PART A – TRUNK AND LOWER LIMBS
SECTION A - IDENTIFICATION OF MUSCLES ON MODELS AND CHARTS

- Use the following slides and the Muscle of the Lower Torso manual located in the Lab 11 Muscle Lab II folder to complete **Table 1**

- For each muscle: record the **Origin, Insertion,** and **Action** of the muscle in **Table 1**
  - There may be more than one origin, insertion, and action, but you are only required to remember one for the exam

SECTION A: IDENTIFICATION OF MUSCLES ON MODELS AND CHARTS – REVIEW FROM LAST WEEK

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:
Gastrocnemius

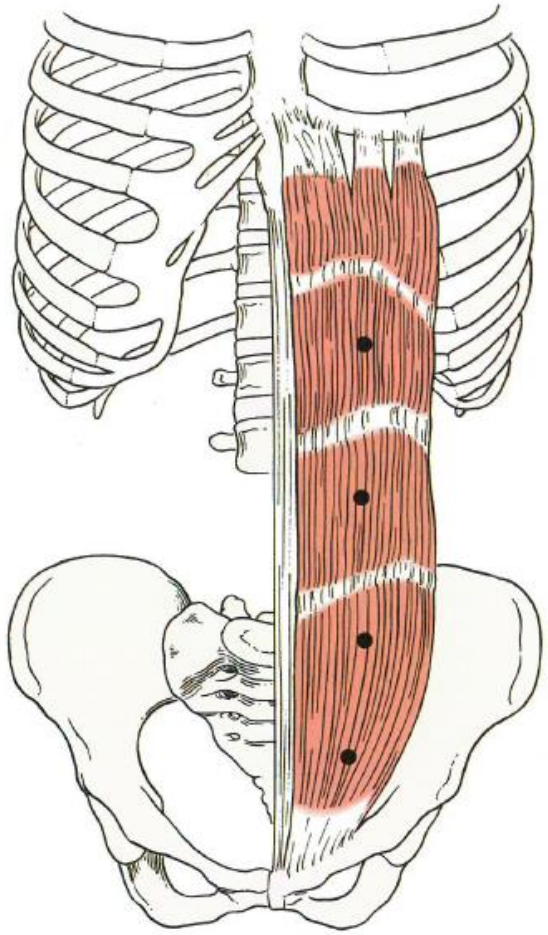
Origin: Femur

Insertion: Tarsal

Action: Plantarflexion
(Also assists with flexing knee)

INVOLVED IN - ANTERIOR MUSCLES THAT MOVE THE VERTEBRAL COLUMN

Rectus abdominis



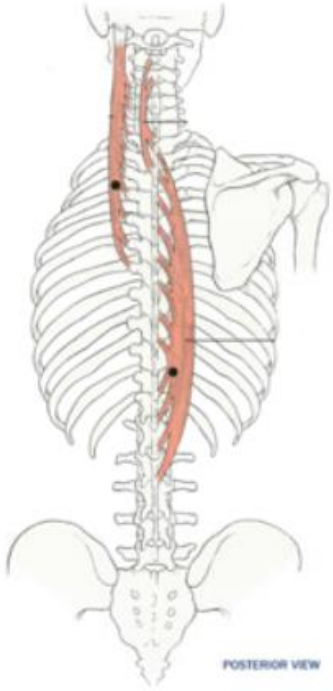
INVOLVED IN - POSTERIOR MUSCLES THAT MOVE THE VERTEBRAL COLUMN

Erector spinae (sacrospinalis)

THE ERECTOR SPINAE MUSCLES ARE A GROUP OF THREE SETS OF MUSCLES CONSISTING OF THE ILIOCOSTALIS, SPINALIS AND LONGISSIMUS. TOGETHER THEY EXTEND AND LATERALLY FLEX THE VERTEBRAL COLUMN.

