

# Muscles



# Introduction

- You have over **600** skeletal muscles (656-850 depending on who you talk to)
- Muscles account for **40%** of our body weight

# Muscle Tissue

- **Skeletal Muscles**
  - Are attached to the skeletal system
  - Allow us to move
  - **The muscular system**
    - Includes only skeletal muscles

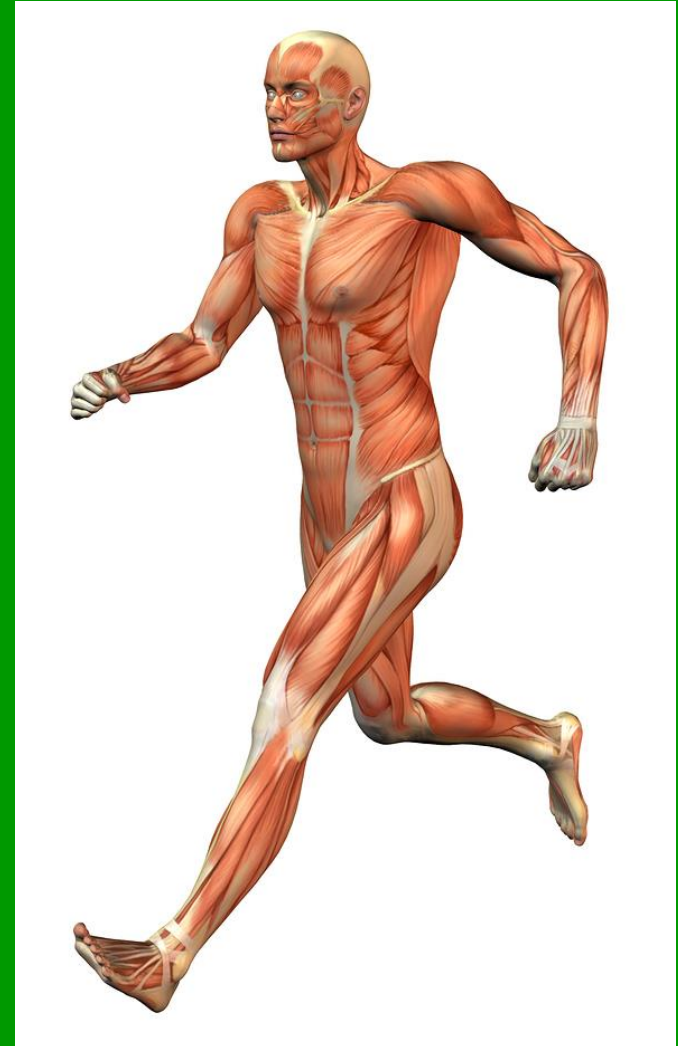
# Skeletal Muscle

## Function

- Produce movement of the skeleton
- Maintain posture and body position
- Stabilize joints & Support soft tissues
- Maintain body temperature

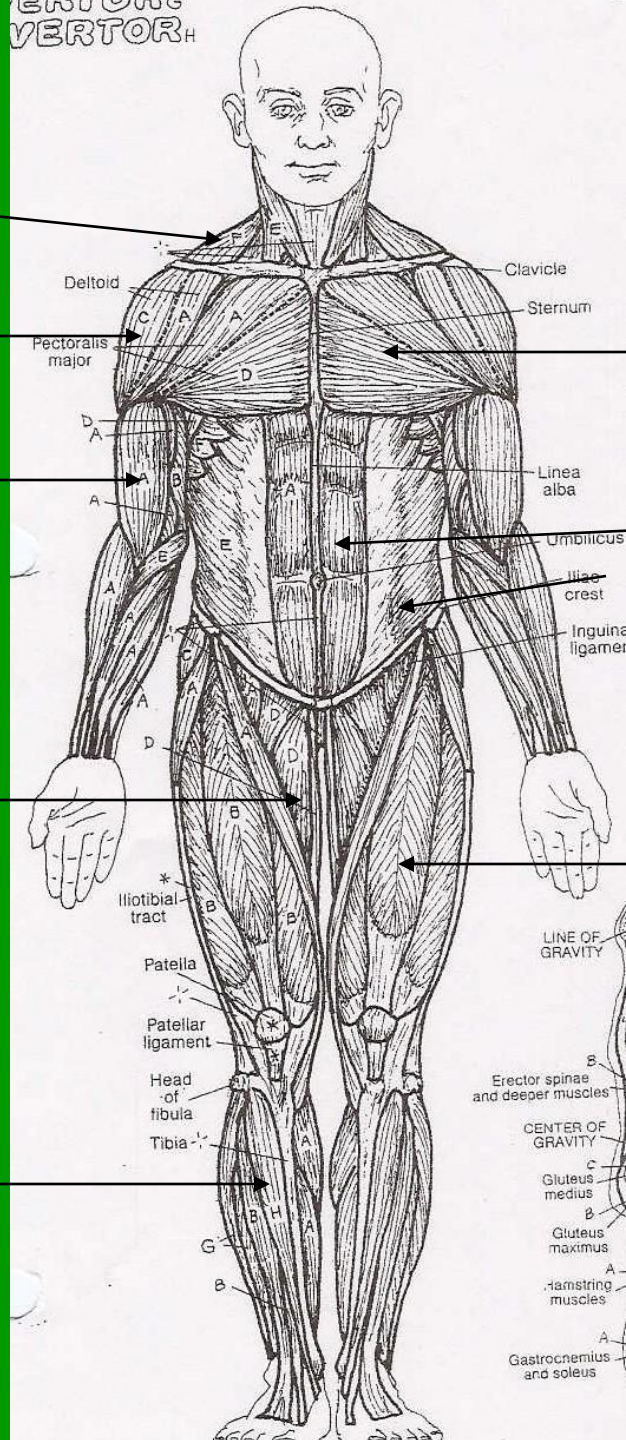
## Site of muscle attachments

- Bones
- Cartilage
- Connective tissue coverings



# Muscle Properties

- *Excitability* – The ability to respond to stimulation.
- *Contractility* – The ability to shorten and produce a force (tension).
- *Extensibility* – The ability to be elongated (stretched).
- *Elasticity* – The ability to rebound to its original (normal) resting length after being stretched.



