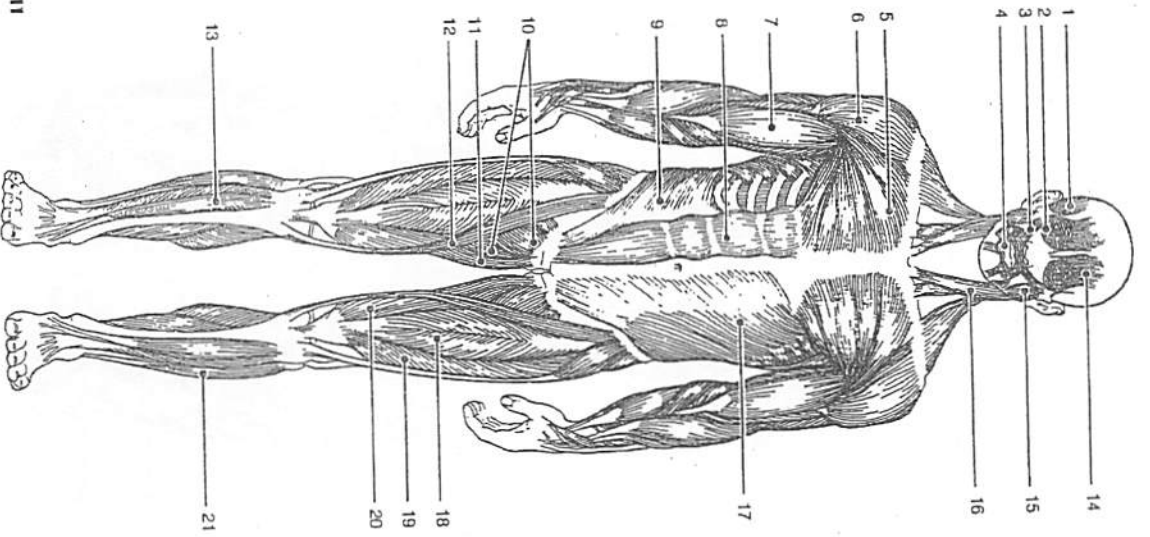


Figure 6-11

25. 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.

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

### Muscles of the Hip, Thigh, and Leg

21. 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**

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

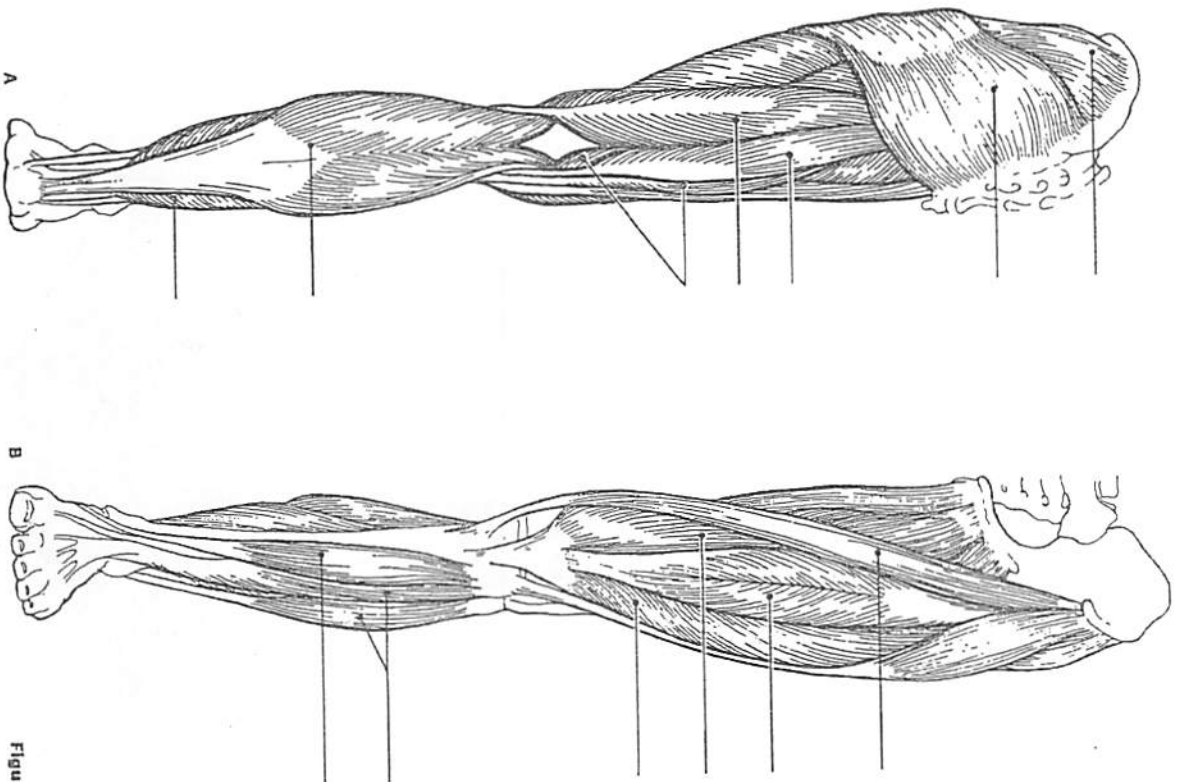


Figure 6-9

20. 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**

- \_\_\_\_\_ 1. Muscle that allows you to shrug your shoulders or extend your head
- \_\_\_\_\_ 2. Muscle that adducts the shoulder and causes extension of the shoulder joint
- \_\_\_\_\_ 3. Shoulder muscle that is the antagonist of the muscle just described
- \_\_\_\_\_ 4. Prime mover of back extension; a deep composite muscle consisting of three columns
- \_\_\_\_\_ 5. Large paired superficial muscle of the lower back