ILIOCOSTALIS GROUP

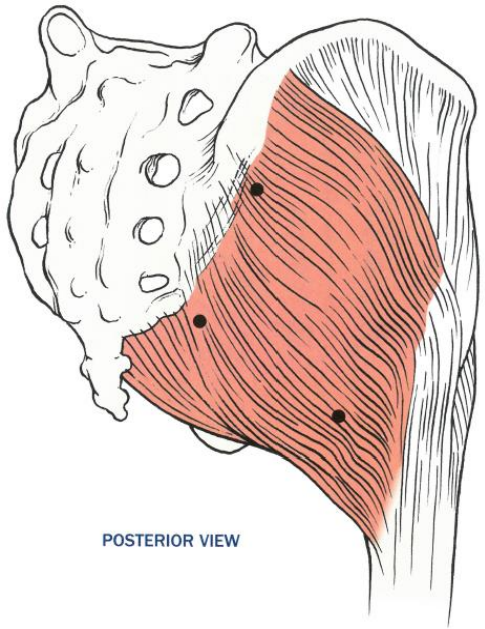
SPINALIS GROUP

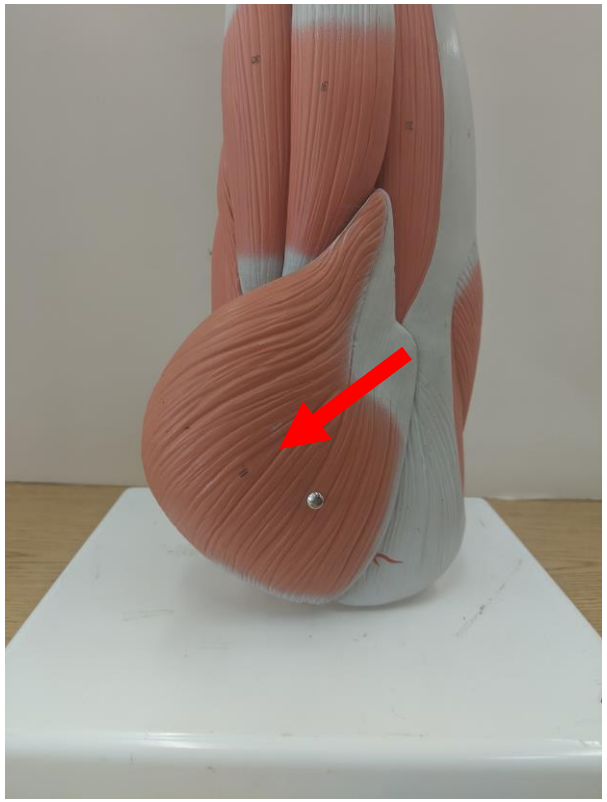


LONGISSIMUS GROUP

INVOLVED IN - MOVING THE THIGH

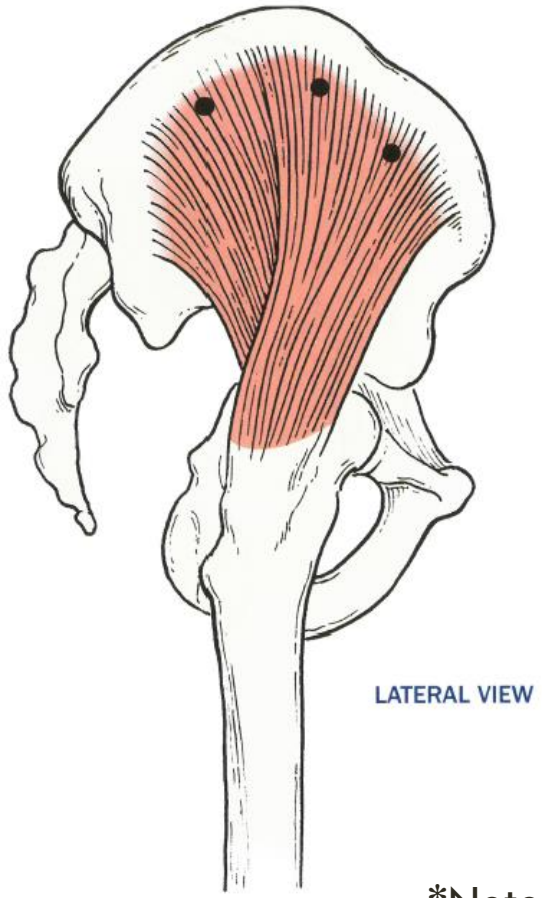
Gluteus maximus

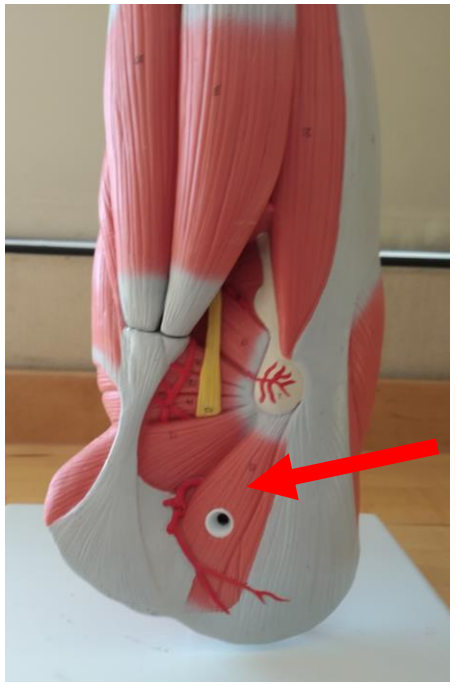




INVOLVED IN - MOVING THE THIGH

Gluteus medius

