

Coloring Exercise 4-6 Muscles of the Head

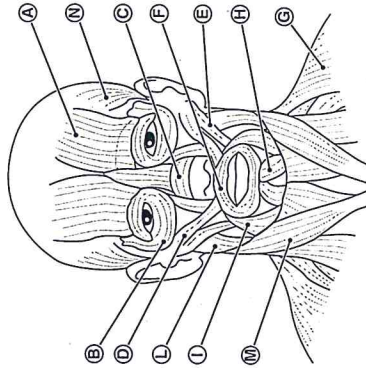
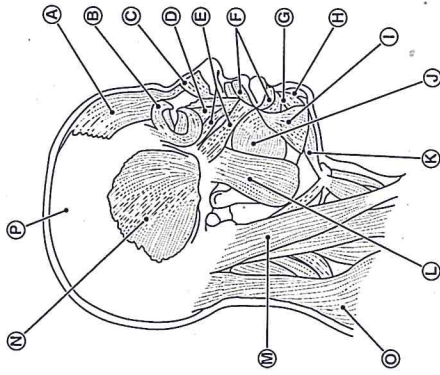
FLASHCARDS 14 AND 15

Name	Origin	Insertion	Action
<input checked="" type="checkbox"/> Frontalis (A)	Epicranial aponeurosis (tendon (P))	Eyebrow skin	Raises eyebrows
Obicularis oculi (B)			
	Frontal bone, maxilla (eye orbit)	Skin, muscle encircling eye	Closes eye
<input checked="" type="checkbox"/> Nasalis (C)	Maxilla	Bridge of nose	Moves nose
Levator palpebrae superioris (roof of eye orbit) (not shown)			
<input checked="" type="checkbox"/> Quadratus labii superioris (D)	Maxilla	Obicularis oris; skin at lip corners	Elevates upper lip
<input checked="" type="checkbox"/> Zygomaticus (E)	Zygomatic bone	Skin, muscle at lip corners	Raises corners of mouth
Obicularis oris (F)			
	Muscles encircling mouth	Skin at mouth corners	Closes lips (kissing), shapes lips (speech)
<input checked="" type="checkbox"/> Quadratus labii inferioris (G)	Mandible	Lower lip skin	Depresses lower lip
<input checked="" type="checkbox"/> Mentalis (H)	Mandible	Chin skin	Elevates, protrudes lower lip (pouting)
<input checked="" type="checkbox"/> Triangularis (I) (Depressor anguli oris)	Mandible	Mouth (angle)	Opens mouth
<input checked="" type="checkbox"/> Buccinator (J)	Maxilla, mandible	Obicularis oris	Flattens cheek (eating, whistling, wind instruments)
<input checked="" type="checkbox"/> Digastricus (K)	Mandible, temporal bone	Hyoid bone (via tendon)	Opens jaw
<input checked="" type="checkbox"/> Masseter (L)	Temporal bone	Mandible	Closes jaw
<input checked="" type="checkbox"/> Sternocleidomastoid (M)	Sternum, clavicle	Temporal bone (mastoid process)	Together: flexes head (mastoid process) head
<input checked="" type="checkbox"/> Temporalis (N)	Temporal bone	Mandible	Closes jaw

Trapezius (O): see Coloring Exercise 4-7

COLORING INSTRUCTIONS

- Color each muscle and its name at the same time, using the same color. Color the lateral (top) and frontal (bottom) views together.
- Review the skull bones in Coloring Exercise 3-6 before beginning this Coloring Exercise.
 - 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(s).
 - Use a very light color for (O), because this structure is not a muscle.



- A. frontalis.
- B. orbicularis oculi
- C. nasalis
- D. quadratus labii superioris
- E. zygomaticus
- F. orbicularis oris
- G. quadratus labii inferioris.
- H. mentalis
- I. triangularis
- J. buccinator
- K. digastricus
- L. masseter
- M. sternocleidomastoid
- N. temporalis
- O. trapezius
- P. epicranial aponeurosis.