**Column B**

- A. Deltoid
- B. Erector spinae
- C. External oblique
- D. Gluteus maximus
- E. Latissimus dorsi
- F. Trapezius

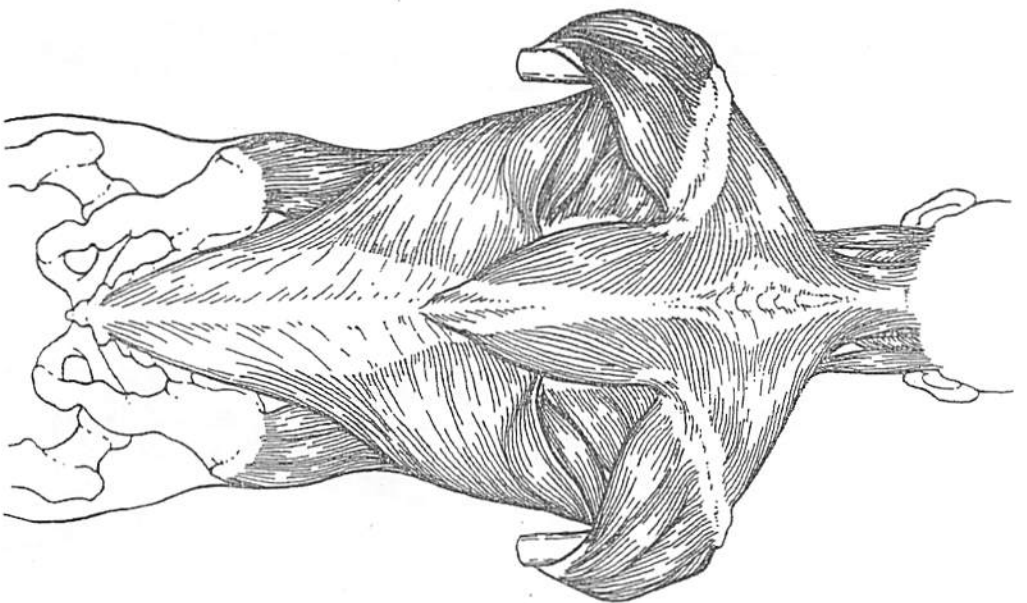


Figure 6-8

## Muscles of the Trunk

19. 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

- \_\_\_\_ 1. The name means "straight muscle of the abdomen"
- \_\_\_\_ 2. Prime mover for shoulder flexion and adduction
- \_\_\_\_ 3. Prime mover for shoulder abduction
- \_\_\_\_ 4. Part of the abdominal girdle; forms the external lateral walls of the abdomen
- \_\_\_\_ 5. Acting alone, each muscle of this pair turns the head toward the opposite shoulder
- \_\_\_\_ 6. and 7. Besides the two abdominal muscles (pairs) named above, two muscle pairs that help form the natural abdominal girdle
- \_\_\_\_ 8. Deep muscles of the thorax that promote the inspiratory phase of breathing
- \_\_\_\_ 9. An unpaired muscle that acts with the muscles named immediately above to accomplish inspiration

### Column B

- A. Deltoid
- B. Diaphragm
- C. External Intercostal
- D. External oblique
- E. Internal Intercostal
- F. Internal oblique
- G. Latissimus dorsi
- H. Pectoralis major
- I. Rectus abdominis
- J. Sternocleidomastoid
- K. Transversus abdominis