Trapezius

Deltoid

Bicep

Adductor

Anterior Tibialis

Pectoralis Major

Rectus Abdominus

External Obliques

Quadriceps

Anterior Muscle Man

# Posterior Muscle Man

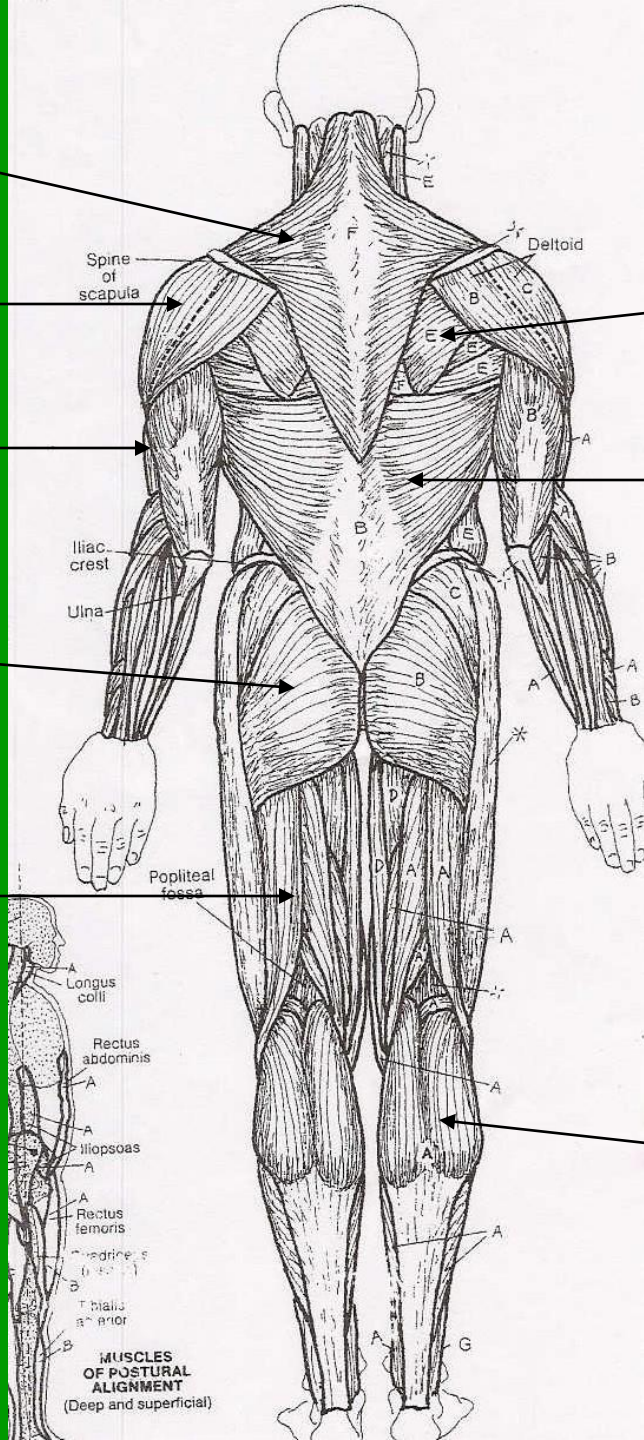
Trapezius

Deltoid

Tricep

Gluteus  
Maximus

Hamstring



