

CHAPTER 15: MUSCLE TERMINOLOGY

Frontalis- As known as the frontal belly, is muscle which covers parts of the skull.

Sternocleidomastoid- each of a pair of long muscles that connect the sternum, clavicle, and mastoid process of the temporal bone and serve to turn and nod the head.

Deltoid- a large triangular muscle covering the shoulder joint and serving to abduct, flex, extend and rotate the arm

Pectoralis Major- a large muscle in the upper chest, fanning across the chest from the shoulder to the breastbone. The two pectoralis major muscles, commonly referred to as the "pecs," are the muscles that create the bulk of the chest.

Serratus anterior- a thin muscular sheet of the thorax that arises from the first eight or nine ribs and from the intercostal muscle

External oblique- muscle of the abdomen, is the largest and the most superficial (outermost) of the three flat muscles of the lateral anterior abdomen.

Rectus abdominus- A large muscle in the front of the abdomen that assists in regular breathing movements, supports the muscles of the spine while a person lifts something, and keeps the intestines and other abdominal organs in place.

Sartorius- a long, flat, narrow muscle extending obliquely from the front of the hip to the inner side of the tibia, assisting in bending the hip or knee joint.

Rectus femoris (quadriceps)- A muscle in the quadriceps that is attached to the hip and helps to extend or raise the knee. This muscle is also used to flex the thigh.

Vastus medialis- a part of the quadriceps muscle group, located on the front of the thigh. It is the most medial, or inner, of the quadriceps muscles.

Gastrocnemius- The largest, most prominent muscle of the calf, this helps extend the foot and bend the knee.