Muscles – Gross Anatomy

1. Epicranius muscle has 2 halves Frontalis and Occipitalis joined by epicranial aponeurosis.
2. Temporalis and masseter muscles are major muscles used for chewing food – mastication.
3. Buccinator muscle help to keep food under teeth and also to generate air pressure needed to play a saxophone.
4. Zygomaticus muscle joins corner of the mouth to zygomatic bones. It helps in grinning or smiling.
5. Platysma is a sheet like muscle of neck and helps in keeping the skin taught during shaving, sagging of mouth during sad expression, and lowering of lower lip.
6. Sternocleidomastoid muscle has double origin from sternum and clavicle and is inserted on mastoid process of temporal bone. When left muscle contracts causes rotation of head/neck to left and when right muscle contracts it causes rotation of head to right side. The contraction of both muscles, result in flexion of neck – bending in forward direction. Trapezius muscle contracts to cause extension and hyperextension of neck.
7. Major abductor of arm/shoulder is deltoid muscle. It is prime mover or agonist. Pectoralis major, Coracobrachialis and latissimus dorsi are main muscles involved in adduction of arm/shoulder.
8. Pectoralis major and Coracobrachialis are main flexors of arm/shoulder and latissimus dorsi is its antagonist and results in extension of arm/shoulder.
9. Biceps brachii is main elbow flexor. Brachialis and brachioradialis are its synergists and helps in stronger flexion of elbow. Triceps brachii is their antagonist and causes extension of the elbow. Biceps brachii also supinates the forearm.
10. Quadriceps femoris (rectus femoris, vastus medialis, vastus lateralis) acts as thigh flexor but knee extensor muscle. Biceps femoris is main knee flexor (only flexor on posterior aspect of body). Gluteus maximus is main thigh extensor muscle.
11. In anatomical position all joints are flexed in anterior direction except knee/leg. All flexors lie on anterior aspect of body except knee flexors.
12. During contraction origin does not move but insertion moves closer to origin.
13. Gastrocnemius and soleus lie in posterior compartment of leg and their contraction result in plantar flexion.
15. External and Internal intercostals muscles between ribs and help in breathing.
16. Study your notes to learn the meaning of names of muscles.