

Coloring Exercise 4-8 Muscles that Move the Upper Limb

FLASHCARDS 16 AND 17

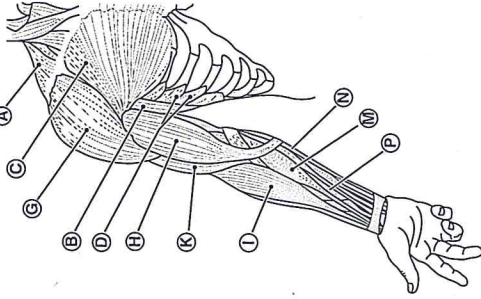
Name	Origin	Insertion	Action
Trapezius A	Occipital bone, vertebrae (C7, thoracic)	Clavicle, scapula (acromion, spine)	Extends head; raises shoulder and pulls it posteriorly; stabilizes and moves scapula
Latissimus dorsi B	Vertebrae, sacrum, ilium, ribs	Humerus	Extends and adducts arm (behind back)
Pectoralis major C	Clavicle, sternum, cartilage of ribs 2-6	Humerus	Flexes and adducts arm (across chest); pulls shoulder forward and down
Serratus anterior D	Superior ribs	Scapula	Moves scapula forward; aids in punching, reaching
Teres major E	Scapula	Humerus	Extends arm
Teres minor F	Scapula	Humerus	Extends, adducts arm; part of rotator cuff
Deltoid G	Clavicle, scapula	Humerus	Abducts arm
Biceps brachii H	Scapula	Proximal radius	Flexes forearm, supinates hand
Brachioradialis I	Humerus	Radius	Flexes forearm
Brachialis J	Humerus	Ulna	Flexes forearm
Triceps brachii K	Scapula, humerus	Ulnar olecranon	Extends forearm
Extensor carpi radialis longus L	Humerus	2nd metacarpal	Extends, abducts hand
Flexor carpi radialis M	Humerus	2nd and 3rd metacarpals	Flexes, abducts hand
Flexor carpi ulnaris N	Humerus, ulna	5th metacarpal	Flexes, adducts hand
Extensor carpi ulnaris O	Humerus, posterior ulna	5th metacarpal	Extends, adducts hand
Flexor digitorum superficialis P	Humerus, ulna, radius	Middle phalanx, each finger	Flexes fingers
Extensor digitorum Q	Humerus	Distal and medial phalanges, each finger	Extends fingers

COLORING INSTRUCTIONS

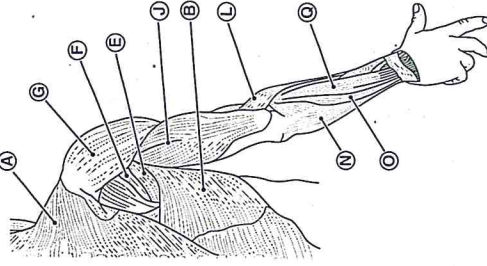
Color each muscle and its name at the same time, using the same color. Color the anterior and posterior views together.

- Review the bones of the shoulder girdle and upper limb in Coloring Exercises 3-8 and 3-9.
- Review the movements of the upper limb in Coloring Exercise 3-13. Remember that movements at the shoulder joint move the arm and movements at the elbow joint move the forearm.
- As you read about each muscle, try to palpate the insertion and origin.
- Use the muscle to perform the action. Use your fingers to feel the muscle contract.
- Color the muscle on the diagram.

Anterior view



Posterior view



- A. trapezius
- B. latissimus dorsi
- C. pectoralis major
- D. serratus anterior
- E. teres major
- F. teres minor
- G. deltoid
- H. biceps brachii
- I. brachioradialis
- J. triceps brachii
- K. brachialis
- L. extensor carpi radialis longus
- M. flexor carpi radialis
- N. flexor carpi ulnaris
- O. extensor carpi ulnaris
- P. flexor digitorum superficialis
- Q. extensor digitorum

