

## Lab 9: Gross Anatomy of the Muscular System

### Learning outcomes of the lab exercises:

1. Describe the action and role of agonists, synergists, antagonists and fixators in muscle groups
2. Explain the criteria for naming skeletal muscles
3. Locate and identify select skeletal muscles and their actions

"Think about the things that you do each day—talking, walking, sitting, standing, and running—all of these activities require movement of particular skeletal muscles. Skeletal muscles are even used during sleep. The diaphragm is a sheet of skeletal muscle that has to contract and relax for you to breathe day and night. If you recall from your study of the skeletal system and joints, body movement occurs around the joints in the body. The focus of this chapter is on skeletal muscle organization. The system to name skeletal muscles will be explained; in some cases, the muscle is named by its shape, and in other cases it is named by its location or attachments to the skeleton. If you understand the meaning of the name of the muscle, often it

will help you remember its location and/or what it does."

### I. **Structure of typical skeletal muscle**

- A. **Origin (=head)** = point of attachment of muscle to the stationary (=fixed) bone (usually nearer midline of body, or **proximal**)
  1. **Fleshy** = muscle fibers attached **directly** to bone
  2. **Tendon** = cord-like white fibrous CT
  3. **Aponeurosis** = broad sheet of white fibrous CT (=broad tendon) attaching to coverings of adjacent muscles
- B. **Insertion** = point of attachment to movable bone (usually farther from midline of body, or distal)
- C. **Belly (=body, gaster)** = fleshy portion between origin and insertion

### II. **Muscle groups**

- A. **Intrinsic** = move parts of structure with respect to the structure itself (e.g., muscles controlling iris of eye)
- B. **Extrinsic** = move an entire structure with respect to body itself (e.g., muscles controlling movement of eye itself)
- C. **Prime mover** = major muscle involved in contraction
- D. **Synergists** = minor muscles aiding in contraction of prime mover
- E. **Fixators** = stabilize one or more joints crossed by a prime mover

### III. **Important generalities about muscle action**

- A. Muscles work **only** by contraction
- B. Origin and insertion are **never** on the same bone
- C. Origin and belly are generally on one side of a joint, with the insertion on the other side
- D. During contraction, the **insertion is pulled toward the origin**
- E. **Muscles work in pairs**
  1. **Agonist** = first mover
  2. **Antagonist**
    - Relaxed when agonist contracts
    - When contracted, agonist relaxes

## SELECTED SKELETAL MUSCLES

# Lab Manual Gross Anatomy Of Muscular System

**AW Rasmussen**



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