

Kingsborough Community College of the City University of New York

Department of Biological Sciences

Muscles for Identification on the Muscle Man and Laboratory Models

Identify each muscle and indicate its action

Facial Expressions;

Orbicularis Oculi
Orbicularis Oris
Zygomaticus Major
Depressor Anguli Oris
Mentalis
MasseterBuccinator
Frontalis

Head Movements;

Sternocleidomastoid
Trapezius
Splenis Capitis

Breathing;

Diaphragm
External Intercostals
Internal Intercostals

Trunk Movements and compression of internal Viscera;

Rectus Abdominus
External Oblique
Internal Oblique
Transverse abdominis

Shoulder Movements;

Trapezius
Serratus Anterior

Arm Movements;

Pectoralis Major
Latissimus Dorsi
Deltoid
Teres Major

Movements of the Forearm;

Triceps Brachii
Biceps Brachii
Brachialis
Brachioradialis

Movements of the Wrist and Hand;

Flexor Carpi Radialis
Extensor Digitorum

Movements of the Leg;

Sartorius
Gracilis
Gluteus Medius
Gluteus Maximus
Quadriceps Femoris (four muscles)
 Rectus Femoris
 Vastus Lateralis
 Vastus Medialis
 Vastus Intermedius

Hamstrings (three muscles)
 Biceps Femoris
 Semitendinosis
 Semimembranosis

Movements of the Ankle and Toes;

Tibialis Anterior
Triceps Surae (two muscles)
 Gastrocnemius
 Soleus

Identify the following five muscles and state their origins, insertion and actions.

Biceps Brachii
Triceps Brachii
External Oblique
Trapezius
Deltoid