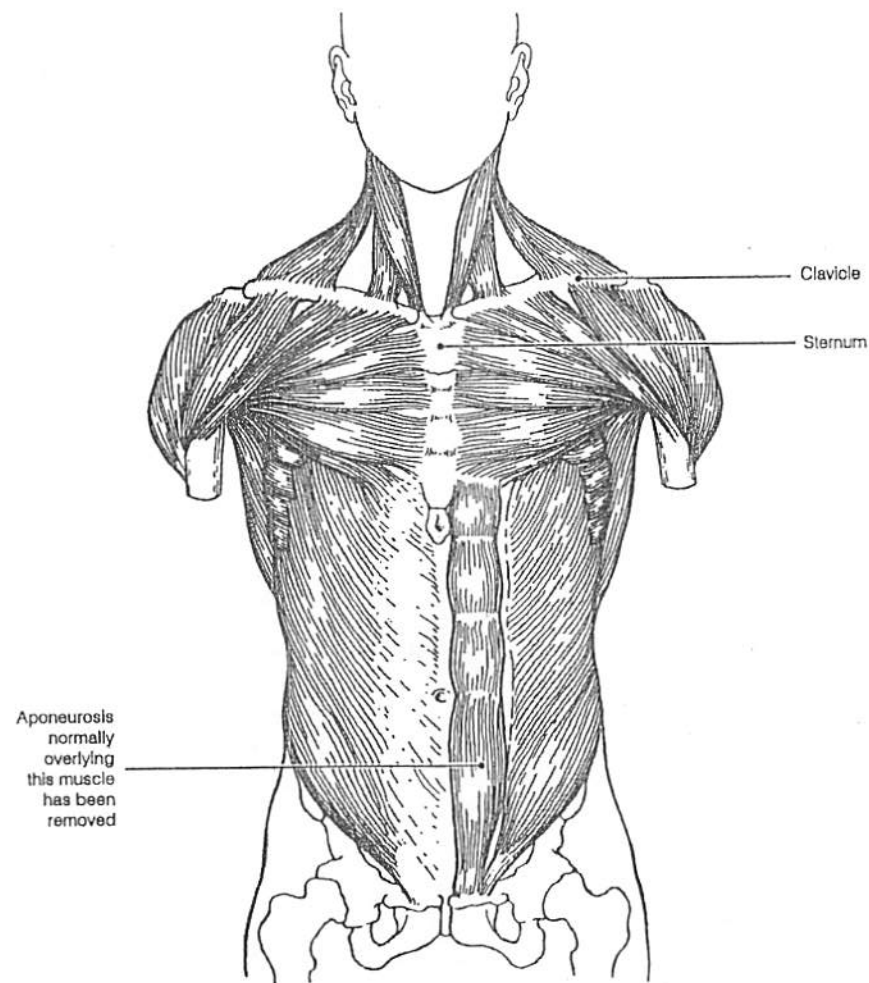


Figure 6-7

17. Several criteria are applied to the naming of muscles. These are provided in Column B. Identify which criteria pertain to the muscles listed in Column A and enter the correct letter(s) in the answer blank.

Column A	Column B
<input type="checkbox"/> 1. Gluteus maximus	A. Action of the muscle
<input type="checkbox"/> 2. Adductor magnus	B. Shape of the muscle
<input type="checkbox"/> 3. Biceps femoris	C. Location of the muscle's origin and/or insertion
<input type="checkbox"/> 4. Abdominis transversus	D. Number of origins
<input type="checkbox"/> 5. Extensor carpi ulnaris	E. Location of muscle relative to a bone or body region
<input type="checkbox"/> 6. Trapezius	F. Direction in which the muscle fibers run relative to some imaginary line
<input type="checkbox"/> 7. Rectus femoris	G. Relative size of the muscle
<input type="checkbox"/> 8. External oblique	

### GROSS ANATOMY OF THE SKELETAL MUSCLES

#### Muscles of the Head

18. Identify the major 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 described and color in the coding circle and corresponding muscle on Figure 6-6.

Column A	Column B
<input type="radio"/> 1. Used in smiling	A. Buccinator
<input type="radio"/> 2. Used to suck in your cheeks	B. Frontalis
<input type="radio"/> 3. Used in winking	C. Masseter
<input type="radio"/> 4. Used to form the horizontal frown crease on the forehead	D. Orbicularis oculi
<input type="radio"/> 5. The "kissing" muscle	E. Orbicularis oris
<input type="radio"/> 6. Prime mover of jaw closure	F. Sternocleidomastoid
<input type="radio"/> 7. Synergist muscle for jaw closure	G. Temporalis
<input type="radio"/> 8. Prime mover of head flexion; a two-headed muscle	H. Trapezius
	I. Zygomaticus

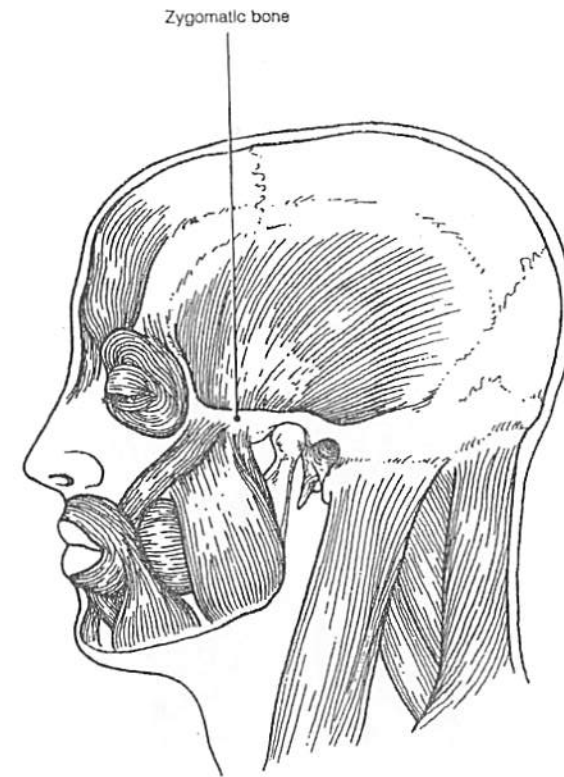


Figure 6-6