

BIOLOGY 2011
HUMAN ANATOMY-MSK
“Where one has to work their phalanges to the periosteum!”
2021

COURSE SYLLABUS/LAB MANUAL



BIOLOGY 2011
HUMAN ANATOMY - MSK

Instructor: Donna Newhouse, M.Sc., Ph.D(c)
 Office: NOSM Medical School Building (MSW 3009)
 Office Phone #: (807) 766-7387
 Phone: Cell (807) 474-9016
 E-mail address: donna.newhouse@lakeheadu.ca
donna.newhouse@nosm.ca
 Office Hours: By appointment

GA's & TA's: Mark Schutte (GA) mdschutt@lakeheadu.ca
 Mandy Scott (GA) mjscott@lakeheadu.ca
 Emma Robinson (GA) elrobins@lakeheadu.ca
 Tehya Smith (TA) thsmith2@lakeheadu.ca
 Sydney Elliott (TA) skelliott@lakeheadu.ca
 Emily Hunt (TA) eghunt@lakeheadu.ca
 Zachary Letwin (TA) ztletwin@lakeheadu.ca

Required Texts: Principles of Human Anatomy (13e).
 Author: Tortora & Nielsen (2017)

Atlas of Human Anatomy (7e.).
 Author: Netter (2017)

Mark Breakdown

| Lecture: | Topics | Course Weight | Date/Time |
|---------------------|-------------------------------------|----------------|--------------------------------------|
| MT | Integument, Bones | 30% | October 22, 2021 (7:00 pm) |
| Final | Bones, Muscles, Joints | 30% | TBA |
| Lab: | | | |
| Lab Exam 1 | Integument, Bones, Joints | 20% | October 26** & 27, 2021 (7:00 pm) |
| Lab Exam 2 | Muscles (and bones) | 20% | Nov 30** & Dec 1, 2021 (7:00 pm) |
| Assignments: | | | |
| Assignment 1 | Academic Integrity Matters (AIM) | NIL (required) | September 26, 2021 (due 11:59 pm) |

****All students in LAB FDE 5 (remote) will write at this date/time.**

Course Description:

Anatomical systems/topics covered are the integumentary, muscular, and skeletal systems as well as arthrology (joints).

General Information: Lectures

There will be no formal lectures scheduled. All lectures will be prerecorded and uploaded to the D2L course site. These recorded lectures can be viewed anywhere and at a time convenient to you.

General Information: Lecture Examinations

There are two lecture exams (MT & Final) which will take place online via D2L at the scheduled time/date noted above. The two lecture exams will consist of a variety of questions (mostly fill-in-the-blank type (FITB - "Identify"), T/F, MCQ, Multi-Select (MS) and short answer). The MT and Final exams will be out of approximately 100-200 marks. **The allotment of time for these exams is based on the Teaching Commons guidelines of time/type of question.** For example, 1 minute is allotted for each MCQ/MS, 15 seconds per True/False questions, 30 seconds per FITB, etc. Thus, the length of exams will be dependent of the number of questions and as well as the type of questions. There will be a strict time limit for both exams.

The Midterm (MT) Exam will cover information from:

Reading Assignment #1 – Introduction to the Human Body (Chapter 1)

Integumentary System (recorded lecture)

Introduction to the Skeleton & Bone Tissue (recorded lecture)

Axial Skeleton 1 – Skull (recorded lecture)

Axial Skeleton 2 – Vertebrae (recorded lecture)

Appendicular Skeleton – Upper Extremity (recorded lecture)

Appendicular Skeleton – Lower Extremity (recorded lecture)

The Final Exam will cover information from:

Reading Assignment #2 – Joints (Chapter 9)

Muscular System 1 (recorded lecture)

Muscular System 2 (recorded lecture)

The MT & Final exams will assess you on the information covered within the recorded lectures and ASSIGNED readings from the textbook.