Coloring Exercise 4-9 Muscles that Move the Lower Limb

FLASHCARDS 18, 19, AND 20

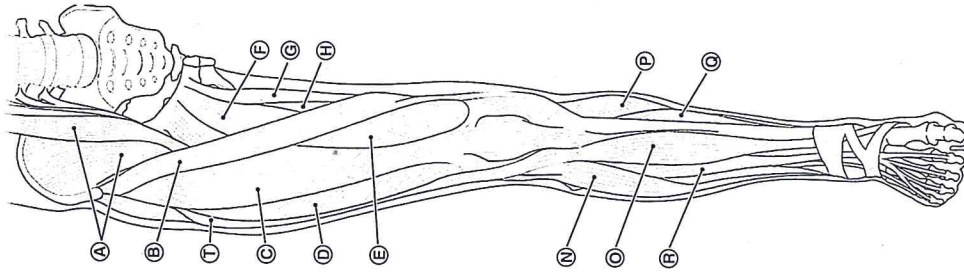
Name	Origin	Insertion	Action
A. Iliopsoas	Ilium, lumbar vertebrae	Femur (lesser trochanter)	Flexes hip
B. Sartorius	Iliac spine	Tibia body	Flexes thigh, leg
Quadriceps Femoris Group:			
Rectus femoris	Iliac spine	Patella, then tibia	Extends leg; flexes hip
C. Vastus lateralis	Femur (greater trochanter, linea aspera)	Patella, then tibia	Extends leg
D. Vastus medialis	Femur (greater trochanter, linea aspera)	Patella, then tibia	Extends leg
E. Vastus intermedius	Femur	Patella, then tibia	Extends leg
F. Adductor longus	Pubic crest and symphysis	Femur (linea aspera)	Adducts thigh
G. Gracilis	Pubis	Tibia	Adducts thigh; flexes leg
H. Adductor magnus	Pubis, ischium	Femur (linea aspera)	Adducts thigh
I. Gluteus medius	Ilium	Femur (greater trochanter)	Adducts thigh
J. Gluteus maximus	Iliac crest, sacrum, coccyx	Iliotibial tract, femur (linea aspera)	
Hamstring Group:			
Biceps femoris	Ischial tuberosity, linea aspera of femur	Fibula (head) and tibia (lateral condyle)	Flexes leg; extends hip
K. Semitendinosus	Ischial tuberosity	Proximal tibia	Flexes leg; extends hip
L. Semimembranosus	Ischial tuberosity	Tibia (medial condyle)	Flexes leg; extends hip
M. Peroneus longus	Fibula, tibia (lateral condyle)	First tarsal and first metatarsal of foot	Everts foot
N. Tibialis anterior	Tibia; lateral condyle/body	1 st tarsal, 1 st metatarsal	Dorsiflexes, inverts foot
O. Gastrocnemius	Femur; lateral, medial condyles	Calcaneus (via Achilles tendon)	Plantar flexes foot
P. Soleus	Fibula (head) and proximal tibia	Calcaneus (via Achilles tendon)	Plantar flexes foot
Q. Extensor digitorum longus	Tibia	Distal phalanges, 2 nd to 5 th toes	Extends toes
R. Flexor digitorum longus	Posterior tibia	Distal phalanges, 2 nd to 5 th toes	Flexes toes
S. Iliotibial tract (tendon)	Gluteus maximus	Tibia (lateral condyle)	Tendon

COLORING INSTRUCTIONS

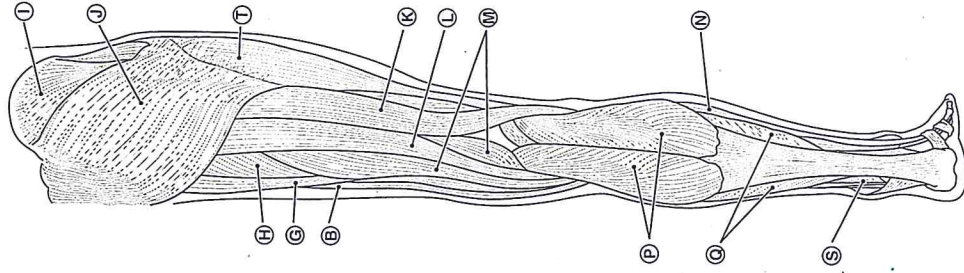
Color each muscle and its name at the same time, using the same color. Color the anterior and posterior views together.

- Review the bones of the pelvis and lower limb in Coloring Exercises 3-10 and 3-11.
- Review the movements of the lower limb in Coloring Exercise 3-13. Remember that movements at the hip joint move the thigh, and movements at the knee joint move the leg (tibia/fibula).
- Label some of the bone features that you see in this diagram, such as the patella, tibia, and calcaneus.
- As you read about each muscle, try to palpate the insertion and origin.
- Use the muscle to perform the action. Use your fingers to feel the muscle contract.
- Color the muscle on the diagram. Color the iliotibial tract a very light color, because it is not a muscle.

Anterior view



Posterior view



- A. Iliopsoas**
- B. Sartorius**
- C. Rectus femoris**
- D. Vastus lateralis**
- E. Vastus medialis**
- F. Adductor longus**
- G. Gracilis**
- H. Adductor magnus**
- I. Gluteus medius**
- J. Gluteus maximus**
- K. Biceps femoris**
- L. Semitendinosus**
- M. Semimembranosus**
- N. Peroneus longus**
- O. Tibialis anterior**
- P. Gastrocnemius**
- Q. Soleus**
- R. Extensor digitorum longus**
- S. Flexor digitorum longus**
- T. Iliotibial tract**