

# SECTION A: IDENTIFICATION OF MUSCLES ON MODELS AND CHARTS

- Use the following images and the Upper Torso Muscle Manual located in the Lab 10 Muscle Lab I folder to complete **Table 2**
- For each muscle: record the **Origin(s)**, **Insertion(s)**, and **Action(s)** of the muscle in **Table 2**
  - *There may be more than one origin, insertion, and action, but you are only required to record/remember one*

# SECTION A: IDENTIFICATION OF MUSCLES ON MODELS AND CHARTS

## **Origin:**

- The origin of a muscle is attached to a bone
- This bone remains relatively stable when the muscle contracts
- The bone that anchors the muscle

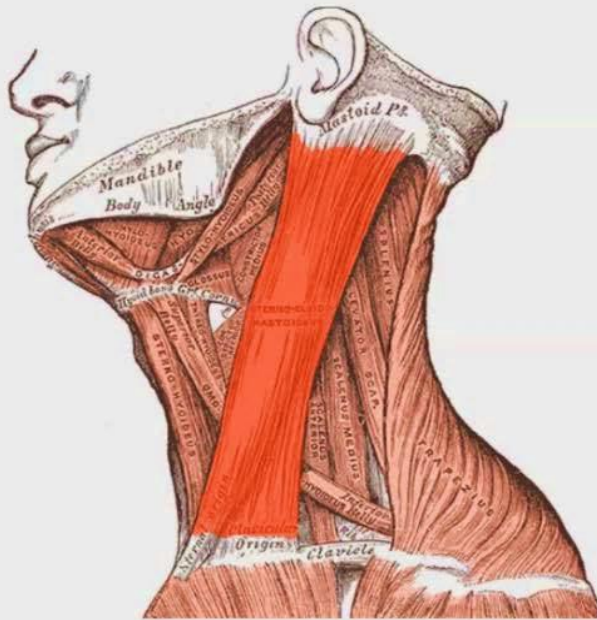
## **Insertion:**

- The opposite end of the muscle
- Attaches to the bone that will move once the muscle is contracted

Muscles can only contract therefore movement can only be in 1 direction for a specific muscle. We need opposing muscles for opposing movements.

Ex. Biceps flex the forearm, but we need triceps to extend the forearm.

# SECTION A: EXAMPLE



**Example:**

**Sternocleidomastoid**

**Origin: Clavicle (also sternum)**

**Insertion: Temporal bone (also occipital)**

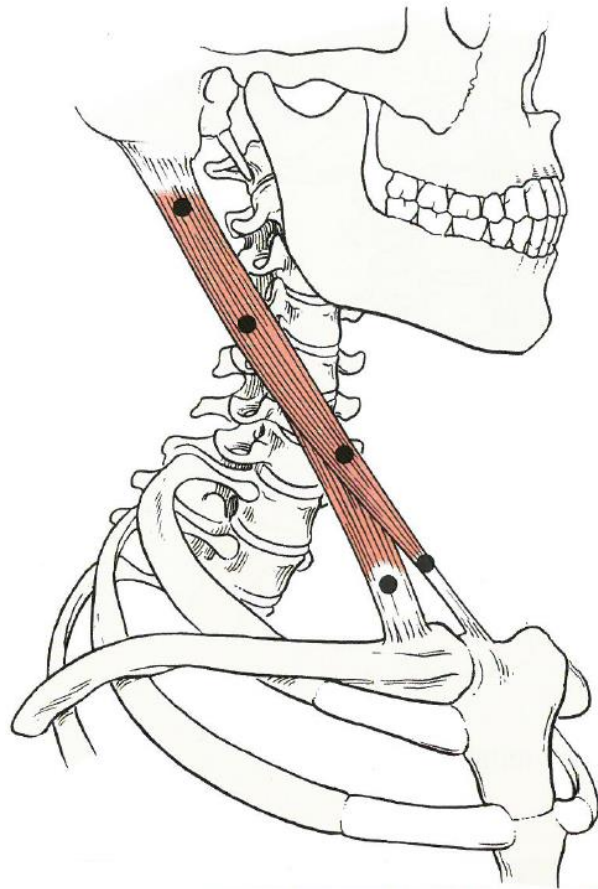
**Action: Flexion of head (chin moves towards chest) (also rotation of head)**

The **origin** of the muscle is attached to the clavicle therefore the contraction of the muscle will pull **insertion** (temporal bone) towards the clavicle).