General Information: Laboratory

Labs will take place "in person" for those who have enrolled in LAB sections F1, F2, F3, F4. Students enrolled in LAB section FDE 5 will do labs "online" via D2L. The D2L Labs will be populated with pertinent images for you to review and identify the various structures that are listed in the lab section below. Students enrolled in LAB sections F1, F2, F3, and F4 will also have access to these images. The majority of these images will be used for testing purposes, but please note, there will be some images you will not have seen previously. **Being presented with an image that you have not seen previously, allows me to assess your understanding of anatomical relationships and your ability to "apply" your knowledge.**

General Information: Laboratory Examinations

There will be a total of two LAB exams. The LAB exams will require students to “identify structure labeled A, B, C, etc”. Students will have 30 seconds to identify each structure. For example, if there are 120 structures labeled on the lab exam, then students will have 60 minutes to complete the exam.

Students enrolled in LAB sections F1, F2, F3, and F4 will write their LAB exams in person in the Lab.

Students enrolled in LAB section FDE 5 will write their LAB exams online via D2L.

The MT & LAB exams begin at 7:00 and the length of the exam will be announced a day prior to the exams. The length of the exams will not exceed 2 hours.

Online Examinations:

Please note that it is very important to ensure you have a good internet connection and a fairly fast internet download speed, particularly for the online exams.

If there are any issues during the online exams (connectivity, etc.) students must contact me **during** the exam by calling me at (807) 474-9016.

If you cannot write an exam on the scheduled day/time, then please contact me in advance via email (donna.newhouse@lakeheadu.ca).

All exams for this course are **CLOSED BOOK**, meaning that you cannot consult your notes, the textbook, the internet, or any resource of any description (including another student) while writing an exam.

Assignment 1: Academic Integrity Matters (AIM) Course

The Academic Integrity Matters (AIM) course is a self-guided, professional-development course designed to help students develop an understanding of what academic integrity is, why it matters, how to avoid academic misconduct, and the key components of the LU Student Code of Conduct - Academic Integrity policy.

The course has 8 modules, each consisting of a short video and a text-based summary of the same material from the video. You will have the option to either watch the video, read the text, or do both, and then complete a short, 5-question quiz. You must score 100% on the related quizzes to pass each of the modules. Once you have successfully completed all 8 quizzes, you will be awarded a Certificate of Completion- Academic Integrity Matters.

Getting to the AIM Site

Please use the following instructions to access the Academic Integrity Matters (AIM) course:

Go to MyCourseLink (<https://mycourselink.lakeheadu.ca>)

Log in using your Lakehead username and password

Click the "Self Registration: Academic Support and Training" near the top-right of the page

Select "Academic Integrity Matters (AIM)" from the list

Follow the steps presented until it confirms that you've been registered

Complete the modules

Once you have successfully completed the modules, please upload your certificate to this folder, not later than 11:59 on September 26, 2021. **Marks will not be released until certificate has been uploaded.**

Course and University Policies

The policies set out below are for the students' benefit. These policies are set forth to ensure that all students are treated fairly. Please read thoroughly.

Behavioral standards:

Please refer to the [Student Code of Conduct - Academic Integrity](#).

Netiquette:

Please communicate with me via your Lakehead e-mail account. It is appropriate to address me as Donna or Professor Newhouse. Always use **Biology 2011 FDE 2021 in the subject line** of any email you send to me. I will respond to all e-mails in a timely fashion (usually within 24 hours, with the exception of weekends). If you would like to arrange to meet via a Zoom call for purposes of office hours, I am happy to do so, but I would ask that students contact me in advance, so that we can agree to meet at a mutually convenient date/time.

Academic Integrity Statement:

I understand and agree that:

(1) Unless otherwise allowed by the course instructor, I must complete the assignments in this course without the assistance of anyone else.

(2) Unless otherwise allowed by the course instructor, I must not access any sources or materials (in print, online, or in any other way) to complete any course exam.