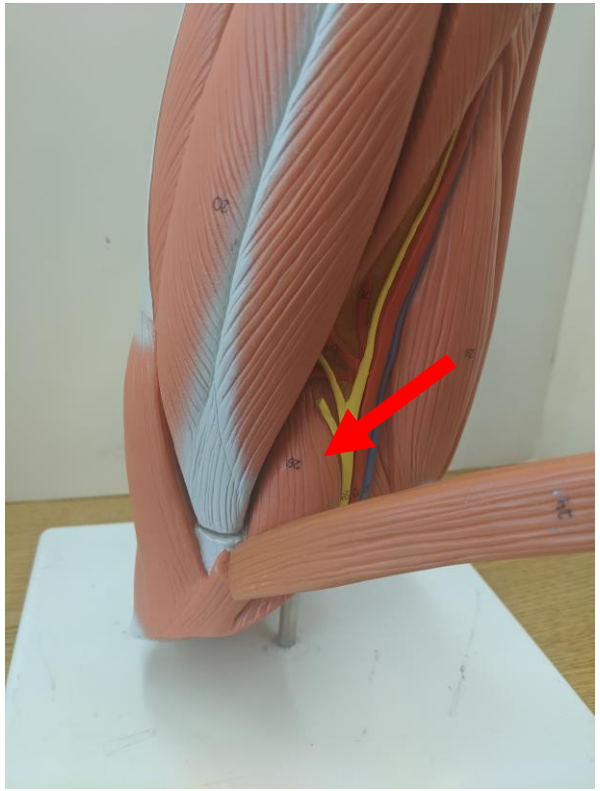


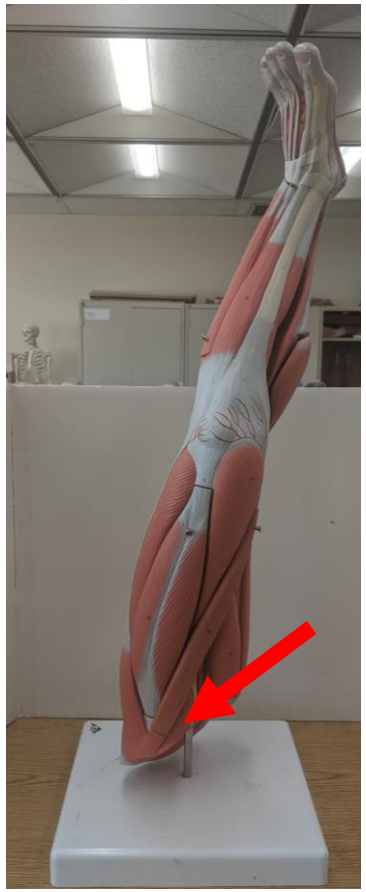


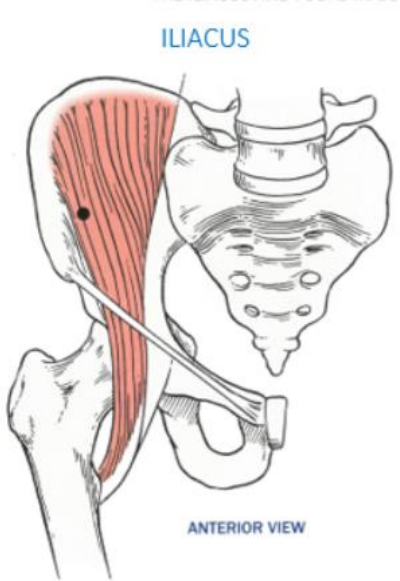
*Note: the gluteus maximus was removed in order to see the gluteus medius

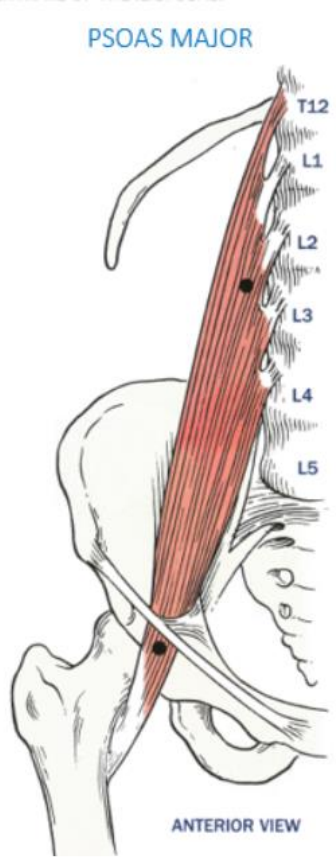
INVOLVED IN - MOVING THE THIGH

Iliopsoas* (Iliacus + Psoas major)



