

# **The Muscular System**

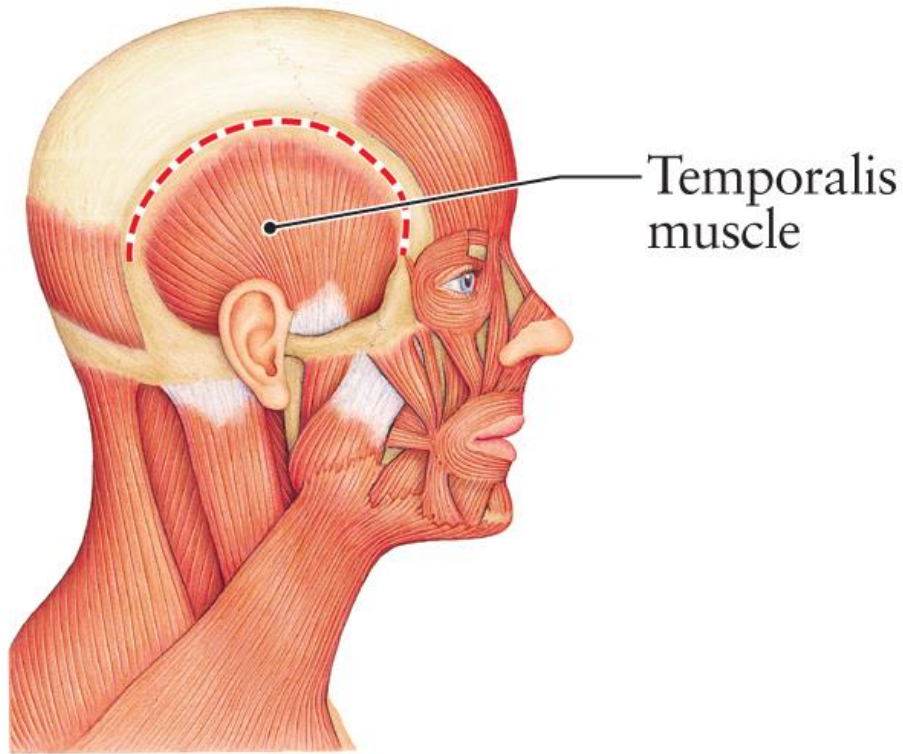
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Naming Skeletal Muscles

# Naming the Skeletal Muscles

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- Location of Muscle



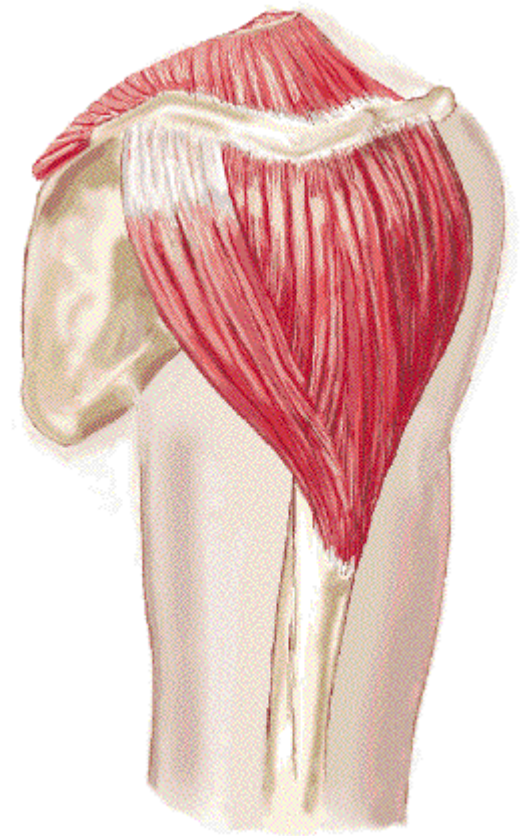
Name indicates the bone or body region with which the muscle is associated

- Temporalis
- Intercostals

# Naming the Skeletal Muscles

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- **Shape of the Muscle**
  - Named for their distinctive shapes
    - Deltoid
      - Triangular shape
    - Trapezius
      - Trapezoidal shape



# Naming the Skeletal Muscles

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- **Relative Size of the Muscle**

- Maximus (largest); minimus (smallest)

- Gluteus muscles

- Longus (long); brevis (short)

- Adductor muscles

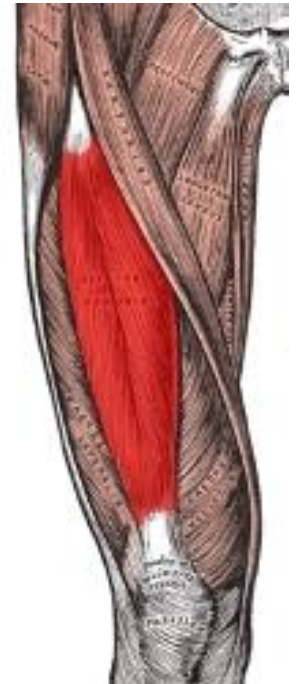


# Naming the Skeletal Muscles

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## ■ Direction of Muscle Fibers

- Reveals the direction in which their fibers (and fascicles) run in reference to an imaginary line.
- Usually the midline of the body or longitudinal axis of a limb or bone.
  - Rectus (straight/parallel)
    - Rectus femoris
  - Transversus or Oblique (at right angle)
    - Transversus abdominis



# Naming the Skeletal Muscles

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- **Number of origins**
  - Two, three, or four origins
  - Bi-; tri-; quad-
    - Biceps brachii has two origins



