

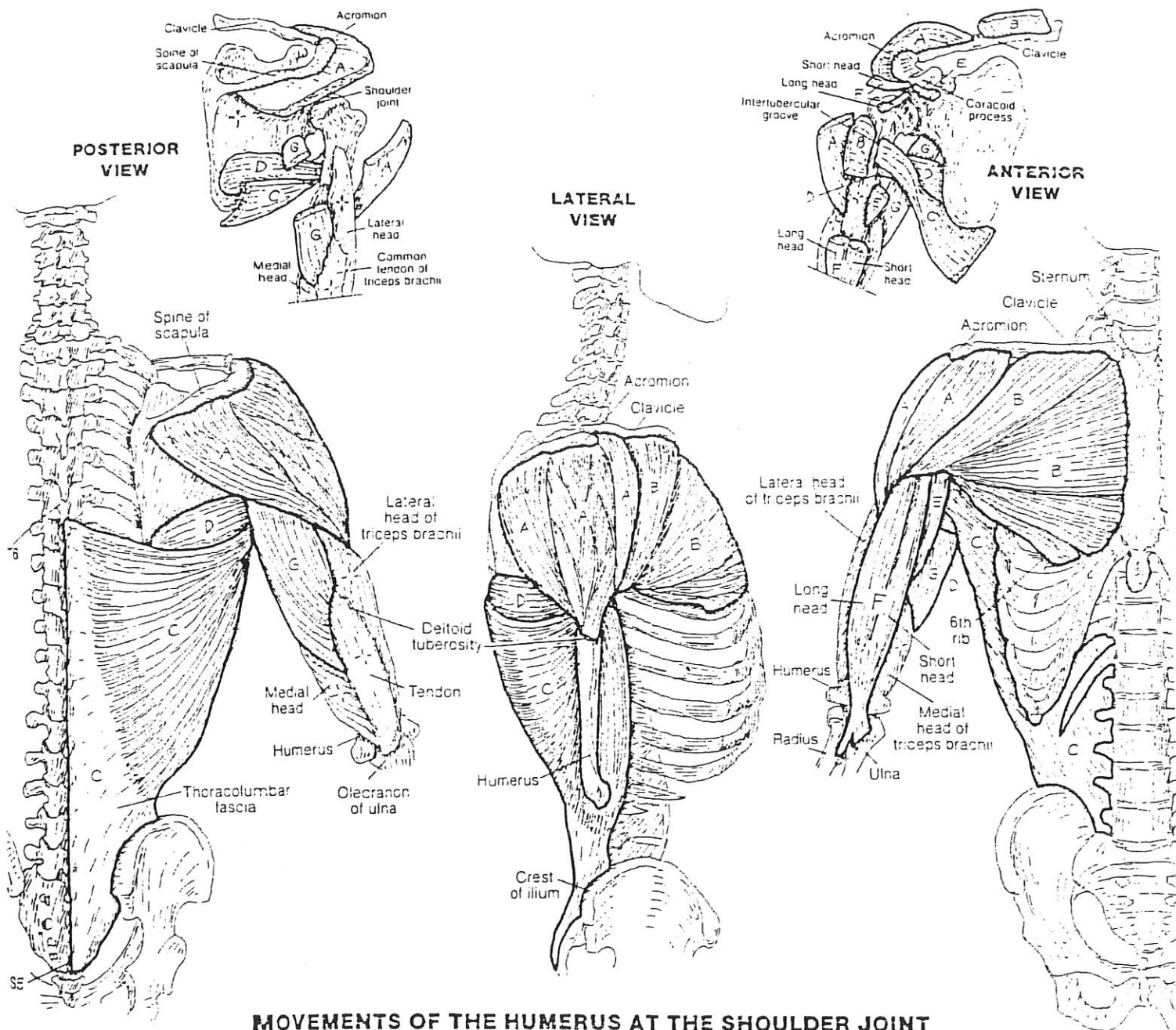
MUSCULAR SYSTEM OF THE MOVERS OF THE SHOULDER JOINT MUSCLES

DELTOID: PECTORALIS MAJOR:
LATISSIMUS DORSI: TERES MAJOR:
CORACOBRACHIALIS: BICEPS BRACHII:
TRICEPS BRACHII (LONG HEAD):

