AHS 131 Laboratory

Muscle List

These muscles are to be covered in Lab. Please review the location of these muscles on the models and discuss their primary action with the student. For testing purposes, the practical should include at least 40 muscles that the student must identify on the models. In addition, there should be some questions about the muscle action. Questions regarding the cellular anatomy of the muscle cell and the 3 different types of muscle (using our models) should also be included.

**Muscle Cell and Organelles:**

All organelles of a muscle cell. Include a discussion of the Neuromuscular Junction.

**Muscle Tissue Models: Skeletal, Cardiac, Smooth:**

Include all organelles, vessels and motor neurons for the 3 types of muscle tissue.

**Head and Neck (deleted “and face’’)**

Epicranius: frontalis, occipitalis, epicranial aponeurosis.

Temporoparietalis

Temporalis, masseter, medial and lateral pterygoids (Mastication), buccinator

Obicularis oculi, procerus, corrugator supercilii, levator palpebrae superioris

Nasalis

Orbicularis oris, levator labii superioris, levator anguli oris, zygomaticus major and minor, risorius, depressor anguli oris, depressor labii inferioris

Mentalis

Platysma

Semispinalis capitus, splenius capitus, levator scapula, trapezius

Digastric, sternocleidomastoid, Anterior scalene, Middle scalene, Posterior scalene, omohyoid

Pectoralis major and minor, internal and external intercostals

Deltoid, supraspinatus, infraspinatus, rhomboid major and minor

**Trunk**

Trapezius, latissimus dorsi, thoracolumbar fascia

Supraspinatus, infraspinatus, rhomboid major and minor, teres major and minor, (subscapularis)

Serratus anterior, serratus posterior (superior) and inferior

Erector spinae group (general)

Interspinales, intertransversarii, rotatores - **OPTIONAL**

Pectoralis major and minor

**Abdomen**

Rectus sheath, rectus abdominis, linea alba, tendinous inscriptions

External oblique, internal oblique, transversus abdominis

Psoas major and minor, iliacus, quadratus lumborum, diaphragm of pelvic floor (general)

**Arm**

Deltoid, supraspinatus, infraspinatus, teres major and minor, subscapularis

Pectoralis major

Biceps brachii long and short head, brachialis, coracobrachialis

Triceps brachii medial, lateral and long head, anconeus

Pronator teres, flexor carpi radialis, palmaris longus, flexor carpi ulnaris

Flexor digitorum superficialis, flexor digitorum profundus, flexor pollicis longus

Extensor carpi ulnaris, extensor digitorum, extensor digiti minimi, extensor carpi radialis longus & brevis

Abductor pollicis longus, extensor pollicis brevis

Brachioradialis, supinator

Extensor and flexor retinaculum

**Hand - OPTIONAL**

Abductor pollicis brevis, abductor digiti minimi

Lumbricals, interossei

**Leg**

Psoas major, iliacus, iliopsoas, diaphragm pelvic floor (general)

Gluteus maximus, medius and minimus

Tensor fasciae latae, iliotibial tract (band)

Piriformis, superior gemellus, obturator internus, (and externus), inferior gemellus, quadratus femoris

Rectus femoris, Vastus lateralis, vastus intermedius and vastus medialis

Sartorius, gracilis

Adductor magnus, longus and brevis, pectineus

Biceps femoris, semitendinosus, semimembranosus

Gastrocnemius medial and lateral head, soleus, plantaris, popliteus

Flexor hallucis longus, flexor digitorum longus, tibialis posterior

Fibularis longus and brevis (peroneus longus and brevis)

Tibialis anterior, extensor digitorum longus, extensor hallucis longus

**Foot - OPTIONAL**

Extensor retinaculum, dorsal interossei

Flexor digitorum brevis, lumbricals

**Eye**

Superior, inferior, lateral and medial rectus, superior and inferior oblique