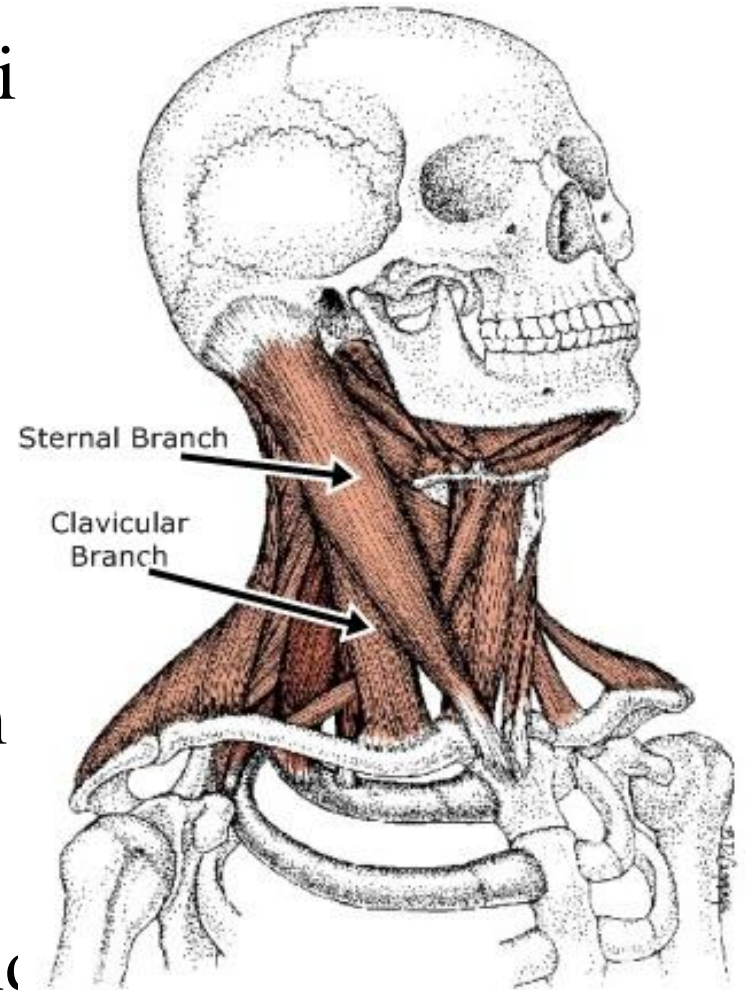
# Naming the Skeletal Muscles

## ■ Location of the Attachments

- Named according to their origin and insertion
- Origin named first and then insertion

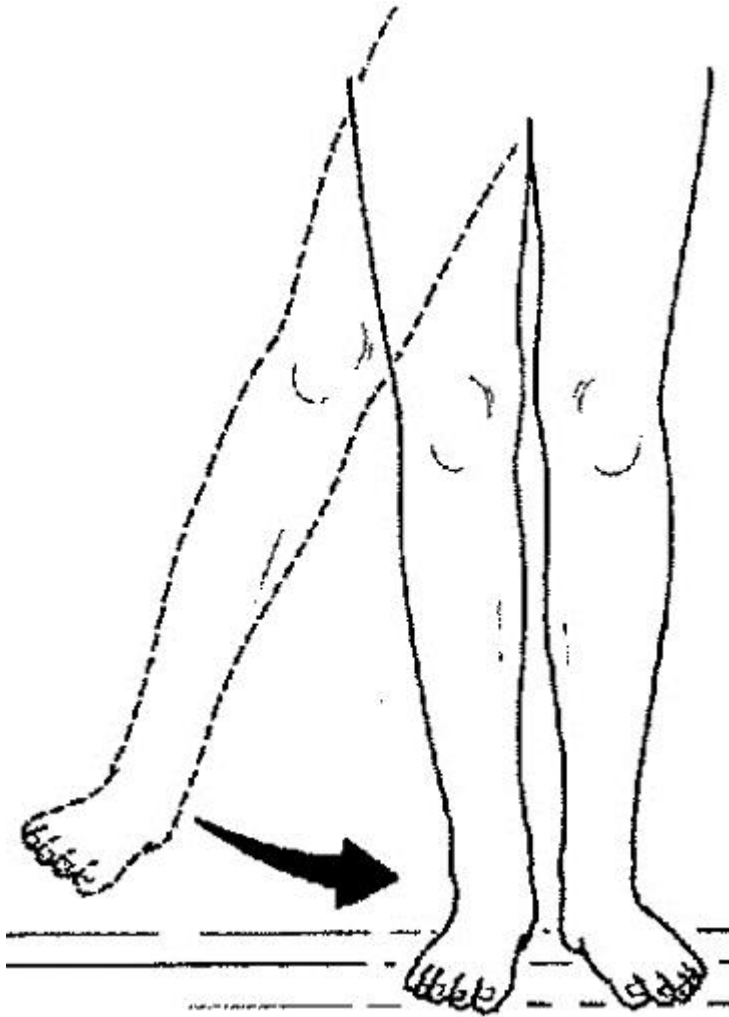
- Sternocleidomastoid

- Two origins – sternum and clavicle
- One insertion – mastoid process



# Naming the Skeletal Muscles

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- **Action**

- Named for what the muscle does
- Flexor, extensor, adductor, supinator, pronator, etc.
  - Adductor longus
  - Pronator teres

# Naming the Skeletal Muscles

- Often a muscle's name comes from a combination of criteria
  - Extensor carpi radialis longus
    - Action - extensor
    - Location – radial side of forearm
    - Joint – wrist
    - Size - long

