

Name: _____

The Muscular System - Front View

- A. **Facial Muscles:** The main muscles of the head are those concerned with facial expression and chewing. The facial muscles include nearly circular ones around the eyes, which are used for squinting, and circular ones around the lips that are used for whistling. Other facial muscles allow a person to smile, sneer, grin, and frown.
- B. **Masseter:** There are several muscles used in chewing. All are attached to the mandible, or lower jaw. The masseters are two of the largest of these muscles. They are located near the angle of the jaw.
- C. **Sternomastoids:** These prominent muscles extend along the front and side of the neck. They draw the head towards the shoulder and rotate the chin upwards. If they become injured, they can produce a condition we call a stiff neck.
- D. **Pectoralis Major:** These fan-shaped muscles are found on either side of the breastbone (sternum). Their action is to flex the arms across the chest, bringing the arm and shoulders forward, and rotating the arms towards the middle of the body. Shot-putters and swimmers on the downward stroke use these muscles.
- E. **Biceps Brachii:** These large muscles form the front of the upper arms. These are the muscles that are generally used when a person wants to show how strong they are. The action is to flex the elbow and at the same time, impart a slight rotary motion to the forearm. This rotary motion makes it possible for a person to use a screwdriver. The Triceps muscle opposes biceps, which is located on the back of the upper arms.
- F. **Forearm Flexors:** These muscles produce many movements of the wrist, hand and fingers. They are located on the palm-side of the forearm. The long tendons of these muscles can be seen extending over the wrist when the fingers are moved.
- G. **Abdominus rectus:** This muscle runs from the pelvic area to the ribs. This muscle helps a person have a flat stomach by compressing the internal organs. It also flexes the trunk and can be used to bend the trunk from side to side. It is also of importance in expelling fecal matter from the rectum and urine from the urinary bladder.
- H. **Vastus lateralis:** These are one of two prominent muscles of the thighs. They pass along the outside of the thigh, between the kneecap and the hipbone. These powerful extensors of the legs allow a person to swing his/her legs back and forth. These muscles are also used when kicking a football.
- I. **Rectus Femoris:** This muscle is one of a group of four muscles often referred to as the quadriceps group. This muscle is located on the front of the thigh with its origin on the

hip and its insertion on the tibia or shinbone. Its action is to flex the thigh or extend the knee joint.

- J. **Adductors:** These muscles are found on the inside of the thighs and are used to press the thighs together. These muscles are used extensively when riding a horse.
- K. **Sartorius:** These are long, narrow muscles that run from the spine, downward – across the entire thigh, until they end at the upper end of the shin bones or tibias. They are used when a person sits down.
- L. **Tibialis Anterior:** These lower leg muscles oppose the action of the calf muscles (gastrocnemius). They are located just outside the shin bones or tibias. Their origin is on the shin bones and they insert on the ankle bones. When the anterior tibialis contracts, the foot is drawn upward.

Questions

- a. The masseters are attached to the lower jaw or _____
- b. The _____ muscle flexes the elbow.
- c. An injured _____ muscle, often causes a stiff neck.
- d. The _____ _____ muscles are on either side of the sternum.
- e. _____ muscles are used when a person grins.
- f. The _____ muscles are used when a person sits down.
- g. The _____ _____ help to keep a flat stomach.
- h. The rectus femoris belongs to the _____ muscle group.
- i. The _____ muscles can keep you from falling off a horse.
- j. The _____ _____ has its origin on the shinbone and its insertion on the ankle bones.

