Characteristics Used to Name Skeletal Muscles

https://www.visiblebody.com/learn/muscular/muscle-movements
Bell Work

- Copy the names and definitions of muscle movements...
- **Abduction**: moving away from the body’s midline.
- **Adduction**: moving toward the body’s midline.
- **Pronation**: rotating the forearm so the palm is facing backward or down.
- **Supination**: rotating the forearm so the palm is facing forward or up.
- **Elevation**: moving a body part up.
- **Depression**: moving a body part down.
- **Inversion**: turning the sole of the foot inward.
- **Eversion**: turning the sole of the foot outward.
- **Dorsiflexion**: bringing your foot upward toward your shin.
- **Plantar flexion**: depressing your foot.
- **Protraction**: moving a bone forward without changing the angle.
- **Retraction**: moving a bone backward without changing the angle.
15) Explain the guidelines used in naming skeletal muscles, such as location, size, direction, etc.

Develop a graphic that identifies the name of the muscle, the directional motion, location, and function of the following muscle groups:

- a. Muscles of facial expressions
- b. Muscles of mastication
- c. Muscles of the neck
- d. Muscles of the trunk and upper extremities
- e. Muscles of lower extremities
Objective

- Explain the methods used in naming the skeletal muscles by “creating” a muscle with a given name and function.
Naming Skeletal Muscles

1 – **Location** of the muscle
2 – **Shape** of the muscle
3 – **Size** of the muscle
4 – **Direction/Orientation** of the muscle fibers/cells
5 – **Number of Origins**
6 – **Location** of the Attachments
7 – **Action** of the muscle
Muscles Named by Location

**Location:**
- *frontalis* – frontal bone
- *lateralis* – lateral or on the side
- *tibialis anterior* – front of tibia
- *fibularis longus* – near fibula
- *supra* – above
- *infra* – below
- *sub* - underneath
Muscles Named by Shape

**Shape:**
- deltoid – triangle
- Latissimus – wide
- teres – round (think terrestrial/earth)
- trapezius – trapezoid
- serratus – saw-tooth
- orbicularis – circular
Muscles Named by Size

**Size:**
- maximus – largest
- minimis – smallest
- vastus - huge
- longus – longest
- brevis – short
- major – large
- minor – small

Example: Pectoralis Major
Muscles Named by Direction of Fibers

Direction/Orientation:

- **rectus** (straight) - parallel to the muscle’s long axis
  ex: rectus abdominis

- **transversus** (transverse) – at right angles to the muscle’s long axis

- **oblique** – diagonal
Muscles Named for Number of Origins

**Number of Origins:**

- **biceps** – two origins
  - ex: biceps brachii
- **triceps** – three origins
  - ex: triceps brachii
- **quadriceps** – four origins
Muscles Named for Origin and Insertion Points

**Origin and Insertion:**
- sterno = sternum
- cleiido = clavicle
- mastoid = location on the temporal bone

sternocleiodomastoid muscle
Muscles Named for Action

**Action:**
- flexor carpi radialis – flexes wrist
- abductor magnus – abducts the thigh
- extensor digitorum – extends the toes
- levator – lifts a structure
Create a Muscle!!!

- With a partner, use the methods in naming muscles to create your OWN muscle!
- Decide its location and function.
- Give your muscle a name based on the given standards we discussed.
- Use the correct terminology in describing its movement and function.
- BE CREATIVE!!!
- We will share our ideas with the class.
Individual Activity

- Work on Crossword Puzzle!!!
- Make sure to have an Answer Key with the crossword filled in.
- Make sure to have a blank crossword, so we can switch with each other this week.