

TABLE 8.2

Characteristics Used to Name Skeletal Muscles

NAME	MEANING	EXAMPLE	FIGURE
Direction: Orientation of muscle fibers relative to the body's midline			
Rectus	Parallel to midline	Rectus abdominis	8.16b
Transverse	Perpendicular to midline	Transverse abdominis	8.16b
Oblique	Diagonal to midline	External oblique	8.16a
Size: Relative size of the muscle			
Maximus	Largest	Gluteus maximus	8.23b
Minimus	Smallest	Gluteus minimus	8.23d
Longus	Longest	Adductor longus	8.23a
Latissimus	Widest	Latissimus dorsi	8.13b
Longissimus	Longest	Longissimus muscles	8.22
Magnus	Large	Adductor magnus	8.23b
Major	Larger	Pectoralis major	8.13a
Minor	Smaller	Pectoralis minor	8.19a
Vastus	Great	Vastus lateralis	8.23a
Shape: Relative shape of the muscle			
Deltoid	Triangular	Deltoid	8.13b
Trapezius	Trapezoid	Trapezius	8.13b
Serratus	Saw-toothed	Serratus anterior	8.18a
Rhomboid	Diamond-shaped	Rhomboid major	8.19b
Orbicularis	Circular	Orbicularis oculi	8.14
Pectinate	Comblike	Pectineus	8.23a
Piriformis	Pear-shaped	Piriformis	8.23d
Platys	Flat	Platysma	8.13a
Quadratus	Square	Quadratus lumborum	8.17b
Gracilis	Slender	Gracilis	8.23a
Action: Principal action of the muscle			
Flexor	Decreases joint angle	Flexor carpi radialis	8.21a
Extensor	Increases joint angle	Extensor carpi ulnaris	8.21b
Abductor	Moves bone away from midline	Abductor pollicis longus	8.13b
Adductor	Moves bone closer to midline	Adductor longus	8.23a
Levator	Produces superior movement	Levator scapulae	8.18
Depressor	Produces inferior movement	Depressor labii inferioris	8.14
Supinator	Turns palm anteriorly	Supinator	
Pronator	Turns palm posteriorly	Pronator teres	8.21a
Sphincter	Decreases size of opening	External anal sphincter	19.14b
Tensor	Makes a body part rigid	Tensor fasciae latae	8.23a
Number of Origins: Number of tendons of origin			
Biceps	Two origins	Biceps brachii	8.20a
Triceps	Three origins	Triceps brachii	8.20b
Quadriceps	Four origins	Quadriceps femoris	8.23a

Location: Structure near which a muscle is found

Example: Temporalis, a muscle near the temporal bone (Figure 8.14)

Origin and Insertion: Sites where muscle originates and inserts

Example: Brachioradialis, originating on the humerus and inserting on the radius (Figure 8.21a)