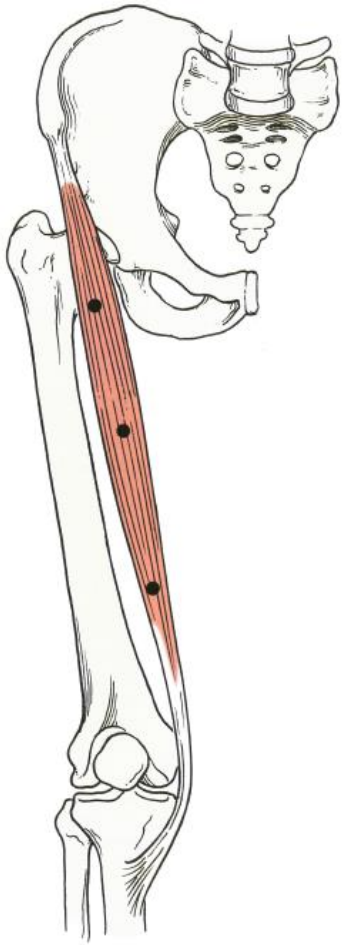


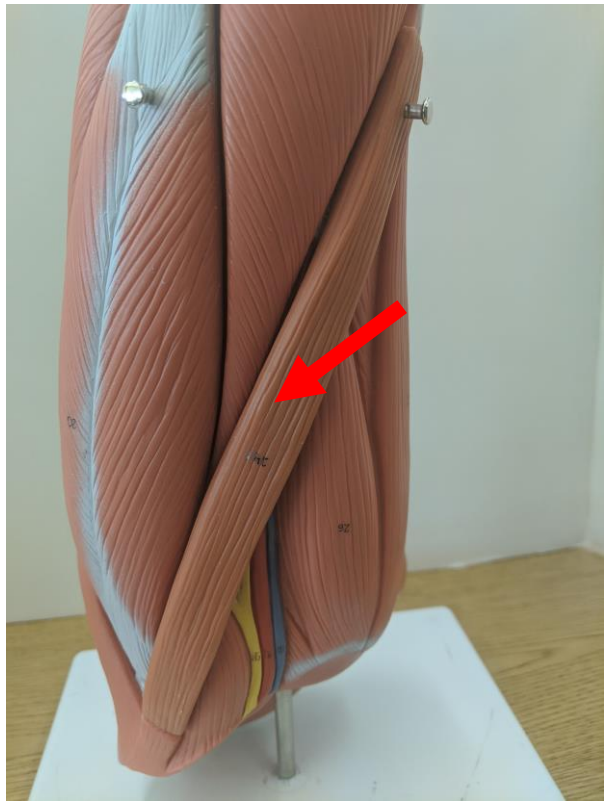




INVOLVED IN - MOVING THE THIGH

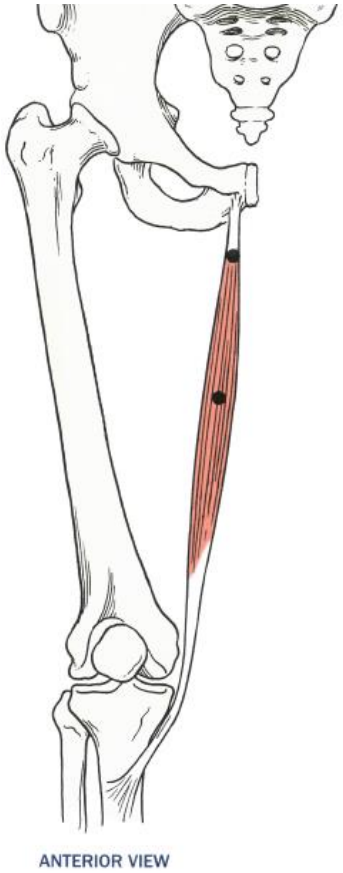
Sartorius





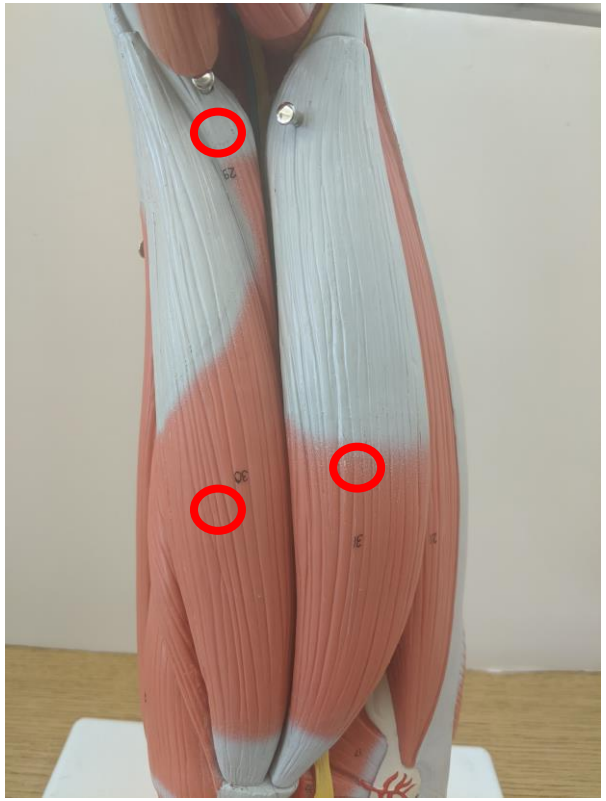
INVOLVED IN - MOVING THE LOWER LEG

