

Muscles of the Head and Neck

<u>NAME</u>	<u>ORIGIN</u>	<u>INSERTION</u>	<u>ACTION(S)</u>
Frontalis (Epicraniius)	Cranial aponeurosis	Skin of eyelids	Raises eyebrows, moves scalp, forehead skin
Occipitalis (Epicarnius)	Occipital bone	Cranial aponeurosis	Moves scalp, forehead skin, eyebrows
Orbicularis oculi	Orbit	Eyelids	Closes eyes
Orbicularis oris	Maxillae, mandible	Lips	Closes lips, purses lips, aids in speech
Zygomaticus major	Zygomatic bone	Angle of mouth	Draws corners of mouth up to smile and laugh
Masseter	Zygomatic arch	Ramus of mandible	Elevates mandible to bite and chew
Temporalis	Temporal bone	Coronoid process of mandible	Retracts mandible
Sternocleidomastoid	Sternum, clavicle	Mastoid process of temporal bone	Draws head forward and down or to the side

Muscles of the Thorax and Shoulder

<u>NAME</u>	<u>ORIGIN</u>	<u>INSERTION</u>	<u>ACTION(S)</u>
Pectoralis major	Sternum, costal cartilages, clavicle	Greater tubercle of humerous	Flexes, adducts and medially rotates humerus
Serratus anterior	Ribs	Medial, inferior surface of scapula	Protracts, holds scapula against chest wall
Deltoid	Clavicle, Acromion, spine of scapula	Deltoid Tuberosity of humerus	Abducts humerus
External intercostals	Rib above	Rib below	Elevates ribs during inspiration
Internal intercostals	Rib below	Rib above	Depresses ribs during inspiration
Diaphragm	Sternum, ribs, vertebral column	Its own central tendon	Prime mover of inspiration, compresses abdomen to defecate, urinate, childbirth

Muscle Groups And Joint Actions Study Guide

Mark Dutton



Muscle Groups And Joint Actions Study Guide:

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Anatomy & Physiology Laboratory Manual and E-Labs E-Book Kevin T. Patton, Frank B. Bell, 2022-04-15 Gain the hands on practice needed to understand anatomical structure and function Anatomy Physiology Laboratory Manual and eLabs 11th Edition provides a clear step by step guide to dissection anatomy identification and laboratory procedures The illustrated print manual contains 55 A P exercises to be completed in the lab with guidance including instructions safety tips and tear out worksheets Online eight eLab modules enhance your skills with simulated lab experiences in an interactive 3 D environment From noted educators Kevin Patton and Frank Bell this laboratory manual provides you with a better understanding of the human body and how it works Labeling exercises and coloring exercises make it easier to identify and remember critical structures examined in the lab and in lectures Step by step check box dissection instructions with accompanying illustrations and photos cover anatomical models and fresh or preserved specimens and provide helpful guidance during dissection labs Tear out Lab Reports contain checklists drawing exercises and questions that help demonstrate your understanding of the labs you have participated in and also allow instructors to check your progress 250 illustrations include photos of cat pig and mink dissections photos of various bones microscopic and common histology slides

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K. Armbruster, 2019-06-03 In the constantly evolving world of fitness and exercise it is challenging to become and remain an effective group exercise instructor *Methods of Group Exercise Instruction* Fourth Edition With Online Video offers expert guidance in a variety of group exercise formats so current and aspiring instructors can hone their skills and create demand for their services The authors who have dozens of years of experience thoroughly explain group exercise training principles correction and progression techniques and safety tips They also have taught this course within a university setting This research based text will enhance the skills of group exercise leaders and prepare them to lead more dynamic safe and effective classes for clients of differing ages abilities and interests *Methods of Group Exercise Instruction* Fourth Edition goes beyond theory to help fitness instructors and managers understand the why behind class and program design the proper way to cue participants and the variety of modalities they can use in their teaching Revised and reorganized based on current industry best practices this edition includes the following Over 100 minutes of online video demonstrating warm ups routines drills and 15 new class formats A new chapter dedicated specifically to instructing older adults New coverage of high intensity interval training HIIT Two additional sample class plans for featured group exercise formats The text also features a number of additional learning aids to help readers retain and apply the content Pro Tips offer insights and expertise from industry veterans boxes and sidebars highlight important topics research findings and technique and safety checks practice drills offer opportunities to apply the information and evaluation forms are provided to self assess teaching success *Methods of Group Exercise Instruction* Fourth Edition will prepare any group fitness instructor for a successful career Students will gain a strong foundation to earn their group fitness certification and veteran instructors will be able to refine their skills to increase their marketability and success Know the Body: Muscle, Bone, and Palpation Essentials

Joseph E. Muscolino, 2011-11-15 A clear concise approach provides the anatomical information you need to excel in massage therapy. *Know the Body: Muscle, Bone, and Palpation Essentials* covers muscle identification plus attachments, actions, stabilization functions, nerve innervation, palpation, and treatment considerations for each of those muscles. Hundreds of full color illustrations make it easier to learn muscle and bone identification as well as bony landmarks. Written by expert massage therapy practitioner and educator Joseph E. Muscolino, *Know the Body* helps you learn not simply memorize the essentials of muscles, bones, and palpation. Winner of the 2012 Association of American Publishers PROSE Award in Nursing Allied Health Sciences. Full color overlay style muscle illustrations show anatomical structures and include origin and insertion labeling. An introductory overview includes chapters on terminology, the skeletal system, muscle function, and bone palpation. Coverage of bones includes the bones and bony landmarks for each body region. Review activities in muscle region chapters include short case studies highlighting common conditions related to specific muscles and review questions. Treatment considerations explain how to apply muscle and palpation knowledge in massage practice. An illustrated stretching atlas is included as the appendix. A companion CD includes an interactive review of muscles.

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