Rhomboid

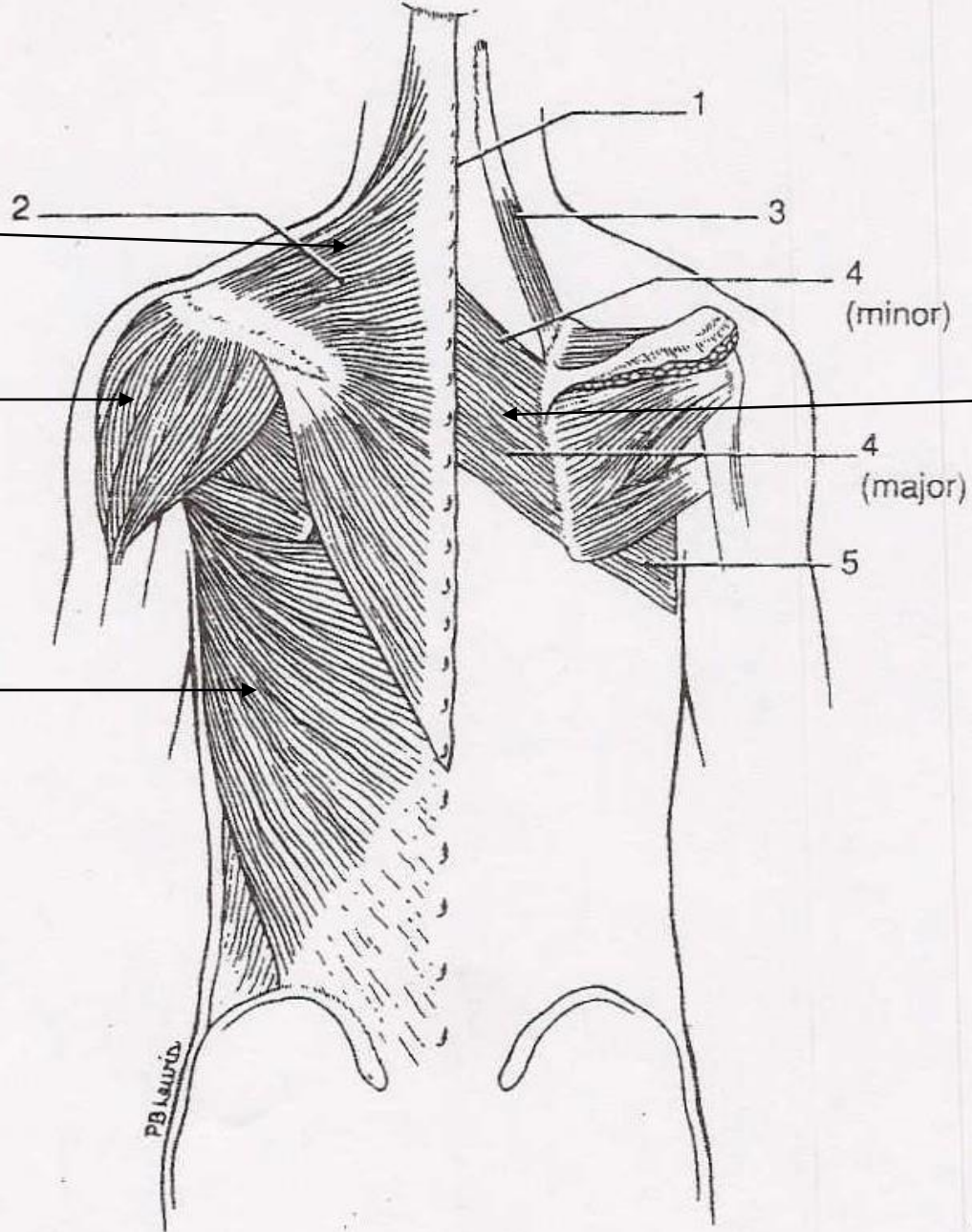
Latissimus Dorsi

Gastrocnemius

Trapezius

Deltoid

Latissimus  
Dorsi



Rhomboid

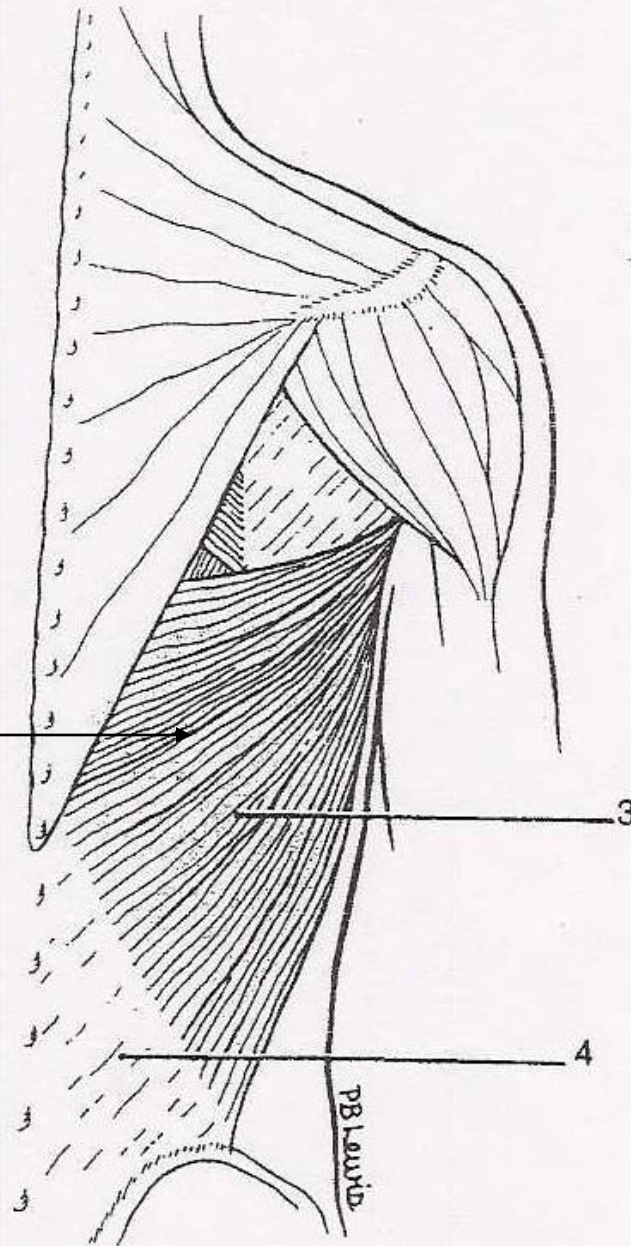
A. POSTERIOR VIEW

The Back

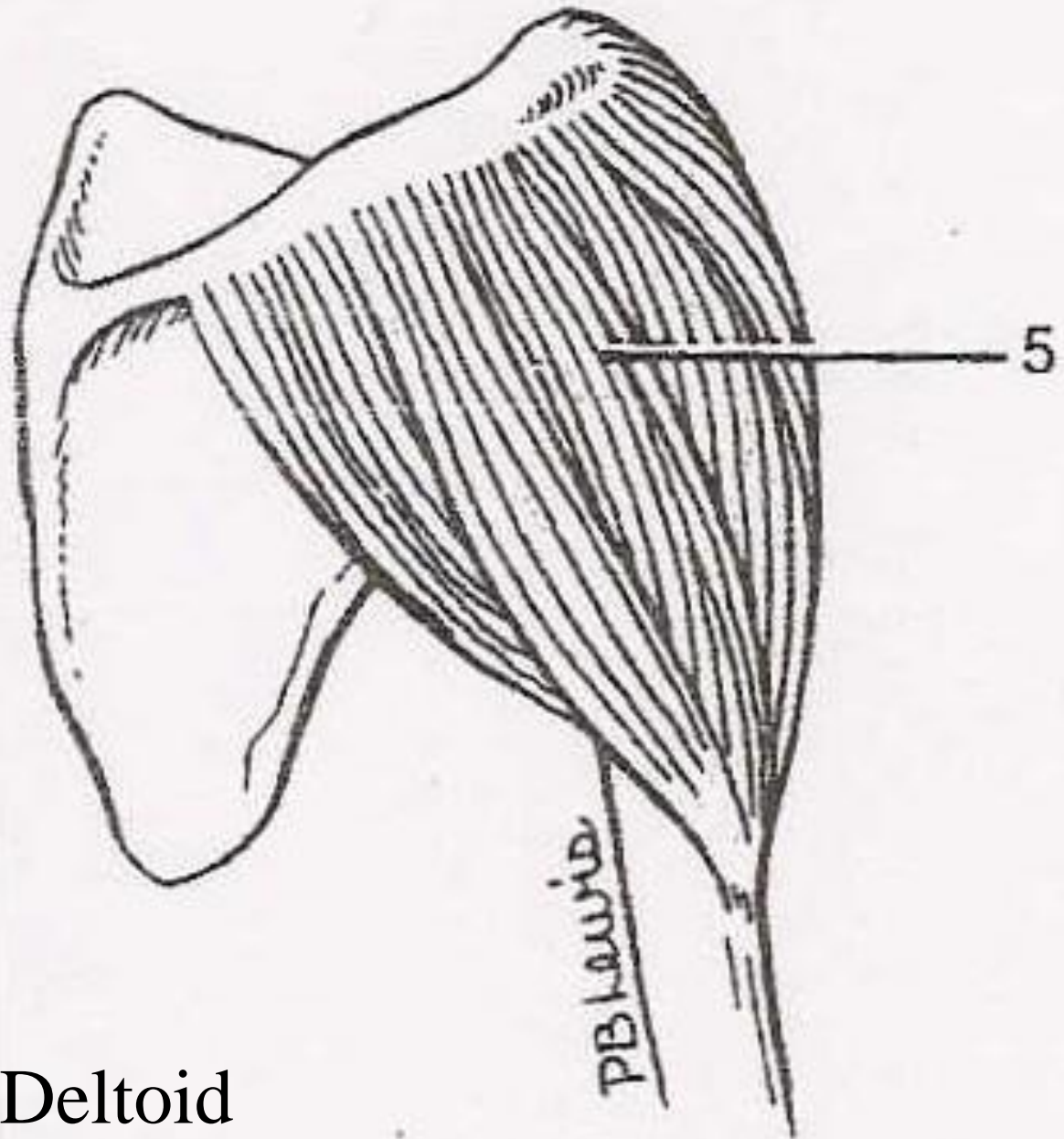