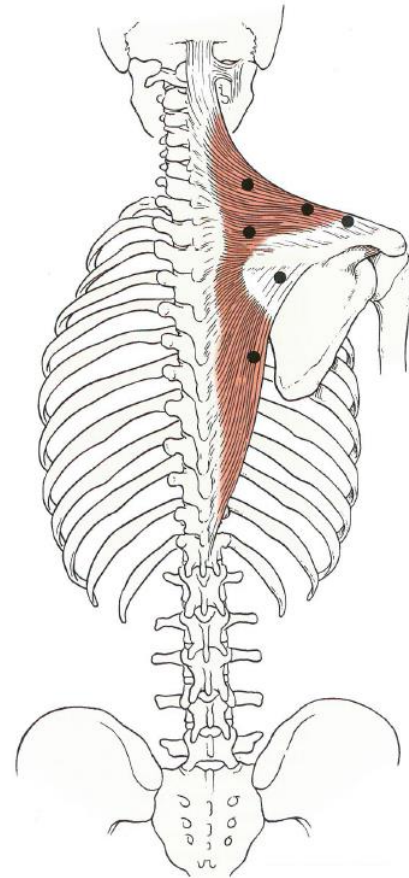
= Chin moves towards chest

# INVOLVED IN: MOVING THE HEAD

**STERNOCLEIDOMASTOID**

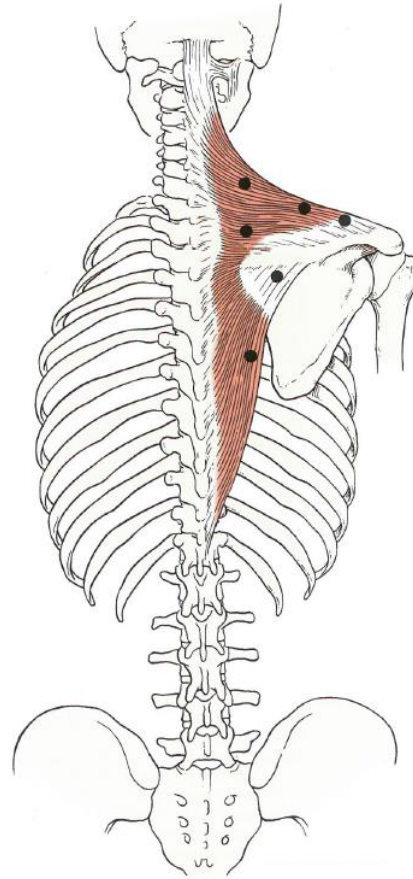


**TRAPEZIUS**



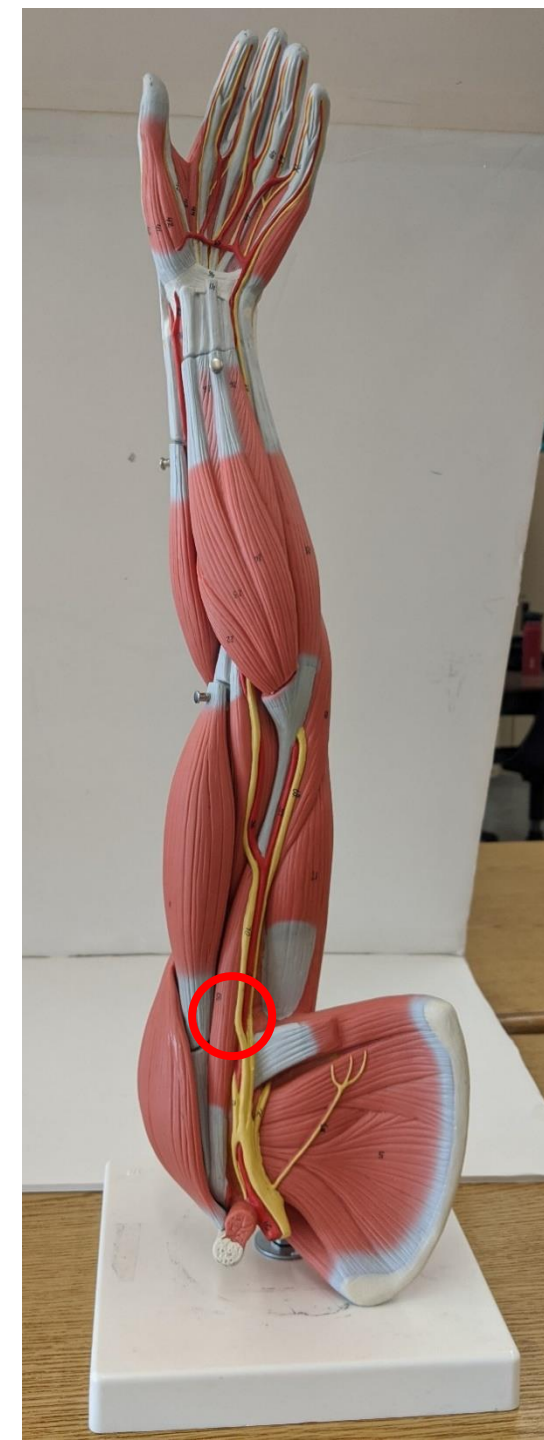
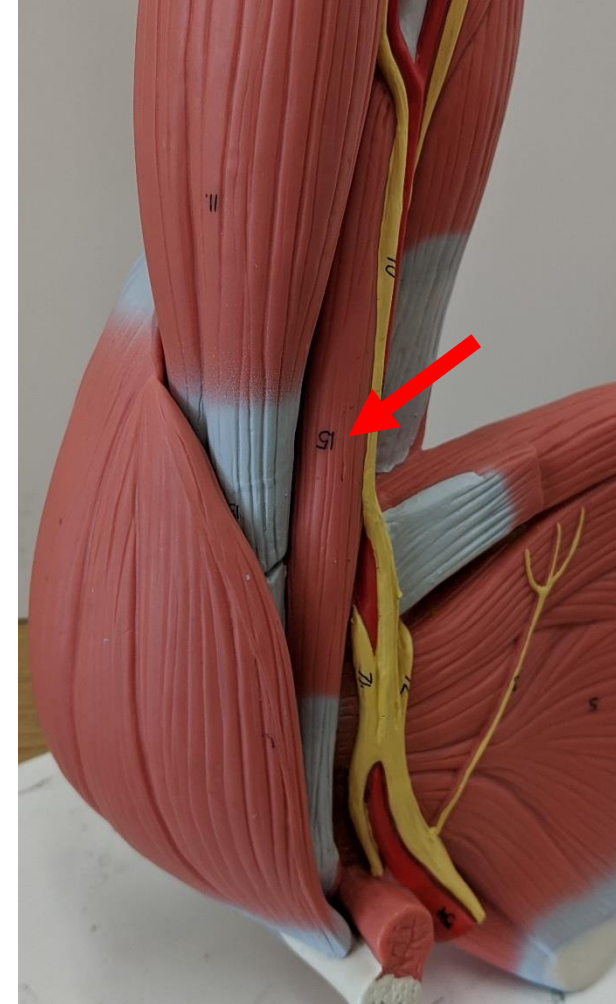
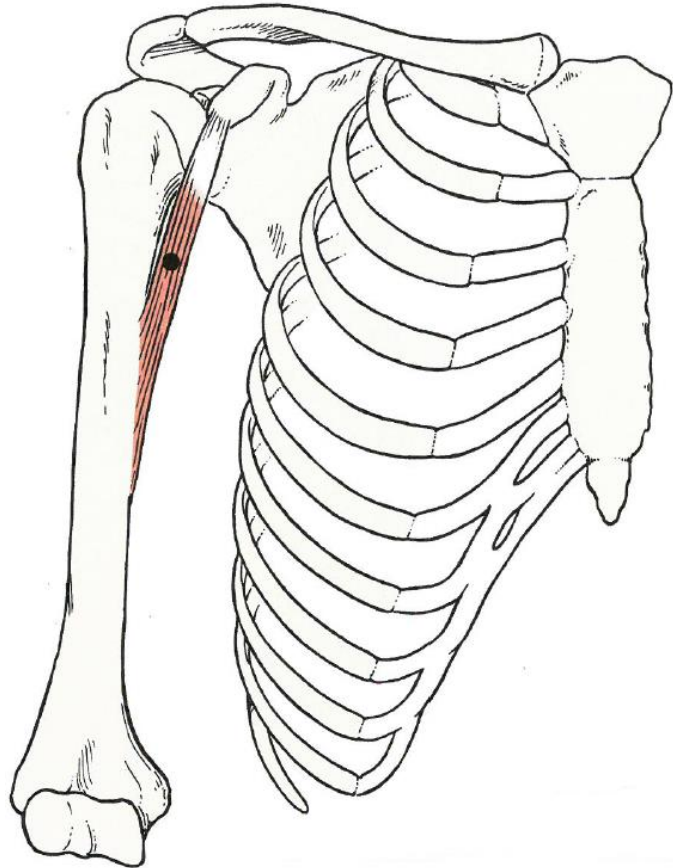
# INVOLVED IN: MOVING THE PECTORAL GIRDLE