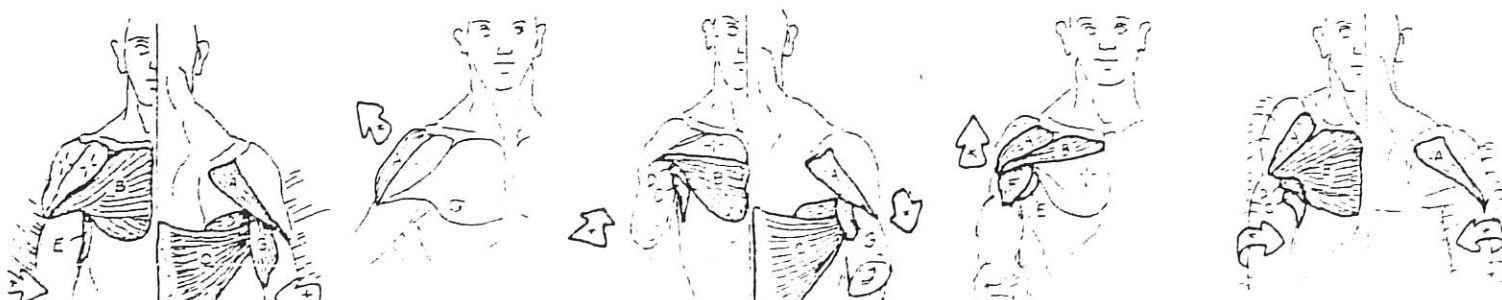
54

See 55

ON: (1) Begin with both posterior views; note that the biceps and triceps are not shown on the lateral view. (2) When coloring the muscles below, note the actions of different parts of the deltoid, A, and pectoralis major, B.



MOVEMENTS OF THE HUMERUS AT THE SHOULDER JOINT

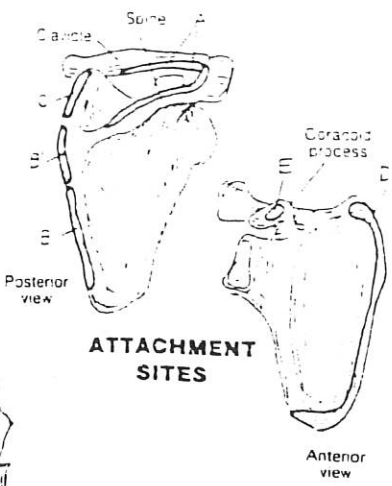


MUSCLES OF SCAPULAR STABILIZATION

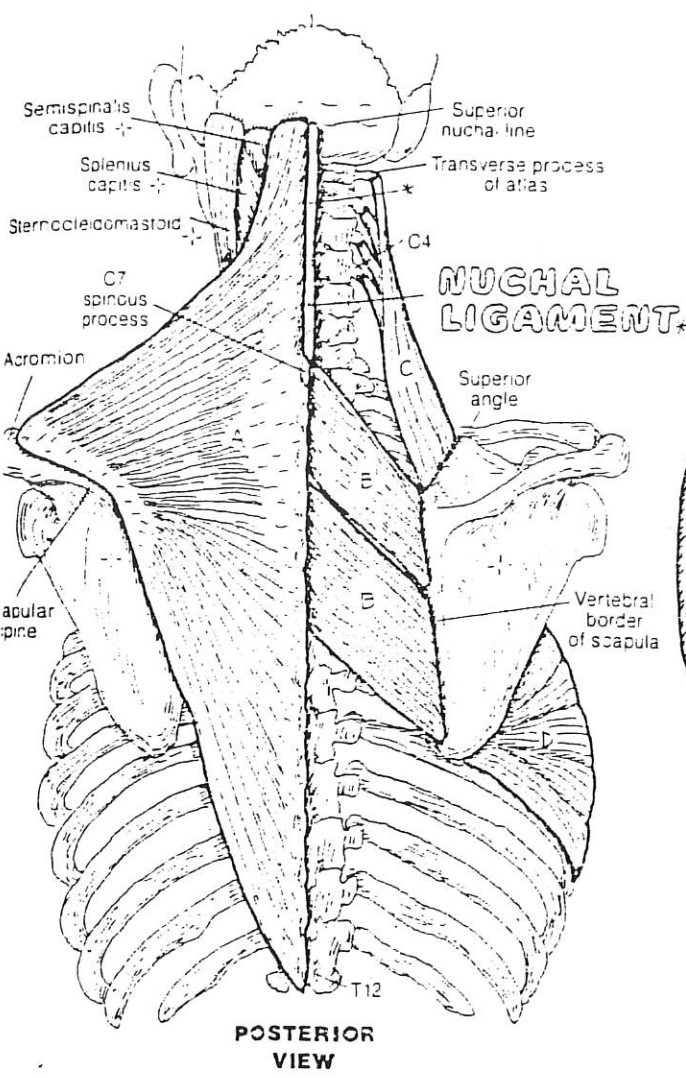
CN: (1) Color the muscles in the three main views, the nuchal ligament, and their names. (2) Color the insertion sites at upper right. (3) In the five illustrations below, note that three different parts of the trapezius. A: make possible different scapular movements. Color gray the scapulae and the direction-of-movement arrows.