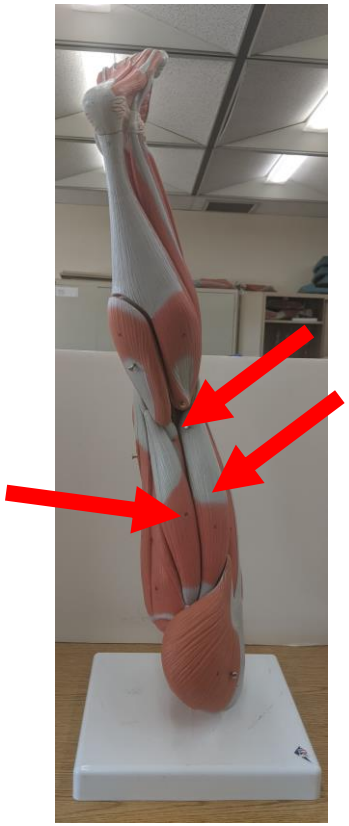
Gracilis

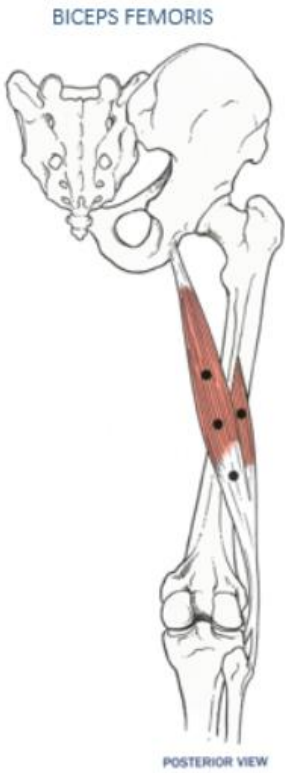


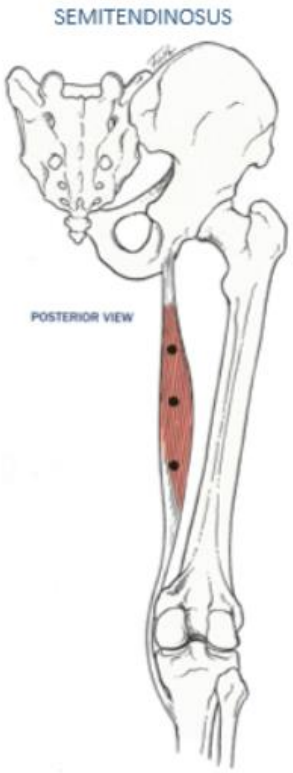
INVOLVED IN - MOVING THE LOWER LEG

Hamstrings



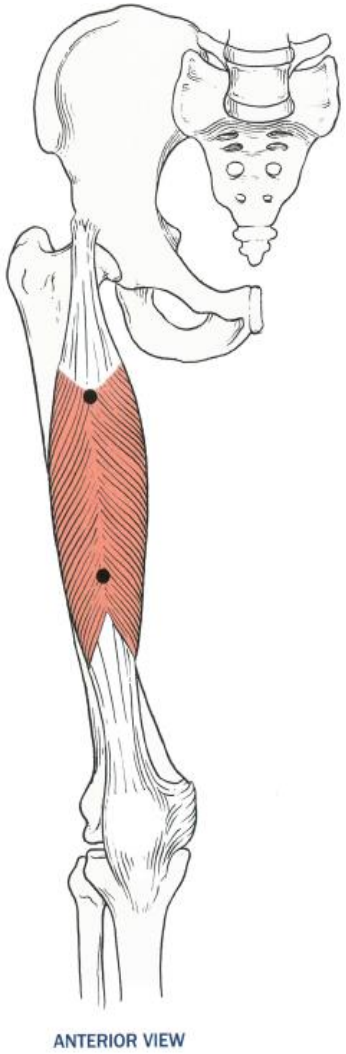