## TRAPEZIUS



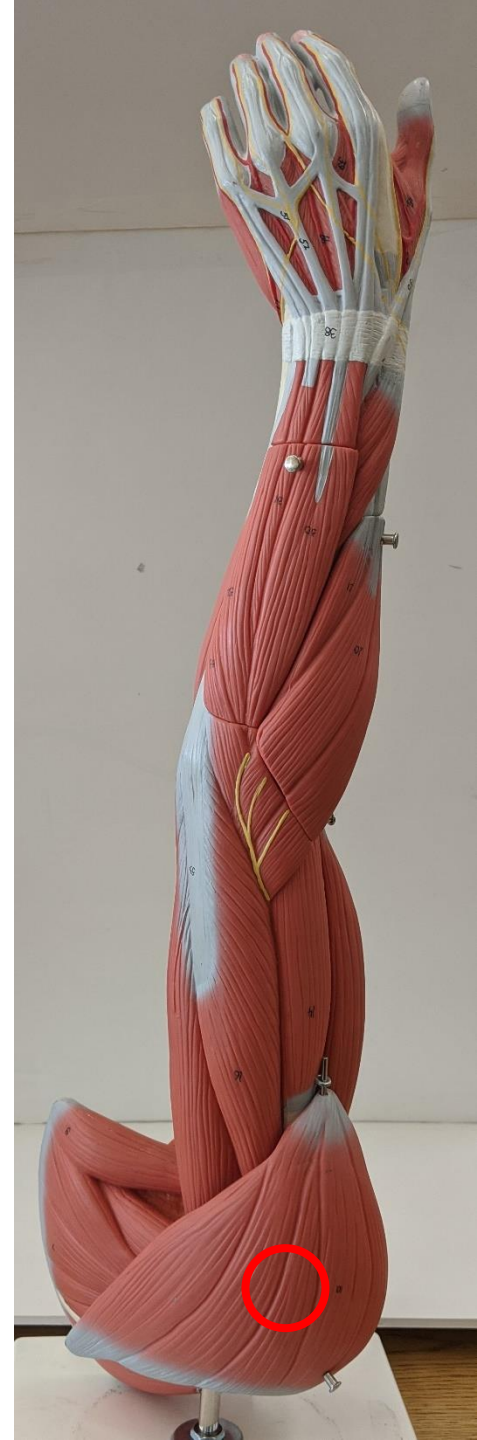
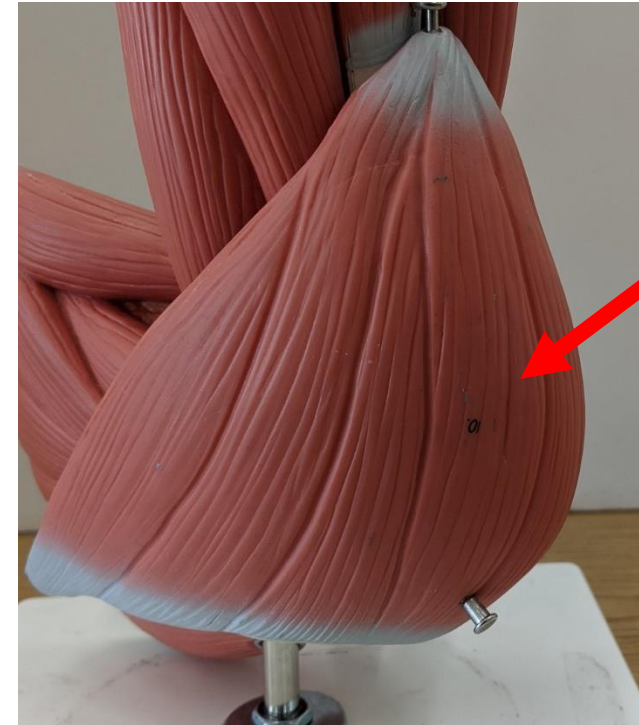
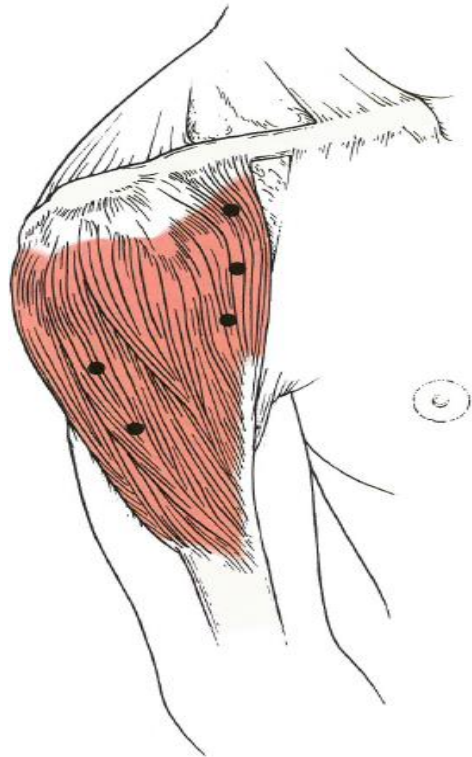
# INVOLVED IN: MOVING THE HUMERUS

