

Muscular System Key Terms:

Types of Muscles:

1. Skeletal muscles
2. Cardiac muscles
3. Smooth muscles
4. Sphincter muscles

Connective Tissue:

1. Tendons
2. Fascia

Head and Neck Muscles:

1. Frontalis
2. Masseter
3. Orbicularis oculi
4. Orbicularis oris
5. Temporalis
6. Zygomaticus major
7. Sternocleidomastoid

Torso/Trunk:

1. External intercostals

2. Diaphragm
3. Rectus abdominus
4. External oblique
5. Internal oblique
6. Latissimus dorsi

Upper Extremities:

1. Trapezius
2. Deltoid
3. Pectoralis major
4. Biceps brachii
5. Triceps brachii
6. Brachioradialis

Lower Extremities:

1. Gluteus medius
2. Gluteus maximus
3. Vastus lateralis
4. Gastrocnemius
5. Soleus

6. Sartorius
7. Rectus femoris
8. Tibialis anterior

Characteristics of Muscles:

1. Contractability
2. Excitability
3. Extensibility
4. Elasticity
5. Muscle tone
 - a. Atrophy
 - b. Hypertrophy
6. Muscle fatigue

Functions of the Muscular System:

1. **MOVEMENT**
 1. Origin
 2. Insertion
 3. Prime mover
 4. Antagonist
 5. Synergist

2. BODY FORM, SHAPE, POSTURE

3. BODY HEAT, TEMPERATURE

Disorders of the Muscular System:

1. Fibromyalgia

2. Hernia

3. Muscle spasms

4. Muscular Dystrophy

5. Myasthenia gravis

6. Strain

7. Tendonitis

8. Tetanus