I further understand and agree that, if I violate either of these two rules, or if I provide any false or misleading information about my completion of course assignments or exams, I may be prosecuted under the Lakehead University

Student Code of Conduct – Academic Integrity, which requires students to act ethically and with integrity in academic matters and to demonstrate behaviours that support the University’s academic values.

Copyright:

All instructional, reference, and administrative materials prepared for this course are protected in their entirety by copyright. Students are expected to comply with this copyright by only accessing and using the course materials for personal educational use related to the course, and that the materials cannot be shared in any way, without the written authorization of the course instructor. If this copyright is infringed in anyway, students may be prosecuted under the Lakehead University Student Code of Conduct – Academic Integrity, which requires students to act ethically and with integrity in academic matters and to demonstrate behaviours that support the University’s academic values.

Copyright Compliance:

I understand and agree that all instructional, reference, and administrative materials to which I am given access in this course (the "course materials"), whether they consist of text, still or kinetic images, or sound, whether they are in digital or hard copy formats, and in whatever media they are offered, are protected in their entirety by copyright, and that to comply with this copyright and the law

(1) I may access and download the course materials only for my own personal and non-commercial use for this course; and

(2) I am not permitted to download, copy, or store (in any medium) any text, image, or sound component of the course materials for any other purpose whatsoever, or to forward or share, transmit, broadcast, show, post or play in public, adapt, or change in any way any text, image, or sound component of the course materials, except as expressly authorized, and only to the extent authorized, in writing, by the course instructor."

I further understand and agree that, if I infringe the copyright of the course materials in any way, I may be prosecuted under the Lakehead University Student Code of Conduct – Academic Integrity, which requires students to act ethically and with integrity in academic matters and to demonstrate behaviours that support the University’s academic values.

Regulations

It is the responsibility of each student registered at Lakehead University to be familiar with, and comply with all the terms, requirements, regulations, policies and conditions in the Lakehead University [Academic Calendar](#). This includes, but is not limited to, Academic Program Requirements, Academic Schedule of Dates, University and Faculty/School Policies and Regulations and the Fees and Refund Policies and Schedules (Lakehead University Regulations webpage, 2020-21).

Academic Integrity

A breach of Academic Integrity is a serious offence. The principle of Academic Integrity, particularly of doing one's own work, documenting properly (including use of quotation marks, appropriate paraphrasing and referencing/citation), collaborating appropriately, and avoiding misrepresentation, is a core principle in university study. Students should view the [Student Code of Conduct - Academic Integrity](#) for a full description of academic offences, procedures when Academic Integrity breaches are suspected and sanctions for breaches of Academic Integrity.

Supports for Students – there are many resources available to support students. These include but are not limited to:

- [Health and Wellness](#)
- [Student Success Centre](#)
- [Student Accessibility Centre](#)
- [Library](#)
- [Lakehead International](#)
- [Indigenous Initiatives](#)

Lakehead University is committed to achieving full accessibility for persons with disabilities. Part of this commitment includes arranging academic accommodations for students with disabilities and/or medical conditions to ensure they have an equitable opportunity to participate in all of their academic activities. If you are a student with a disability and think you may need accommodations, you are strongly encouraged to contact Student Accessibility Services (SAS) and register as early as possible. For more information, please contact [Student Accessibility Services](#) (SC0003, 343-8047 or sas@lakeheadu.ca).