## CORACOBRACHIALIS



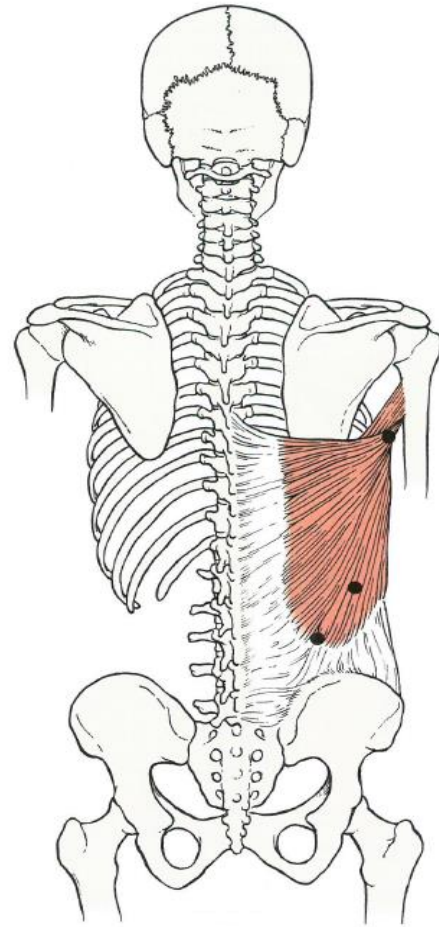
# INVOLVED IN: MOVING THE HUMERUS

## DELTOID

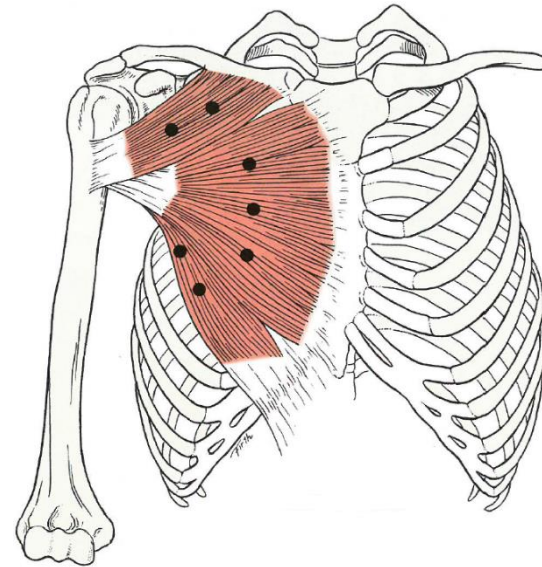


# INVOLVED IN: MOVING THE HUMERUS

**LATISSIMUS DORSI**

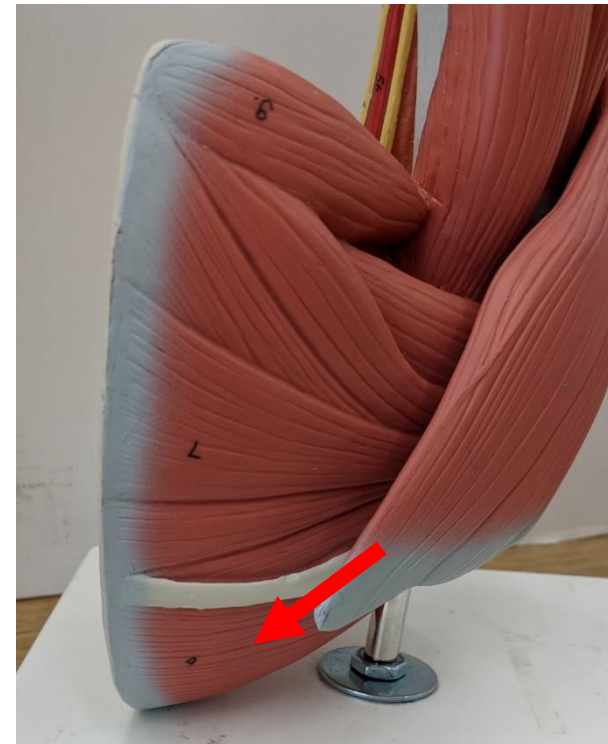


**PECTORALIS MAJOR**



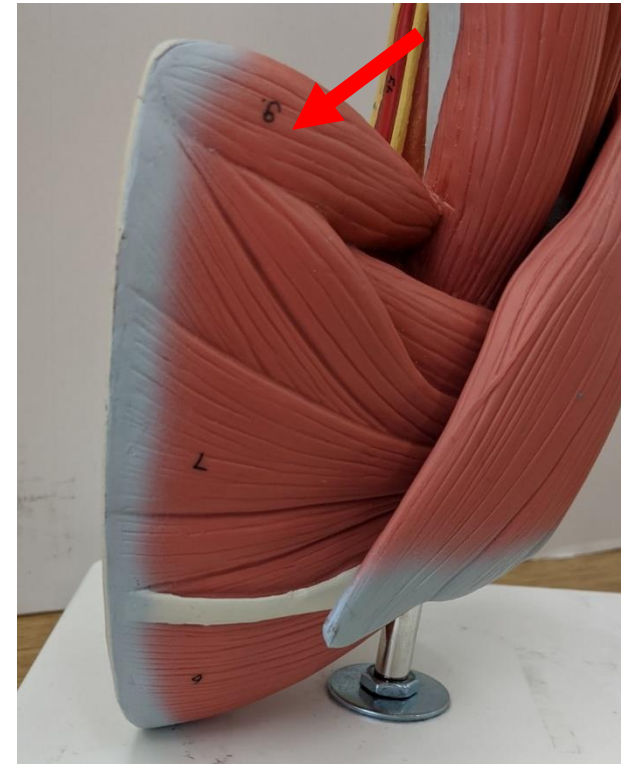
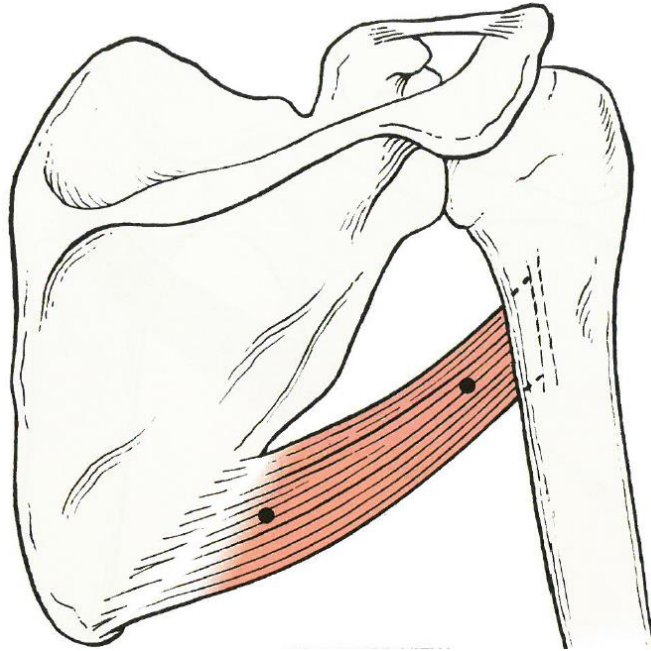
# INVOLVED IN: MOVING THE HUMERUS

