

Scoring

Points of attachment	/2
Muscle locations	/2
Muscle movements	/2
Muscle morphology	/2
Muscles of trunk and arm	/2
Muscles of leg	/2
Review	/10
Total	/22

Name _____

Date _____

Pd. _____

Naming Skeletal Muscles

Names based on Points of Attachment

Skeletal muscles are attached to bone by tendons, which are bundles of heavy connective tissue fibers. Skeletal muscles are generally attached to at least two bones. The less movable attachment of a muscle is called the origin of the muscle, while the more movable bone is called the insertion. A single muscle may have several points of origin. These "heads" combine in the belly, or fleshy part, of the muscle. Muscles are often named from the points where they attach to the bone, or by the number of heads of origin.

1. The **temporalis** muscle is used in chewing. It is attached at one end to the mandible and at the other end to the temporal bone. Which is the origin? _____ Which is the insertion? _____
2. The **quadriceps femoris** muscle is named by the number of heads and its general location. How many heads has it? _____ Are these heads of origin or insertion? _____ In what area of the body is this muscle found? _____
3. The **sternocleidomastoid** muscle in the anterior lateral neck has two origins and inserts into the mastoid process of the temporal bone. The origins are in the sternum and clavicle. What bone(s) is (are) more movable in this case? _____ Which are less movable? _____
4. Why isn't it precise to say the **sternocleidomastoid** muscle is attached to the sternum, clavicle, and temporal bones? _____

Names based on Muscle Locations

Muscles are also named for their general location. The Latin names of bones may be part of a muscle's name, as in the **quadriceps femoris**. The general term referring to the upper arm is brachialis or brachii. Thus, the **biceps brachii** is a muscle of the upper arm and has two heads of origin.

The effect of a muscle may also be part of a name. Two major muscle actions are flexion and extension. A flexor decreases the angle between two bones, while an extensor increases it.

5. A muscle in the forearm is called **flexor carpi ulnaris**. What bones would you expect to be involved? _____ Which is the more movable portion? _____ What action will this muscle cause? _____
6. The muscle name **extensor indicis** describes the effect of the muscle on a particular finger. What effect on what finger? _____
7. The **extensor digitorum brevis** and **flexor digitorum brevis** have origins on tarsals and insertions in phalanges. What is the difference in their effects? _____

Naming Skeletal Muscles Study Guide Answers

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