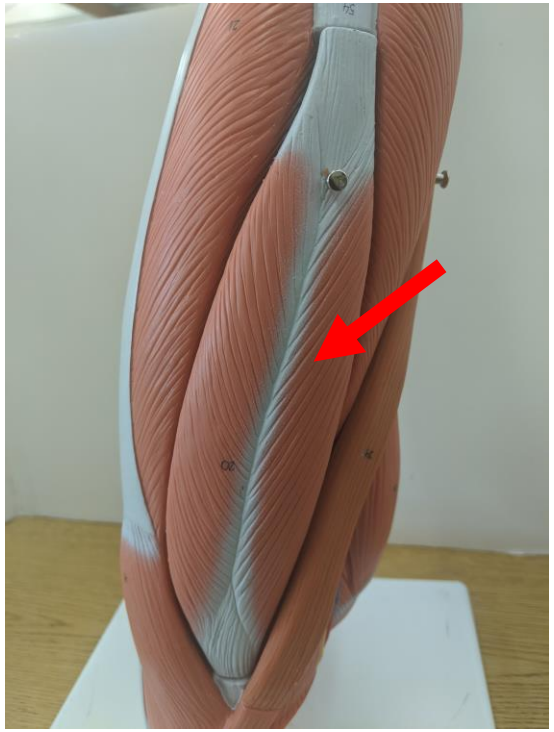


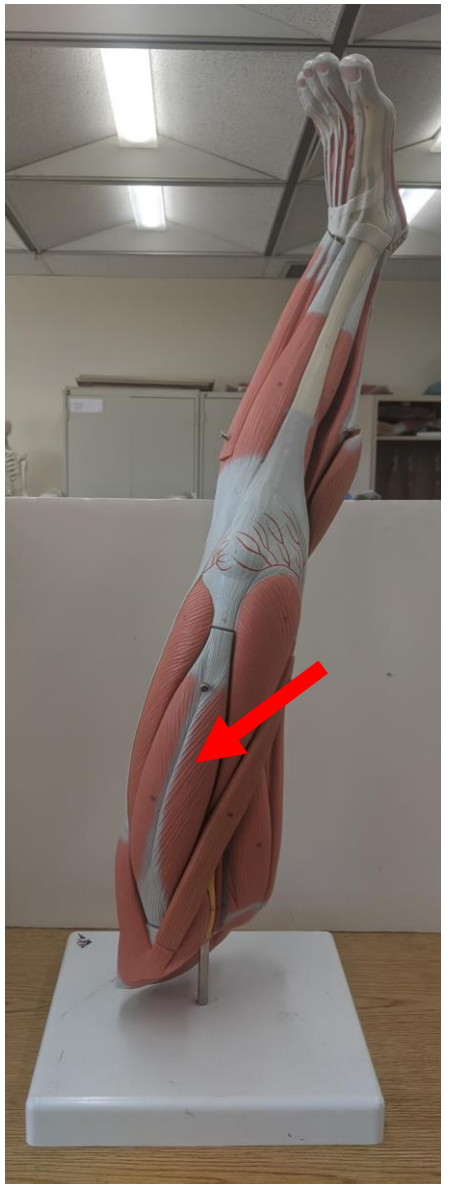


INVOLVED IN - MOVING THE LOWER LEG

Rectus femoris

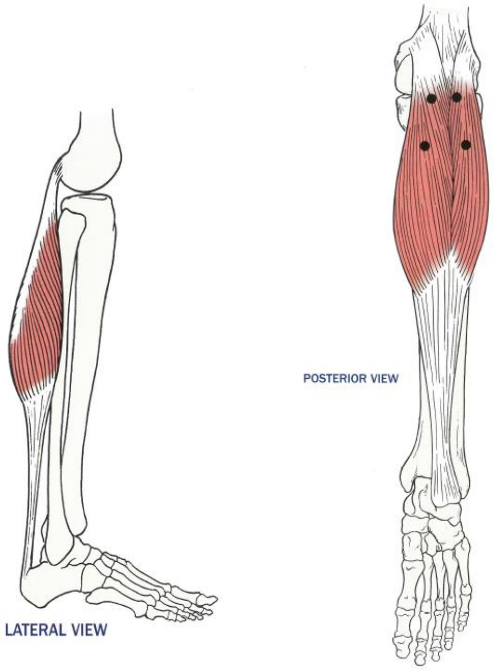


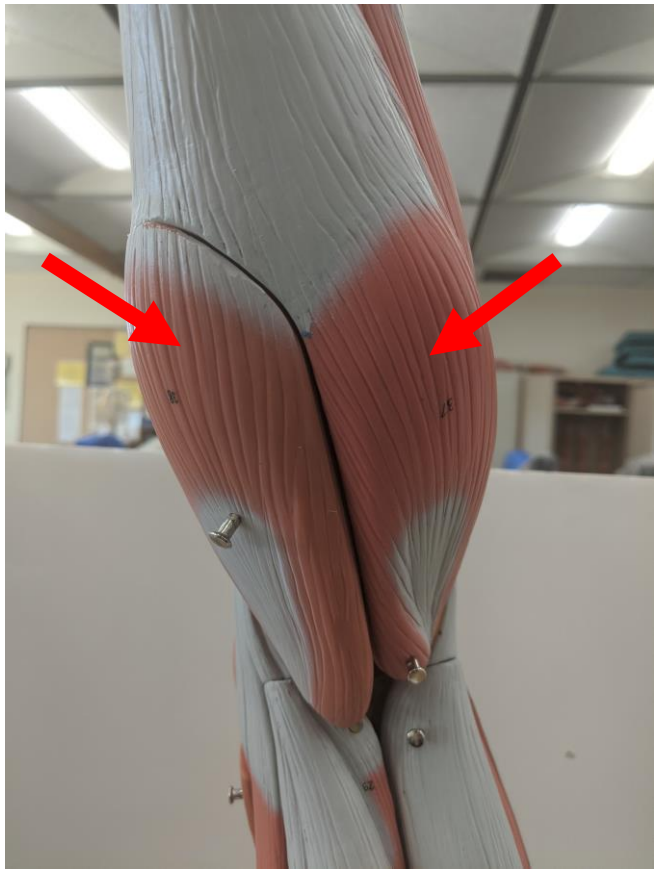