## SUPRASPINATUS



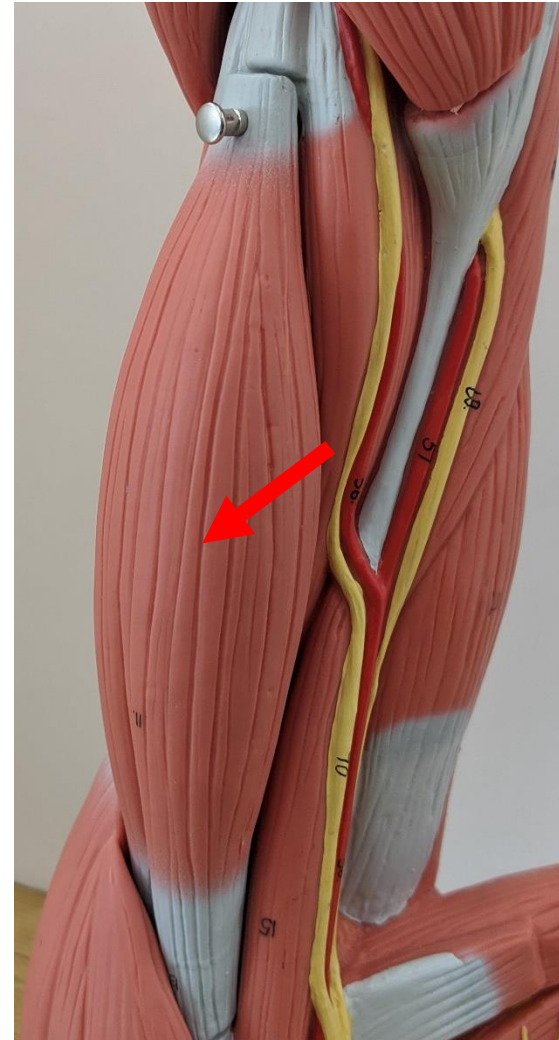
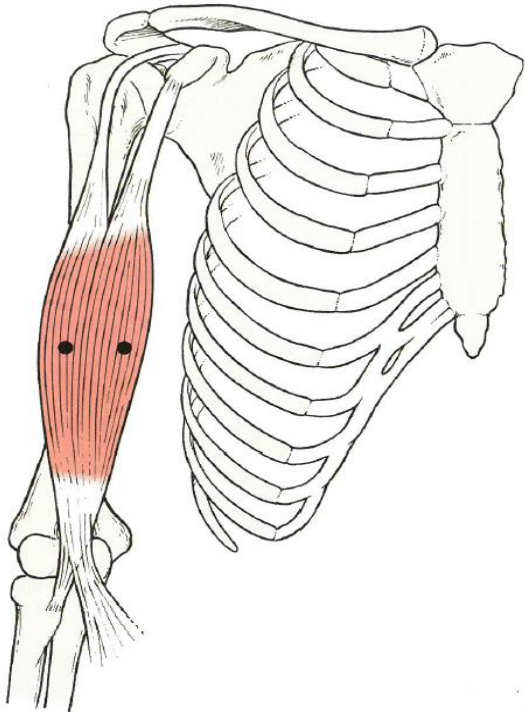
# INVOLVED IN: MOVING THE HUMERUS

