

**Muscle Man Diagrams Study Sheet** - Place the numbers on the diagram next to the correct muscle - Anterior & Posterior muscles are all in this same list. A (2) means they show up on both diagrams.

- |                                      |                                   |
|--------------------------------------|-----------------------------------|
| <u>10,2</u> A. Adductors (2)         | <u>8</u> Q. Rectus abdominus      |
| <u>7</u> B. Biceps brachii           | <u>18</u> R. Rectus femoris       |
| <u>3</u> C. Biceps femoris           | <u>12</u> S. Sartorius            |
| <u>6,7</u> D. Deltoid (2)            | <u>4</u> T. Semitendinosus        |
| <u>17,10</u> E. External oblique (2) | <u>12</u> U. Soleus               |
| <u>21</u> F. Fibularis longus        | <u>16</u> V. Sternocleidomastoid  |
| <u>14</u> G. Frontalis               | <u>1</u> W. Temporalis            |
| <u>5</u> H. Gastrocnemius            | <u>13</u> X. Tibialis anterior    |
| <u>1</u> I. Gluteus maximus          | <u>9</u> Y. Transversus abdominus |
| <u>11</u> J. Gluteus medius          | <u>6</u> Z. Trapezius             |
| <u>11</u> K. Gracilis                | <u>8</u> AA. Triceps brachii      |
| <u>9</u> L. Latissimus dorsi         | <u>19</u> BB. Vastus lateralis    |
| <u>15</u> M. Masseter                | <u>20</u> CC. Vastus medialis     |
| <u>2</u> N. Orbicularis oculi        | <u>3</u> DD. Zygomaticus          |
| <u>4</u> O. Orbicularis oris         |                                   |
| <u>5</u> P. Pectoralis major         |                                   |

**Review: Synovial joint movements**

**Angular - increase/decrease angle**

- A. Flexion and Extension
- B. Plantar flexion and Dorsiflexion
- C. Hyperextension
- D. Abduction and Adduction
- E. Circumduction

**Rotation – rotation around a long axis (twisting motion)**

- A. Medial and Lateral

**Arms only**

- A. Supination and Pronation

**Feet Only**

- A. Inversion and Eversion

**Others**

- A. Protraction and Retraction
- B. Elevation and Depression