# Latissimus Dorsi

Latissimus  
Dorsi

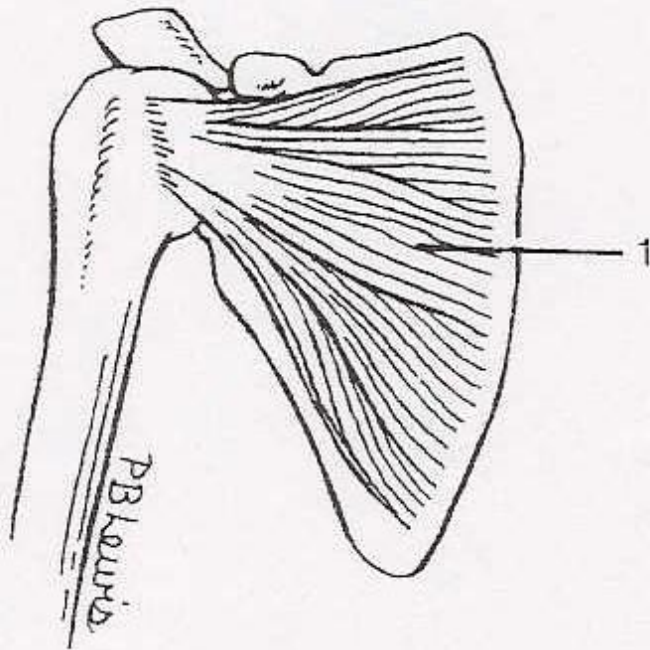


B. RIGHT BACK (POSTERIOR VIEW)

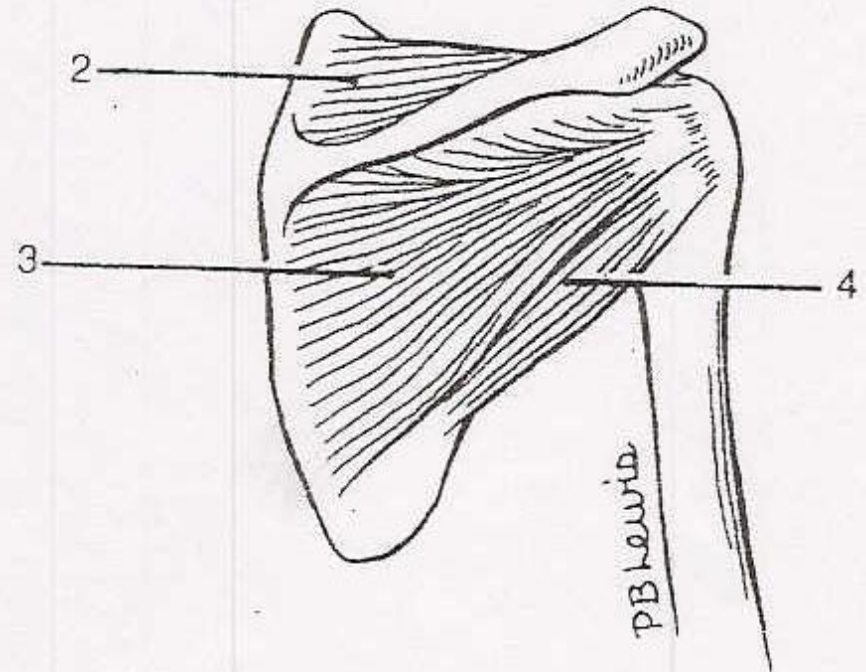


Deltoid

# Rotator Cuff



A. ANTERIOR VIEW



B. POSTERIOR VIEW

1. Subscapularis

2. Supraspinatus 4. Teres Minor