## TERES MAJOR



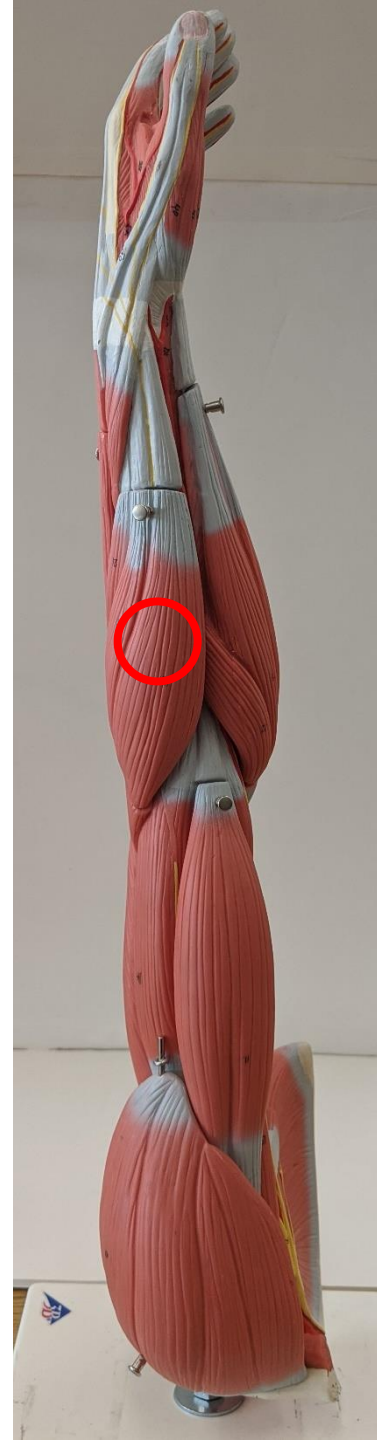
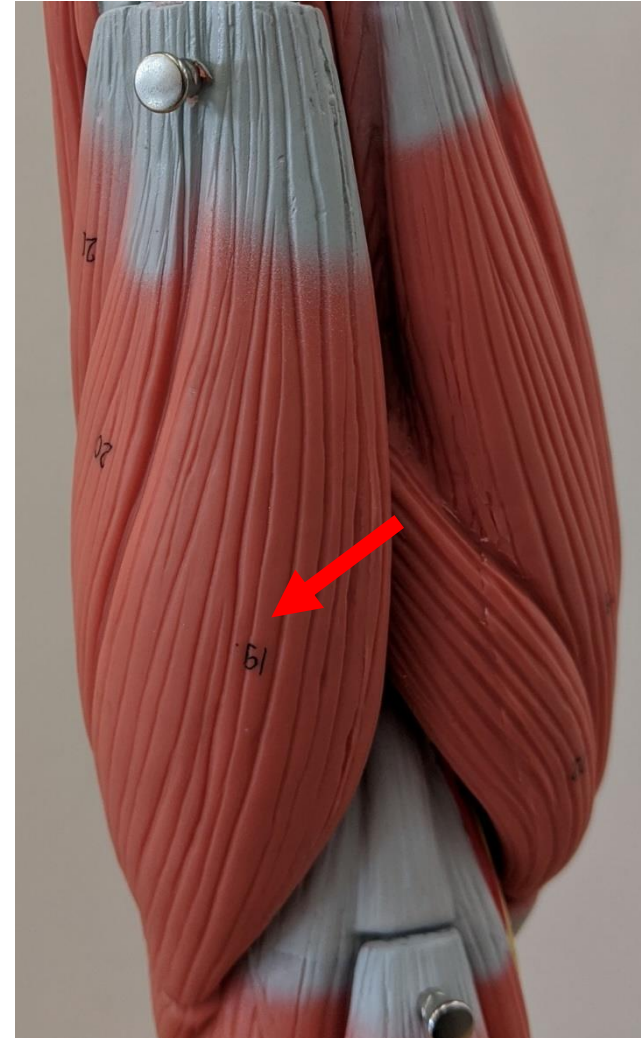
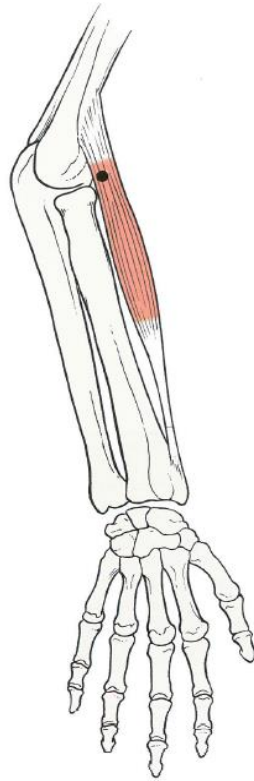
# INVOLVED IN: MOVING THE FOREARM

## BICEPS BRACHII



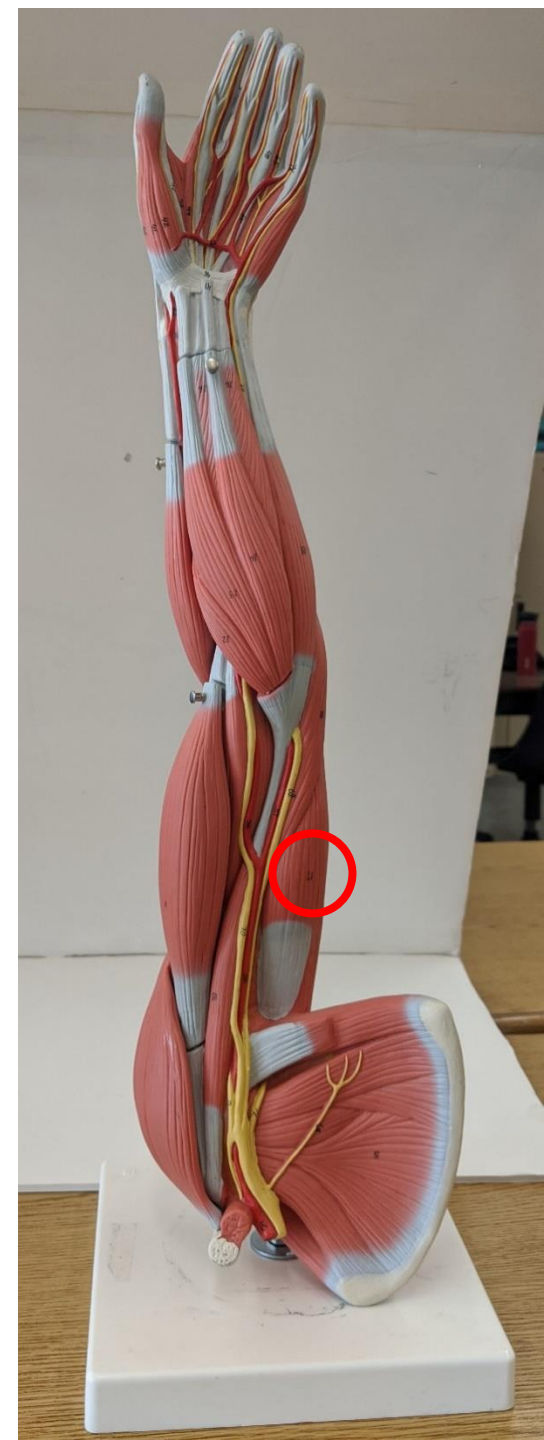
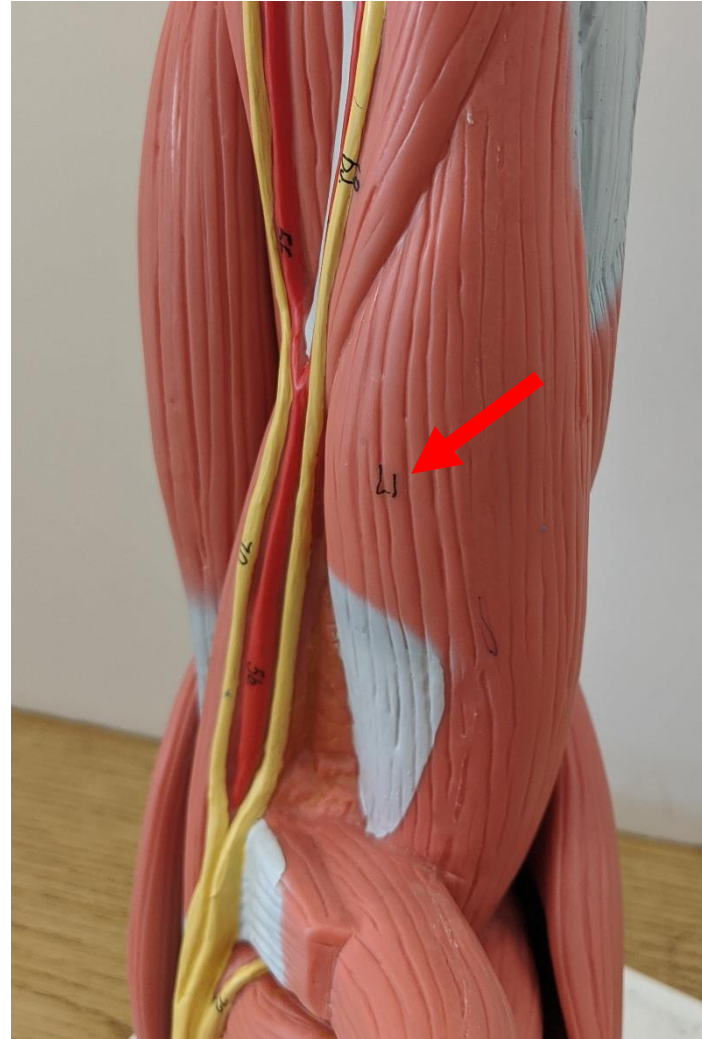
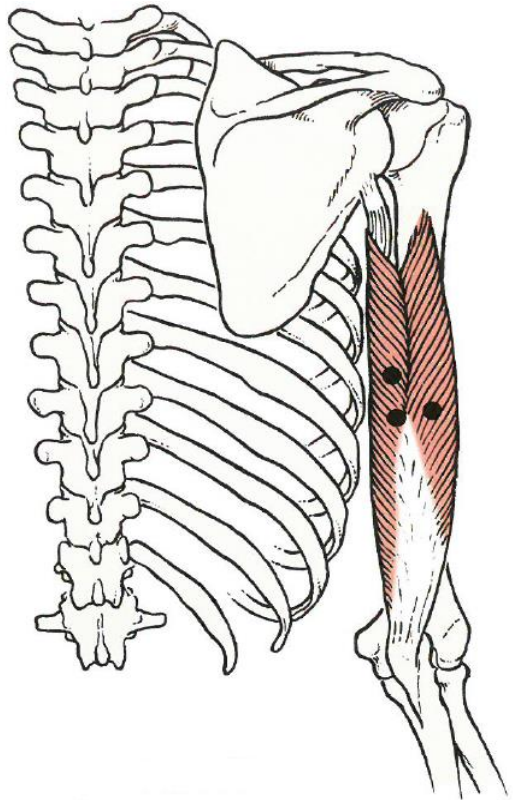
# INVOLVED IN: MOVING THE FOREARM