MUSCLES

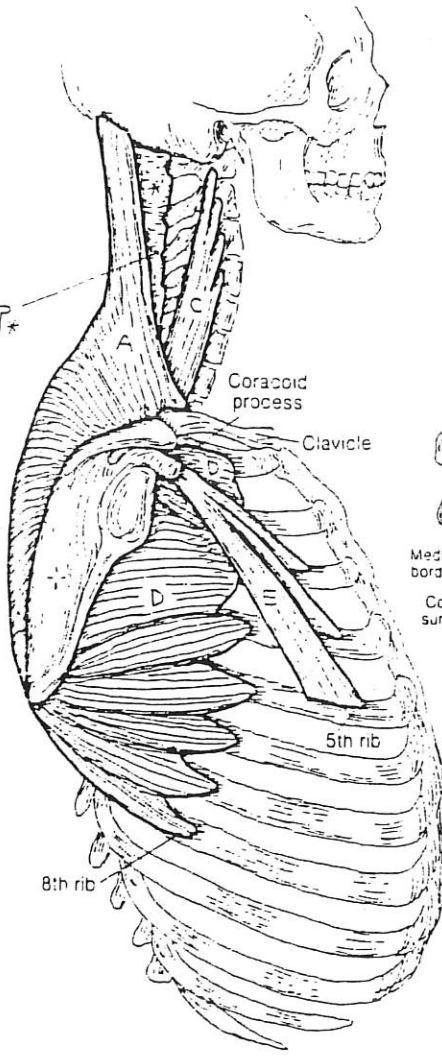
- TRAPEZIUS.
- RHOMBOID MAJOR, MINOR.
- LEVATOR SCAPULAE.
- SERRATUS ANTERIOR.
- PECTORALIS MINOR.



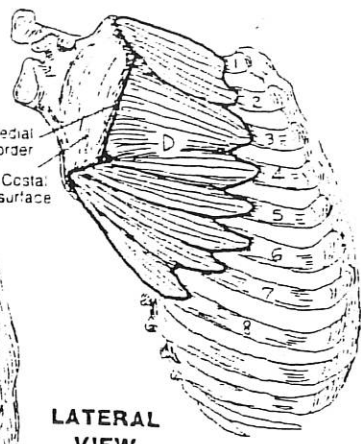
ATTACHMENT SITES



POSTERIOR VIEW

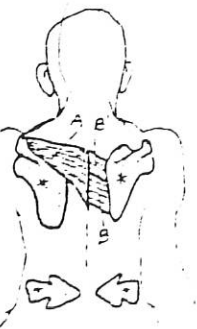


Scapula is shown pulled away from the thorax to reveal attachment of serratus anterior to the medial border of the scapula.

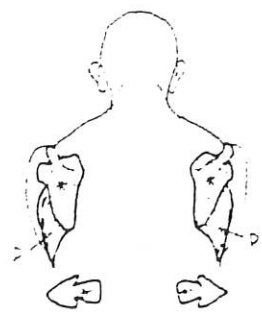


LATERAL VIEW

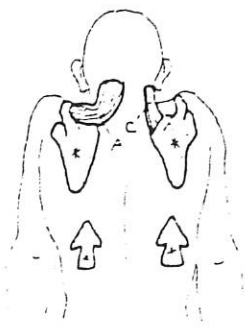
MOVEMENTS OF THE SCAPULA



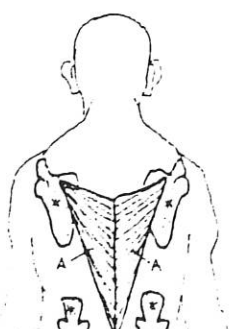
RETRACTION
Military posture
Arch the shoulders