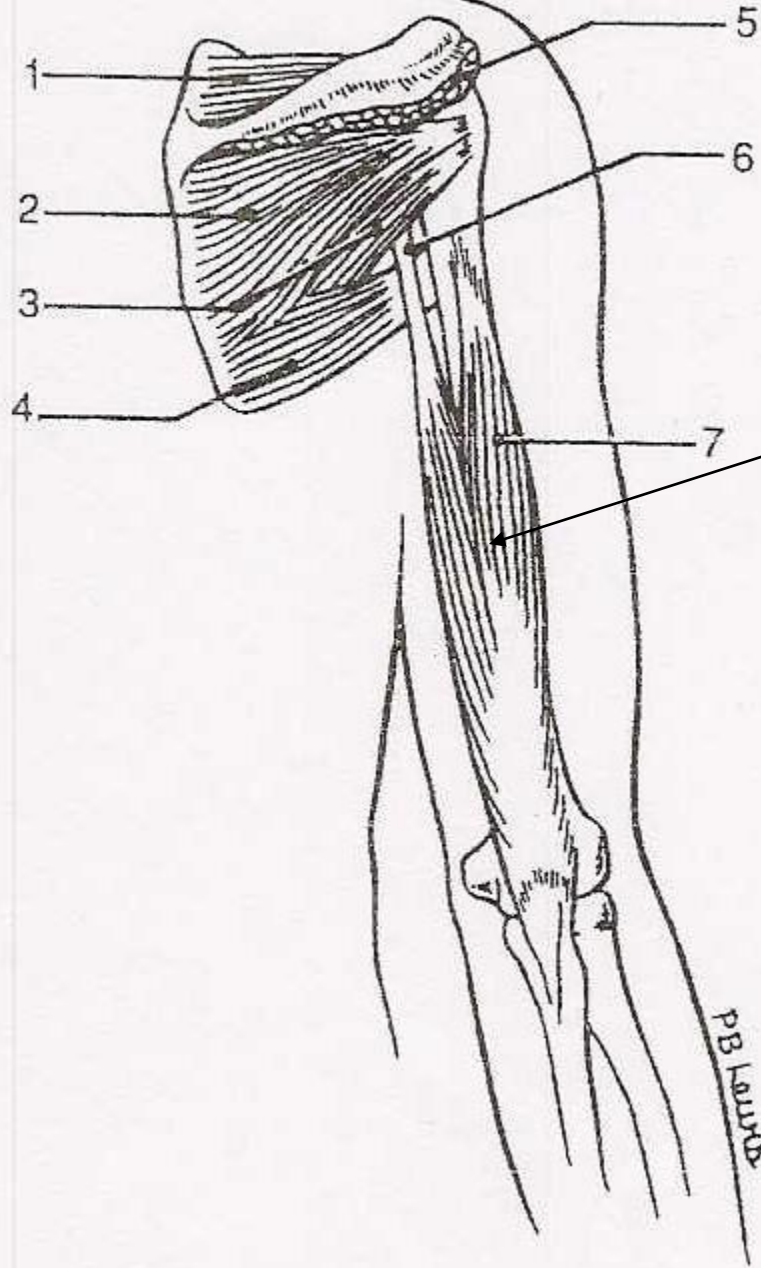
3. Infraspinatus

1. Supraspinatus

2. Infraspinatus

3. Teres Minor

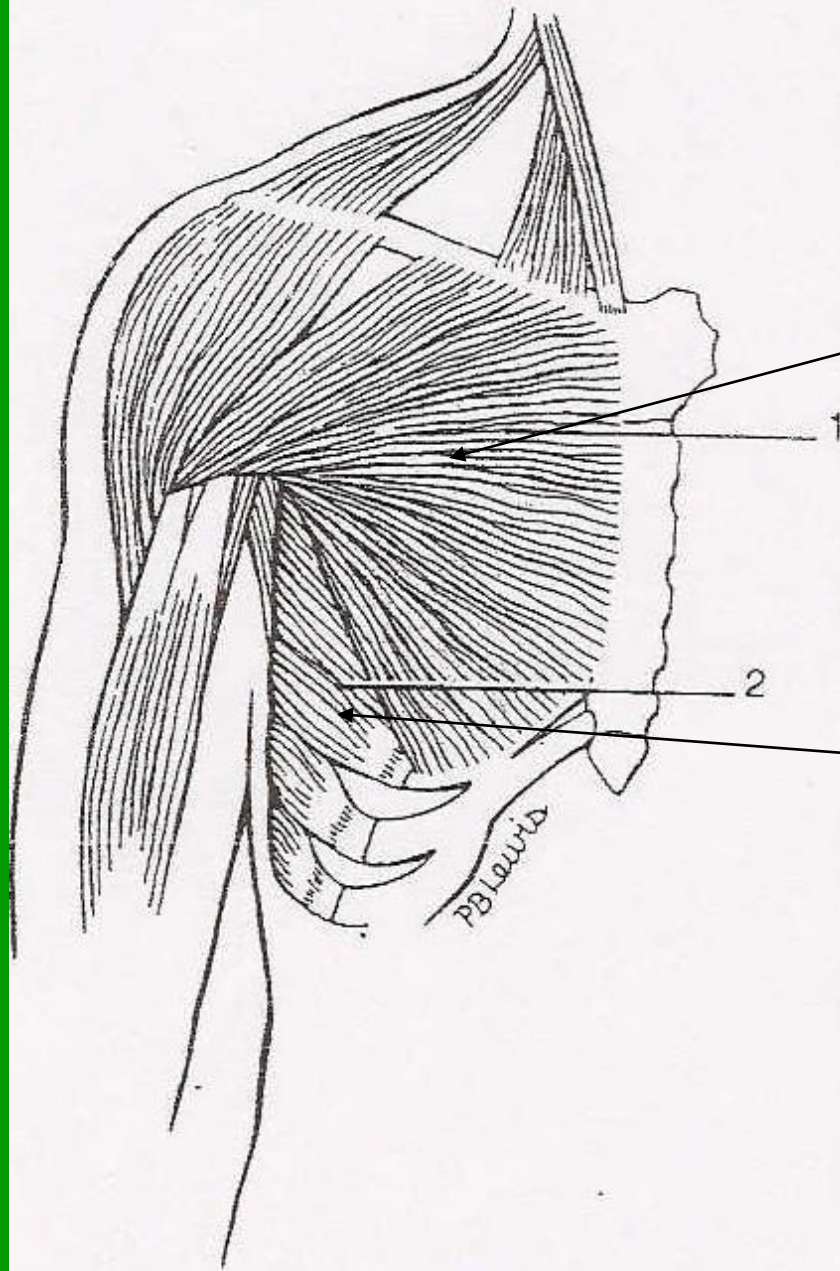
Shoulder  
w/o Deltoid



5. Deltoid  
(missing)

Tricep

# Chest Complex

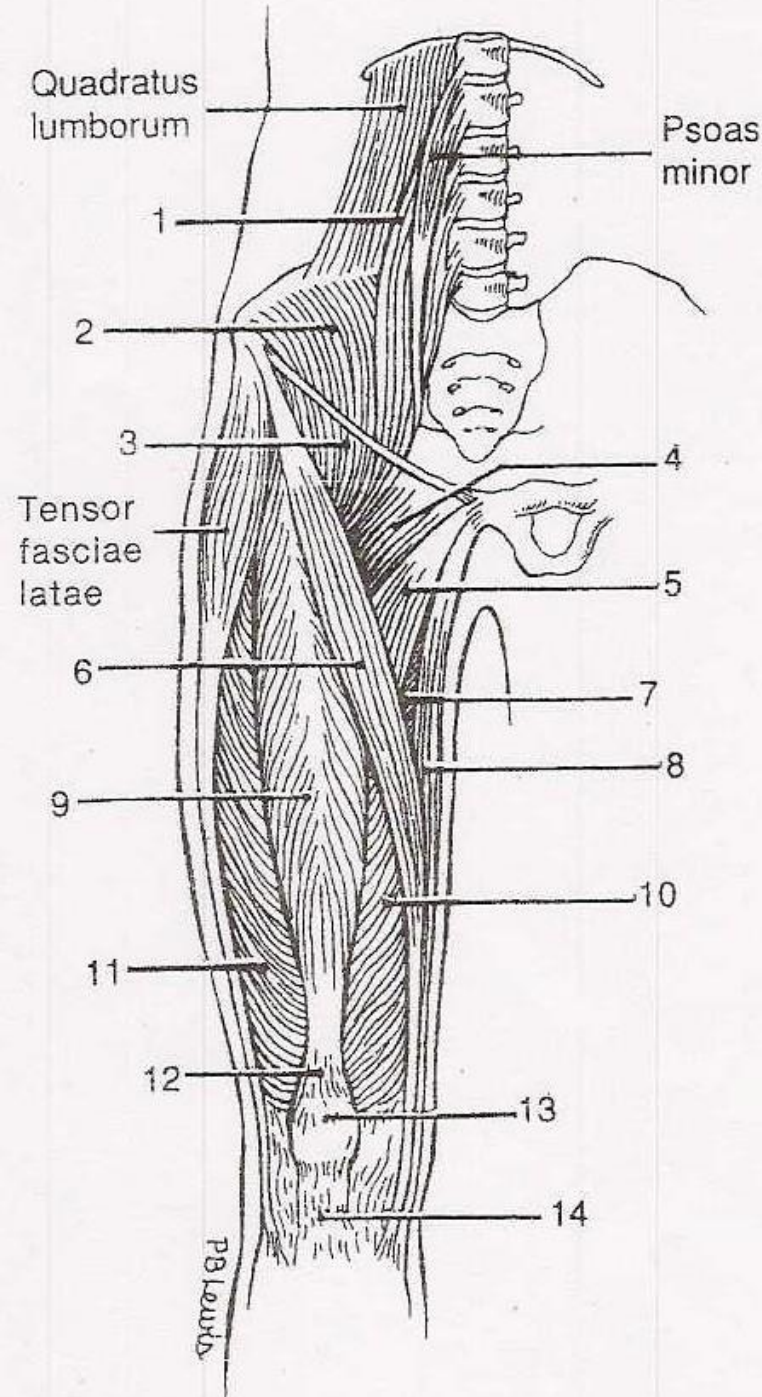