## BRACHIORADIALIS



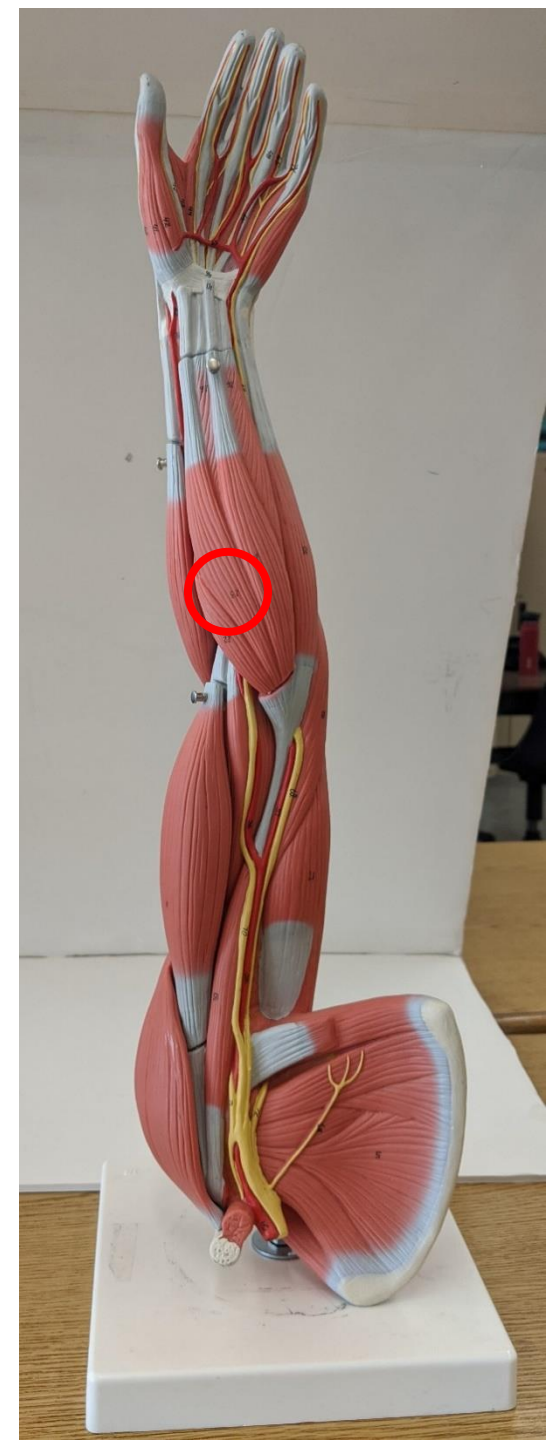
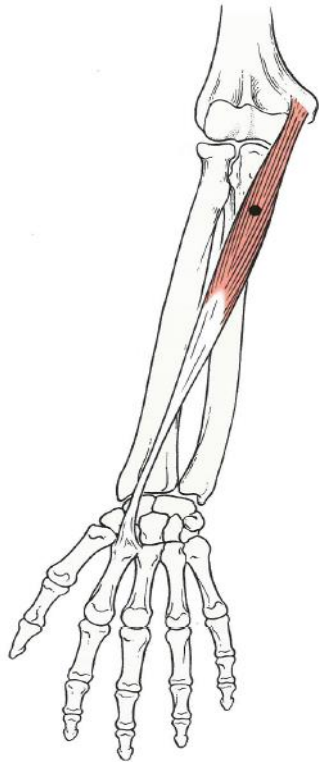
# INVOLVED IN: MOVING THE FOREARM