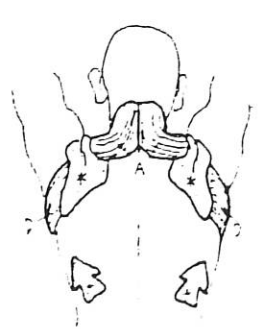
PROTRACTION
Pushing forward with
shoulders and arms



ELEVATION
Shrugging the shoulders
or reaching to the back



DEPRESSION
Straight arms or parallel



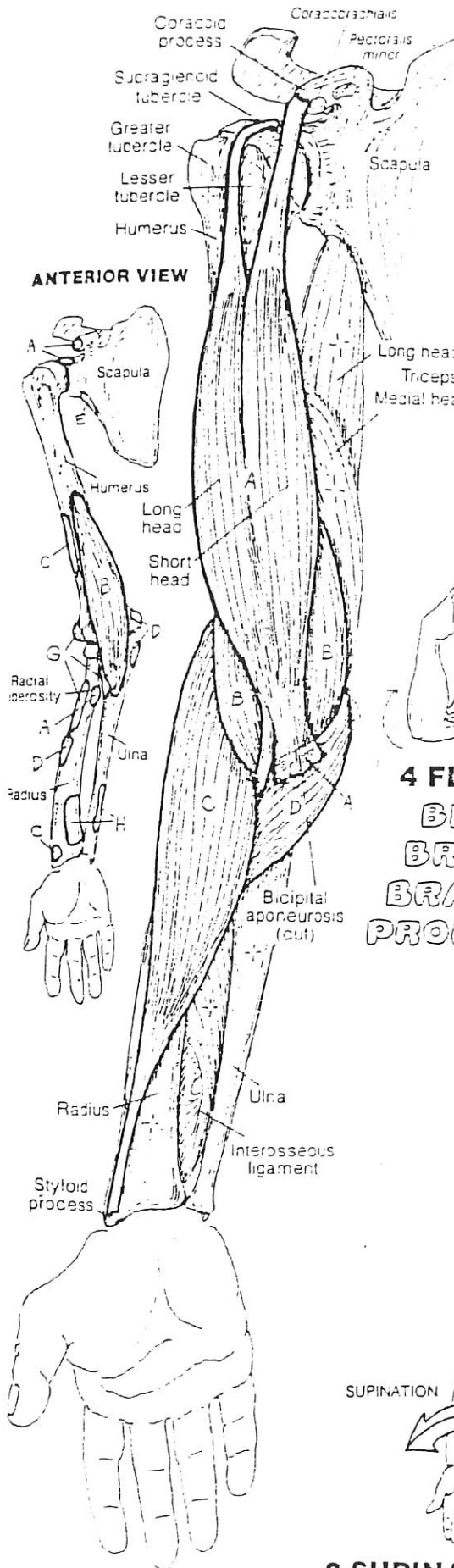
UPWARD ROTATION
Lifting or reaching

MUSCULAR SYSTEM UPPER LIMB MOVERS OF ELBOW & RADIOULNAR JOINTS

55

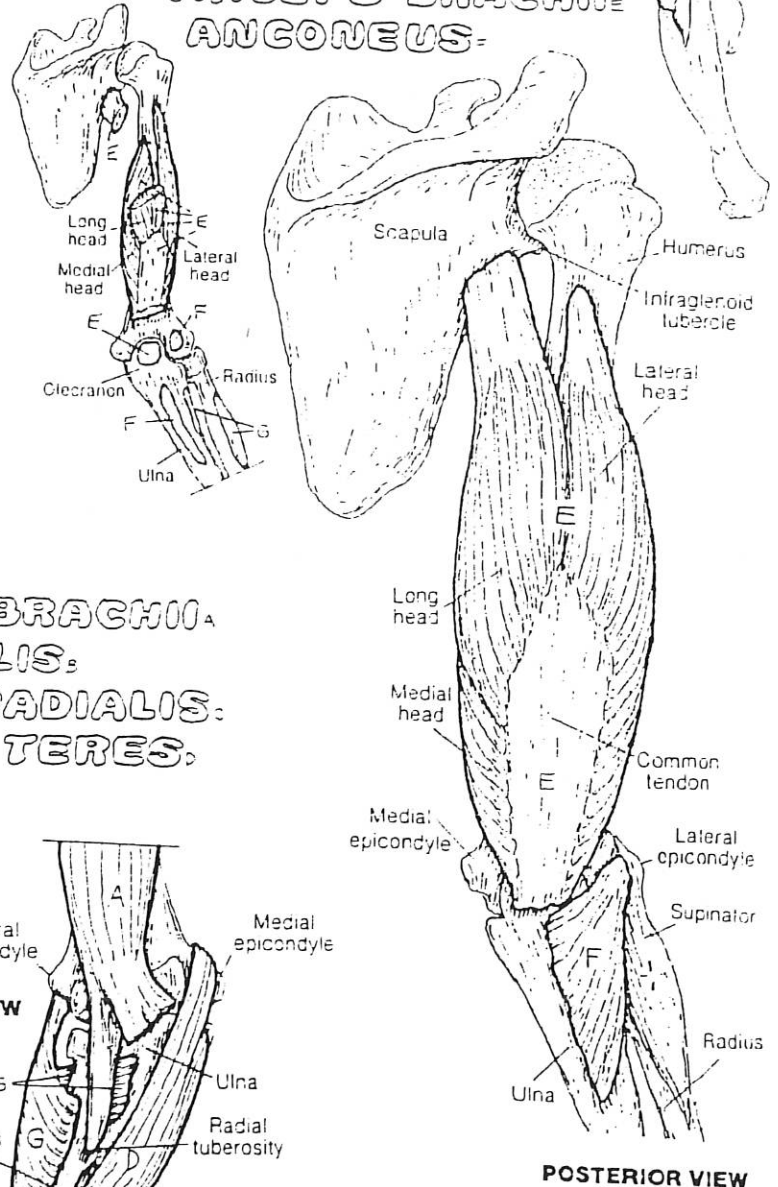
See 29, 31, 43

CN: Use the same colors for the biceps brachii, A, and triceps brachii, E, as you did on page 54. (1) Color the four flexors, their names, and their attachment sites on the drawing at far left. Repeat with the extensors on the right. (2) Color the forearm supinators and pronators below, the arrows demonstrating their actions, and their attachment sites at upper left and upper right.



2 EXTENSORS

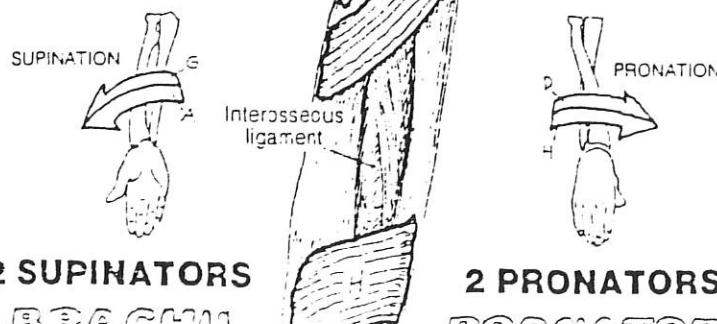
**TRICEPS BRACHII
ANCONEUS**



4 FLEXORS

**BICEPS BRACHII
BRACHIALIS
BRACHIORADIALIS
PRONATOR TERES**

ANTERIOR VIEW



2 SUPINATORS

2 PRONATORS

MUSCULAR SYSTEM / TORSO

DEEP MUSCLES OF THE BACK & POSTERIOR NECK

CN: Use very light colors on the vertical, B-B³, and oblique, C-C³, muscle groups. Note that the splenius, A, and semispinalis, C, each have more than one part (e.g., cervicis, capitis); each is identified in the illustration. (1) Color the muscles of the main figure one group at a time. The function of these muscles is related to their orientation (vertical, oblique). (2) Color the suboccipital muscle group, F, in the upper boxed inset along with the sites of origin of the overlying muscles. (3) Color the intrinsic movers and their names below.

COVERING MUSCLE

SPLENIUS_A



VERTICAL MUSCLES

ERECTOR SPINAE =
SPINALIS_E
LONGISSIMUS_E
ILIOCOSTALIS_E



OBLIQUE MUSCLES

TRANSVERSOSPINALIS GROUP
SEMI-SPINALIS_C
MULTIFIDUS_C
ROTATOIRES_C



DEEPEST MUSCLES

INTERTRANSVERSARIJ.
INTERSPINALIS =
SUBOCCIPITAL MUSCLES =



INTRINSIC MOVERS

EXTENSOR =
ROTATOR =
LATERAL FLEXOR =