Pectoralis  
Major

Serratus  
Anterior

A. RIGHT THORAX (ANTERIOR VIEW)

# Anterior Upper Leg



2. Psoas Major

6. Sartorius

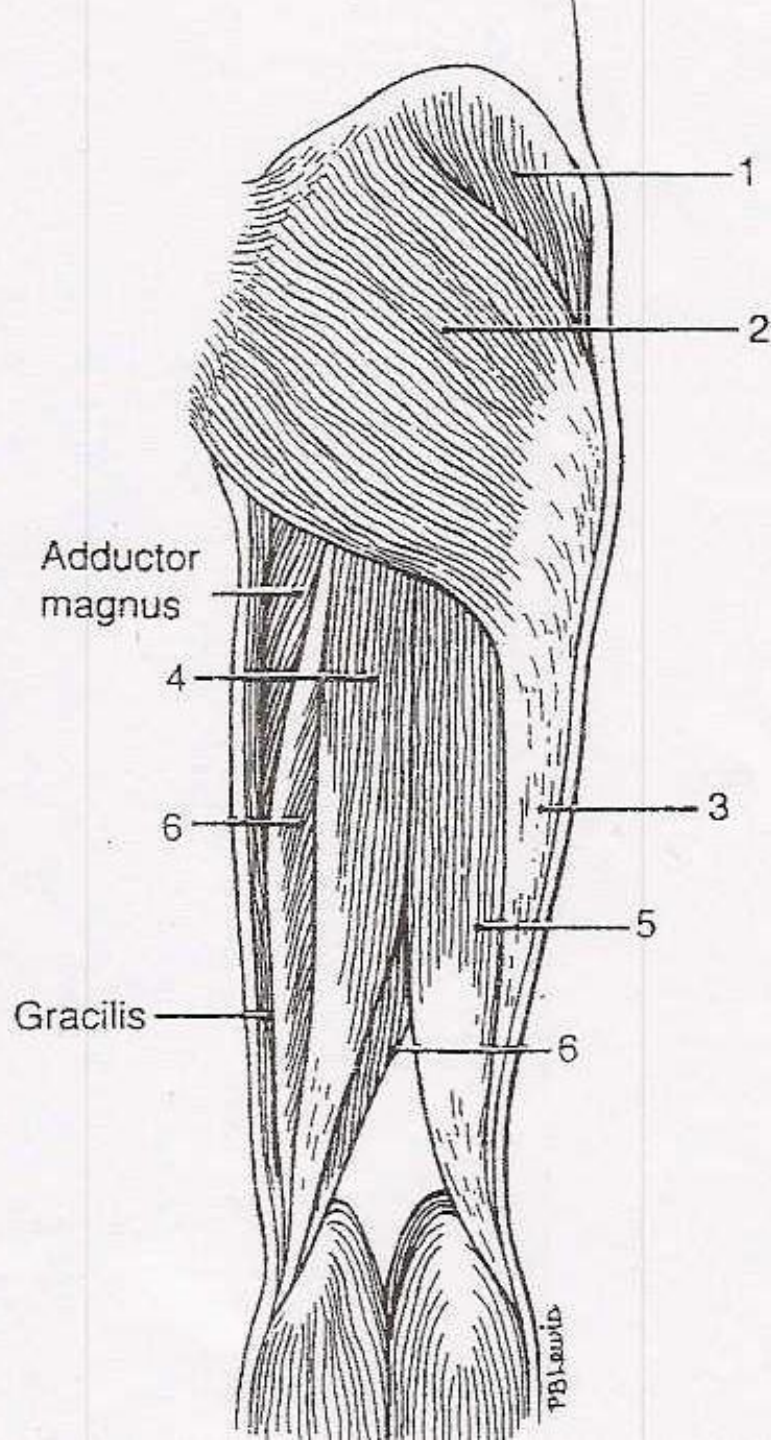
9. Rectus Femoris

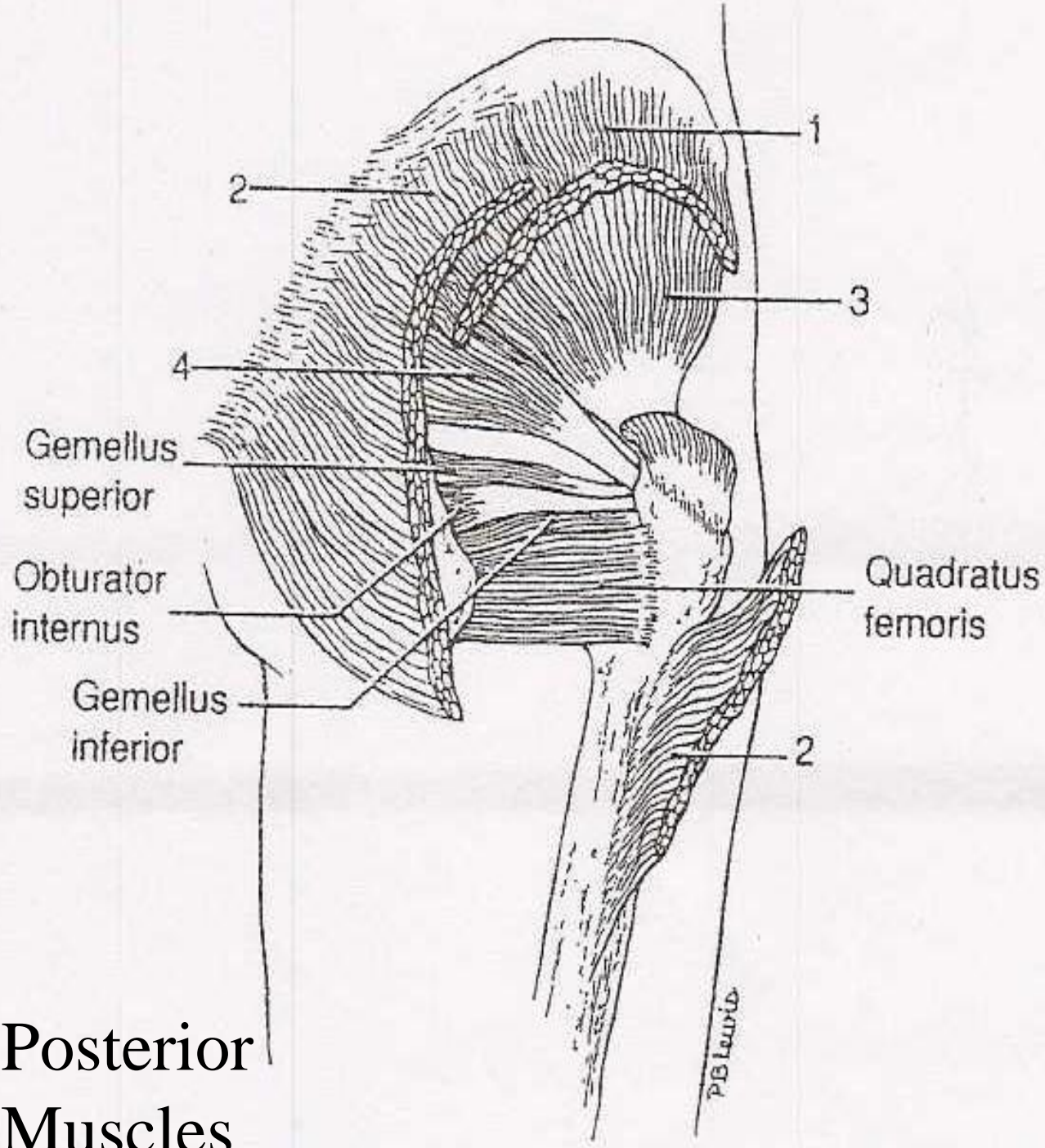
10. Vastus  
Medialis Oblique