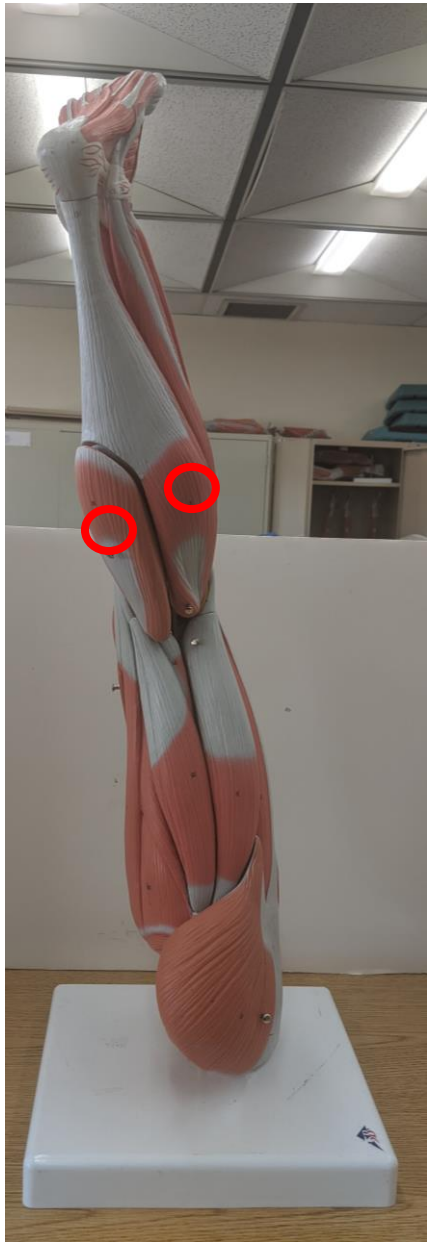


INVOLVED IN - MOVING THE FOOT

Gastrocnemius

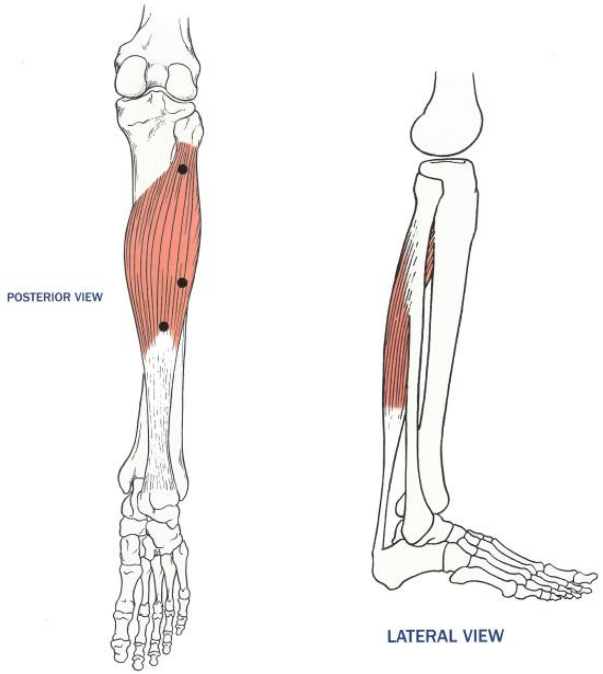


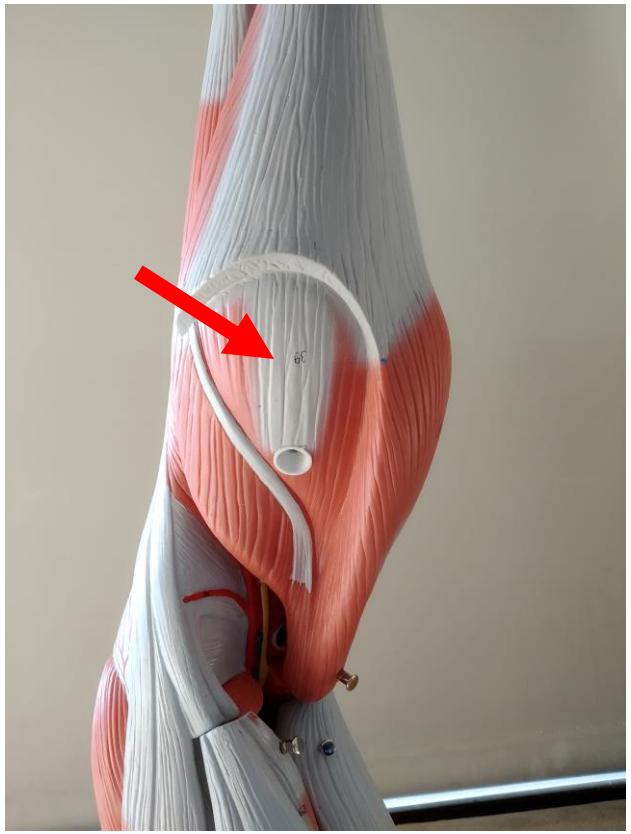




INVOLVED IN - MOVING THE FOOT

Soleus

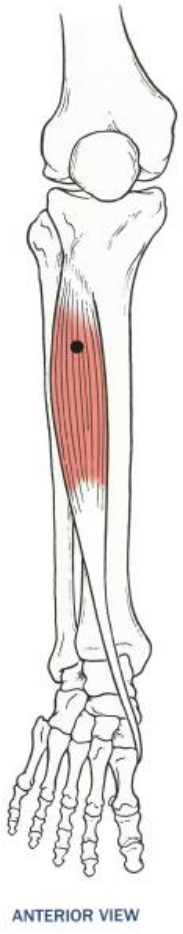