## TRICEPS BRACHII



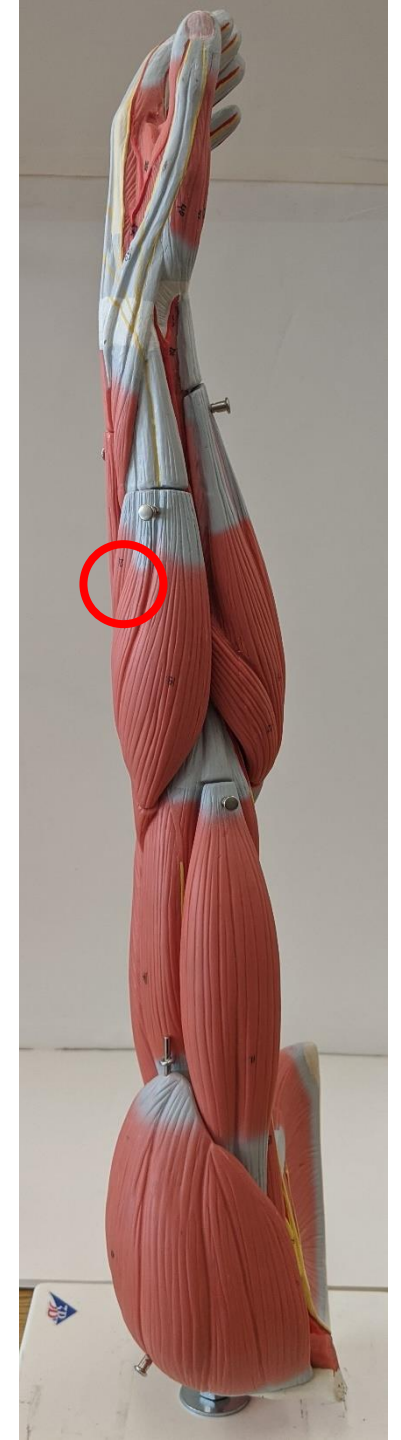
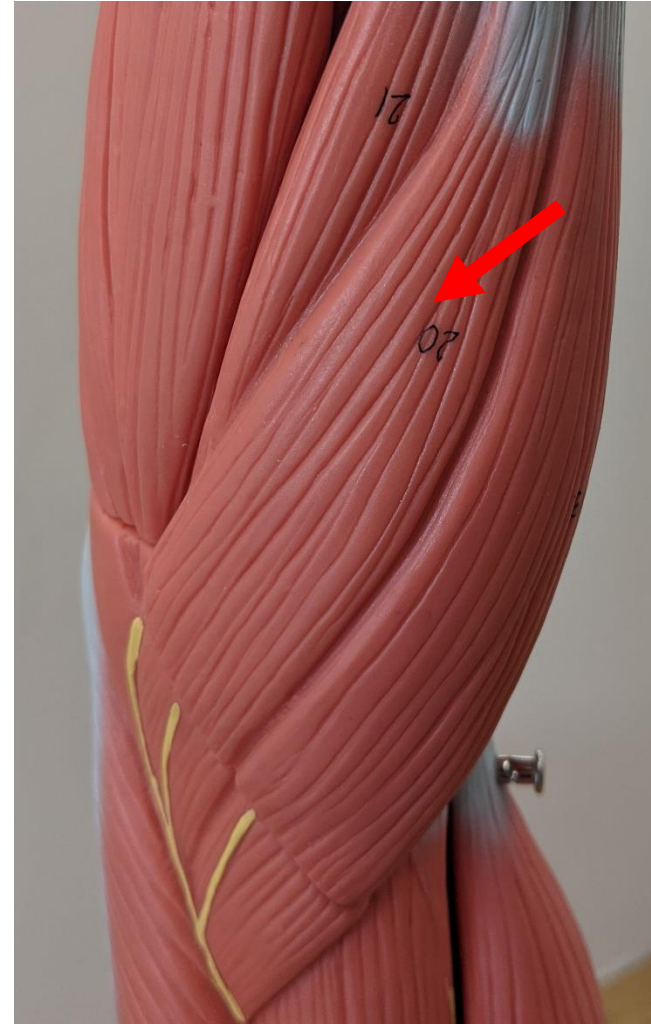
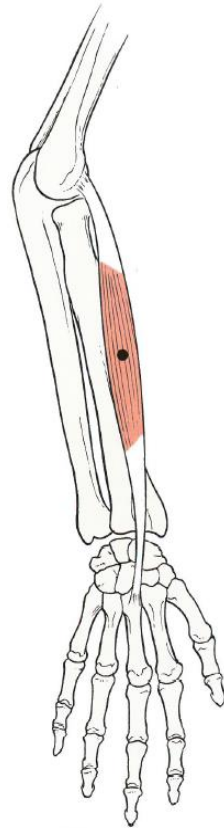
# INVOLVED IN: MOVING THE ARM

## FLEXOR CARPI RADIALIS



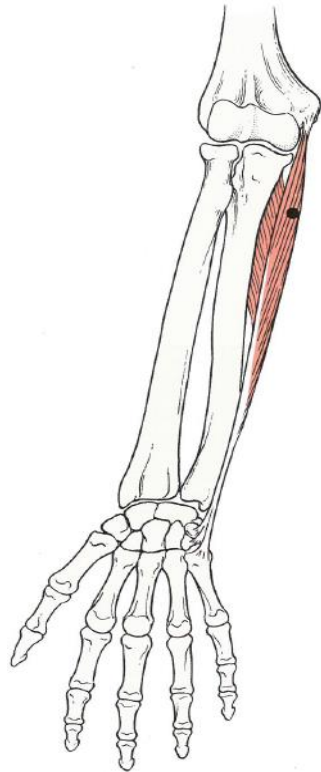
# INVOLVED IN: MOVING THE ARM

## EXTENSOR CARPI RADIALIS



# INVOLVED IN: MOVING THE ARM

## FLEXOR CARPI ULNARIS



# SECTION A: IDENTIFICATIONS OF MUSCLES ON MODELS AND CHARTS

Use the document “**Skeleton Image – Step 4**” to draw the muscles on the skeleton

Pay close attention to the origin and insertion of each muscle