11. Vastus  
Lateralis

# Posterior Upper Leg

1. Gluteus Medius
2. Gluteus Maximus
3. IT Band
4. Semitendiosis
5. Biceps Femoris
6. Semimembranosis





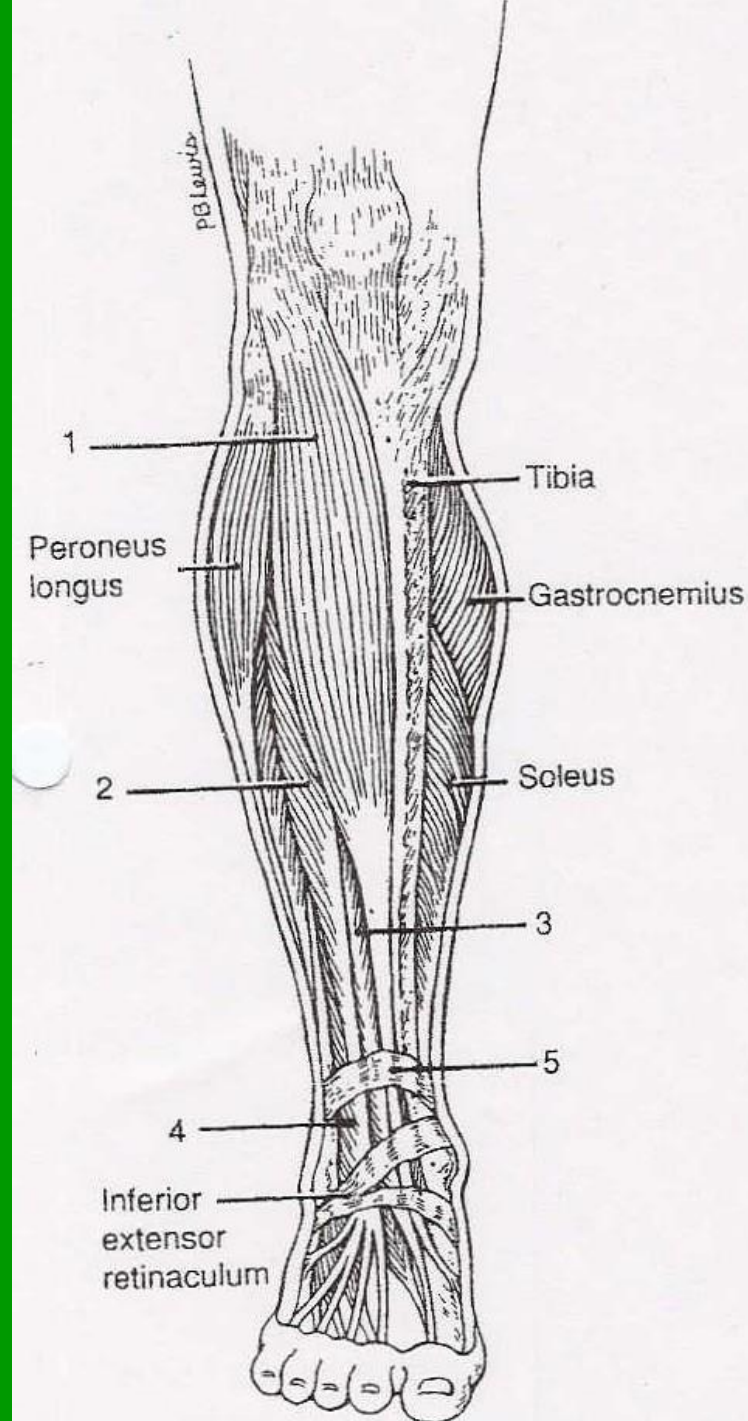
1. Gluteus Medius
2. Gluteus Maximus
3. Gluteus Minimus
4. Piriformis