Coloring Exercise 4-7 Muscles of the Torso

Abdominal Muscles

Name	Origin	Insertion	Action
Rectus abdominus (A)	Pubis	Xiphoid process (sternum), ribs	Flexes spinal column, compresses abdomen
External oblique (B)	Inferior eight ribs	Ilium, linea alba (C)	Both: flex spinal column, compress abdomen. One: rotate, laterally flex spinal column
Internal oblique (D)	Iliac crest	Inferior ribs, linea alba	Same as external obliques
Transverse abdominis (E)	Iliac crest, inferior ribs	Xiphoid process, linea alba, pubis	Compresses abdomen

Abdominal aponeurosis (F) (tendon)

Muscles of the Perineum

Name	Origin	Insertion	Action
Transverse perineus (G)	Ischial tuberosity (H)	Perineal tissues (vagina) (I)	Stabilizes perineum
Levator ani (J)	Pubis, ischial spine	Coccyx (K), urethra (L), rectum, perineum	Aids defecation; stabilizes perineum
External anal sphincter (M)	Anococcygeal ligament, coccyx	Perineal tissues	Closes anus (N)
Ischio cavernosus (O)	Ischial tuberosity, pubis	Clitoris (P), penis	Maintains clitoral or penile erection
Bulbocavernosus (Q)	Perineal tissues	Clitoris, penis, other perineal tissues	Maintains clitoral or penile erection; aids in urination, ejaculation; constricts vagina
Coccygeus (R)	Ischium	Coccyx, lower sacrum	Stabilizes perineum; pulls coccyx forward during defecation, childbirth
Obturator (S)	Obturator foramen	Femur (greater trochanter)	Rotates thigh

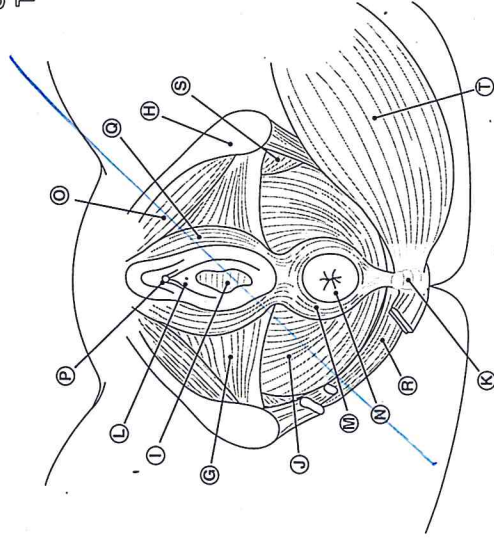
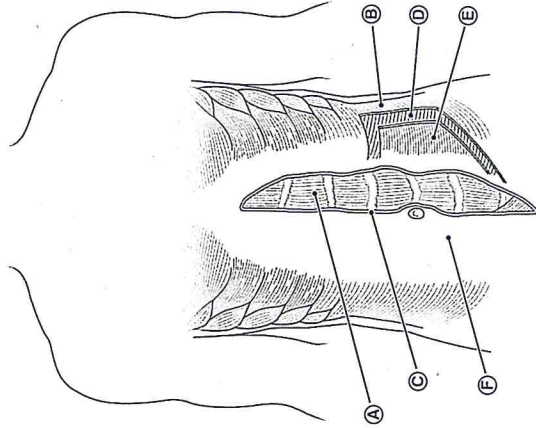
Gluteus maximus (T)
See Coloring Exercise 4-3

Coloring Instructions

- Color each muscle and its name at the same time, using the same color. On the top figure:
- 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 tendons; the linea alba (C) and the abdominal aponeurosis (F).

Coloring Instructions

- On the bottom figure:
- As you read about each muscle, use the muscle to perform the action (where possible).
 - Color the muscle on the diagram.
 - Use very light colors for structures that are not muscles (O, U, V, W).



- A. rectus abdominis
- B. external oblique
- C. linea alba
- D. internal oblique
- E. transverse abdominis
- F. abdominal aponeurosis
- G. transverse perineus
- H. ischial tuberosity
- I. vagina
- J. levator ani
- K. coccyx
- L. urethra
- M. external anal sphincter
- N. anus
- O. ischio cavernosus
- P. clitoris
- Q. bulbocavernosus
- R. coccygeus
- S. obturator
- T. gluteus maximus