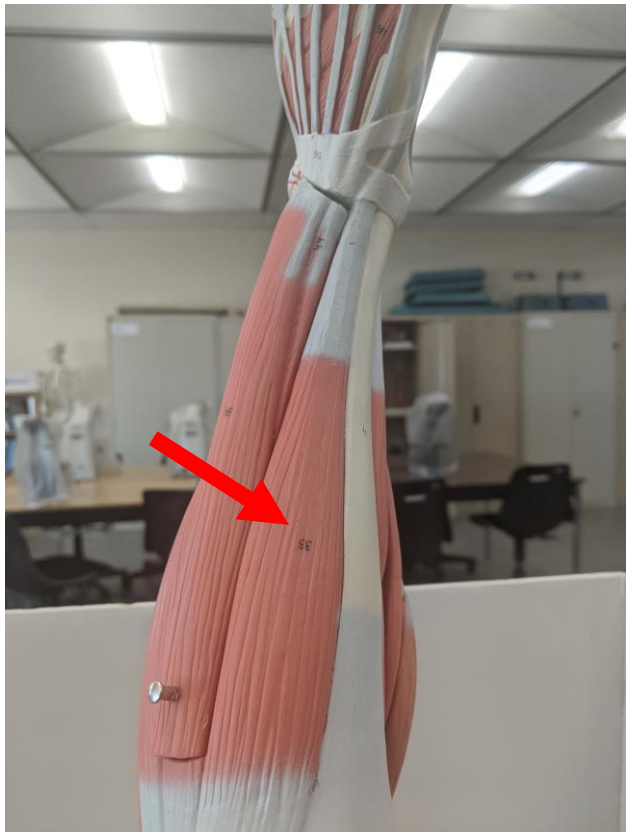


*Note: the gastrocnemius was removed in order to see the soleus

INVOLVED IN - MOVING THE FOOT

Tibialis anterior





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