# Posterior Muscles



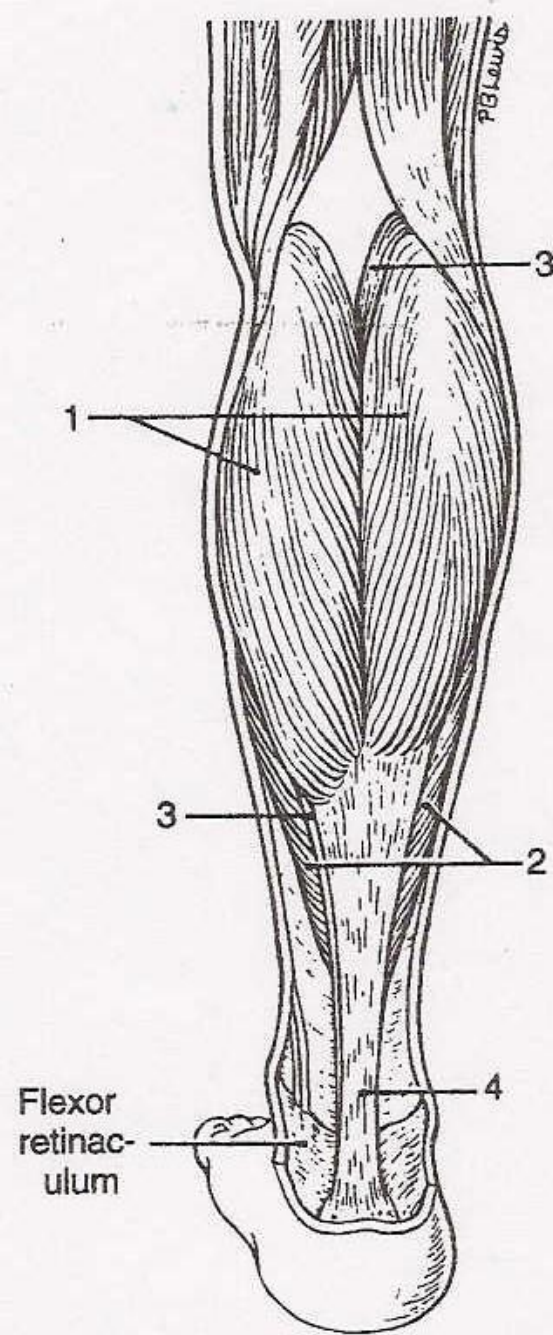
# Anterior Lower Leg

1. Anterior Tibialis
2. Posterior Tibialis



# Posterior Lower Leg

1. Gastrocnemius
2. Soleus
3. Calcaneal tendon
4. Achilles tendon



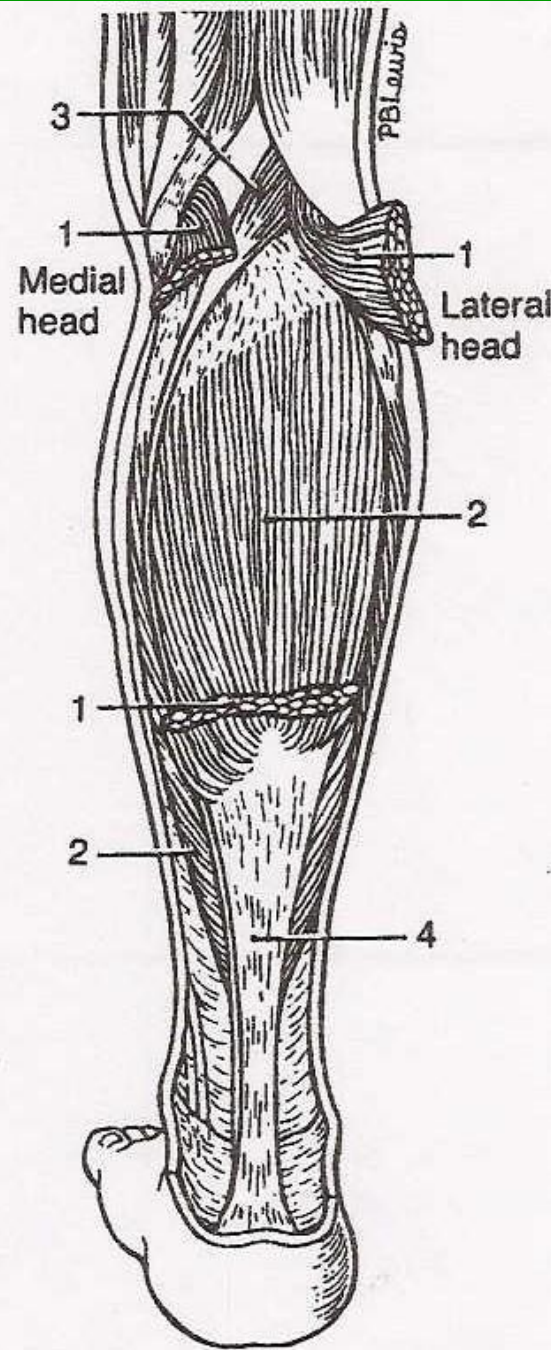
A. SUPERFICIAL DISSECTION

# Lower Leg (Gastrocnemius Missing)

1. Gastrocnemius  
(missing)

2. Soleus

4. Achilles Tendon



**B. WITH GASTROCNEMIUS CUT**