

Muscle part 2

Bio 250

Types of Ordinary Body Movements

- Flexion
- Extension
- Rotation
- Abduction
- Circumduction

Copyright © 2003 Pearson Education, Inc. publishing as Benjamin Cummings

Slide 6.32

Body Movements



Figure 6.13

Copyright © 2003 Pearson Education, Inc. publishing as Benjamin Cummings

Slide 6.33

Special Movements

- Dorsiflexion
- Plantar flexion
- Inversion
- Eversion
- Supination
- Pronation
- Opposition

Copyright © 2003 Pearson Education, Inc. publishing as Benjamin Cummings

Slide 6.34

Types of Muscles

- Prime mover – muscle with the major responsibility for a certain movement
- Antagonist – muscle that opposes or reverses a prime mover
- Synergist – muscle that aids a prime mover in a movement and helps prevent rotation
- Fixator – stabilizes the origin of a prime mover

Copyright © 2003 Pearson Education, Inc. publishing as Benjamin Cummings

Slide 6.35

Naming of Skeletal Muscles

- Direction of muscle fibers
 - Example: *rectus* (straight)
- Relative size of the muscle
 - Example: *maximus* (largest)

Copyright © 2003 Pearson Education, Inc. publishing as Benjamin Cummings

Slide 6.36a

Naming of Skeletal Muscles

- Location of the muscle
 - Example: many muscles are named for bones (e.g., *temporalis*)
- Number of origins
 - Example: *triceps* (three heads)

Copyright © 2003 Pearson Education, Inc. publishing as Benjamin Cummings

Slide 6.36b

Naming of Skeletal Muscles

- Location of the muscles origin and insertion
 - Example: *sterno* (on the sternum)
- Shape of the muscle
 - Example: *deltoid* (triangular)
- Action of the muscle
 - Example: *flexor* and *extensor* (flexes or extends a bone)

Copyright © 2003 Pearson Education, Inc. publishing as Benjamin Cummings

Slide 6.37

Head and Neck Muscles

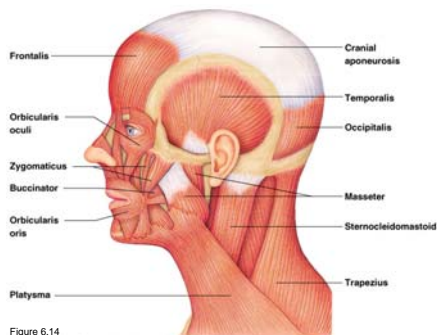


Figure 6.14

Copyright © 2003 Pearson Education, Inc. publishing as Benjamin Cummings

Slide 6.38

Trunk Muscles

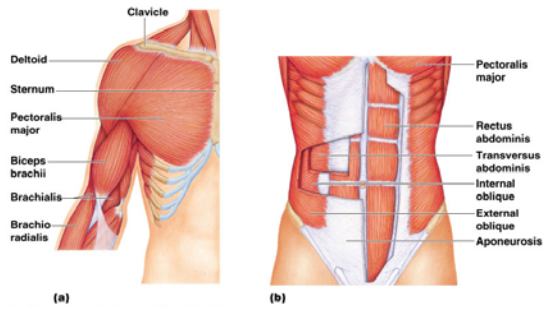


Figure 6.15

Copyright © 2003 Pearson Education, Inc. publishing as Benjamin Cummings

Slide 6.39

Deep Trunk and Arm Muscles

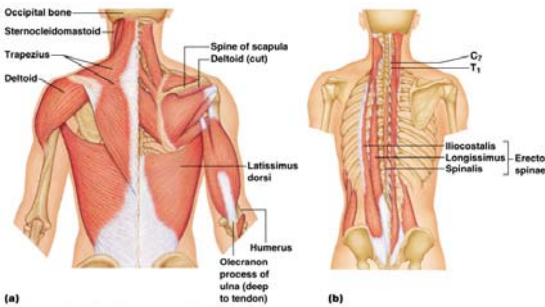


Figure 6.16

Copyright © 2003 Pearson Education, Inc. publishing as Benjamin Cummings

Slide 6.40

Muscles of the Pelvis, Hip, and Thigh

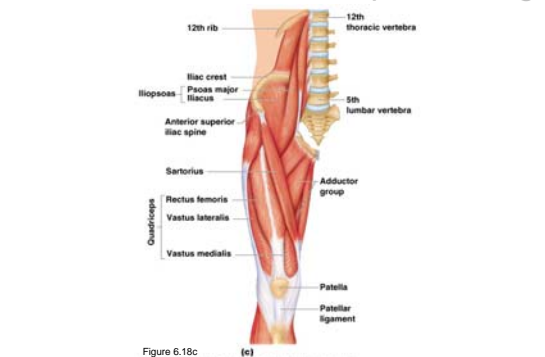


Figure 6.18c

Copyright © 2003 Pearson Education, Inc. publishing as Benjamin Cummings

Slide 6.41

Muscles of the Lower Leg

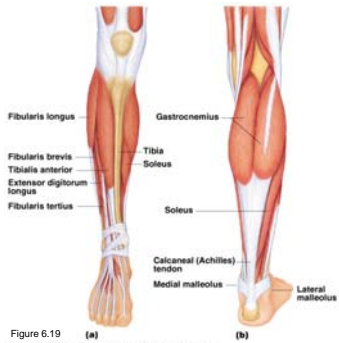


Figure 6.19

Copyright © 2003 Pearson Education, Inc. publishing as Benjamin Cummings

Slide 6.42

Superficial Muscles: Anterior

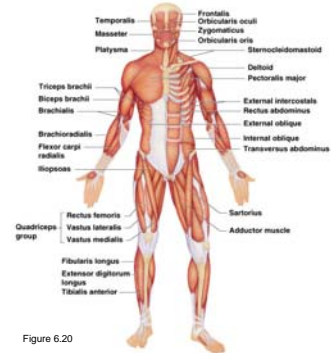


Figure 6.20

Copyright © 2003 Pearson Education, Inc. publishing as Benjamin Cummings

Slide 6.43

Superficial Muscles: Posterior

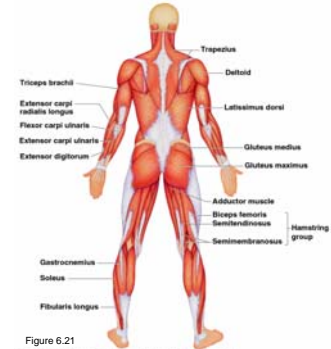


Figure 6.21

Copyright © 2003 Pearson Education, Inc. publishing as Benjamin Cummings

Slide 6.44

