

NAMING OF MUSCLES



□ Shape:

1. **Deltoid** (triangular).
2. **Teres** (rounded)
3. **Rectus** (straight).

□ Number of heads:

1. **Biceps** (2 heads).
2. **Triceps** (3 heads).
3. **Quadriceps** (4 heads).

□ Attachments:

1. **Coracobrachialis** (from coracoid process to arm).

□ Action:

1. **Flexor digitorum**: flexion of digits.

Muscle Naming And Movement Study Guide

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