LABORATORY SCHEDULE 2020

BLOCK 1:

September 13 - October 22 Integument & Bones

October 26 & 27

LAB EXAM #1

BLOCK 2:

November 1 – November 26 Ligaments & Muscles (and some bones)

November 30 & December 1

LAB EXAM #2

LECTURE OUTLINE

(Subject to Change)

I. Introduction

- A. Definition of Anatomy
- B. Anatomical Position, Planes, Movements
- C. Organization of the body
 - (1) cells
 - (2) tissues
 - (3) organs
 - (4) organ systems
 - (5) membranes (serous, synovial, mucous, cutaneous)
- C. Anatomical Terminology

II. Tissues and Tissue Types

- A. Tissue Types
 - (1) epithelial
 - (2) connective
 - (3) muscular
 - (4) nervous

III. Integumentary System

- A. Functions of the Skin
- B. Structure of the Skin
- C. Accessory Structures of the Skin
- D. Clinical considerations

IV. Skeletal System (Osseous connective tissue)

- A. Skeletal Development and Function
 - (a) composition and structure of bones
- B. Review of Human Bones
 - (1) axial division
 - (a) skull (cranium, facial bones)
 - (b) hyoid bone
 - (c) trunk (vertebrae, ribs, sternum)
 - (2) appendicular division
 - (a) upper (pectoral) appendages
 - (b) lower (pelvic) appendages
- C. Joints
 - (1) synarthroses
 - (2) amphiarthroses
 - (3) diarthroses
 - (4) types of movement across joints
 - (5) types of joint injuries

V. Muscular System

- A. Muscle Tissue
 - (1) skeletal (striated)
 - (2) smooth (unstriated)
 - (3) cardiac
 - (4) properties of muscle tissue
 - (5) functions
 - (6) structure of skeletal muscles
- B. Principle muscles of the body
 - (1) Muscles of facial expression
 - (2) Muscles of upper extremity
 - (a) shoulder joint
 - (b) muscles moving the shoulder
 - (c) muscles moving the upper arm
 - (d) muscles moving the lower arm
 - (e) muscles which move the hand
 - (f) muscles which move the fingers and thumb (forearm/hand)
 - (3) Muscles of the lower extremity
 - (a) hip joint
 - (b) muscles which move the thigh
 - (c) muscles which move the lower leg
 - (d) muscles which move the foot and toes
 - (4) Muscles of the abdominal wall
 - (5) Muscles that move the head and spine
 - (6) Muscles of the pelvic floor
 - (7) Muscles which move the chest wall

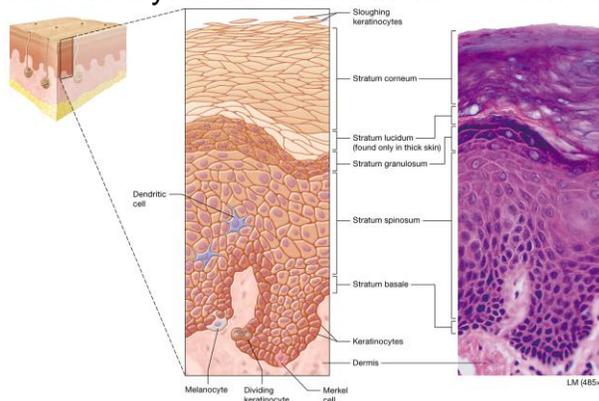
LABORATORY OUTLINE SKELETAL SYSTEM AND JOINTS

The following is a list of the bones and their parts that you are required to know for lab. (There may be additional structures that you should know from diagrams for lecture tests). Please note that you should also be able to tell if major bones are from the right or left side, which end is proximal or distal and with which bone(s) they articulate.

Histology: You are responsible for the following slides/images:

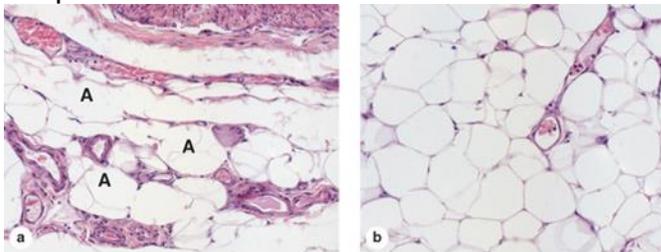
Slide 1: Integument.

The five layers are visible in this section of thick skin.



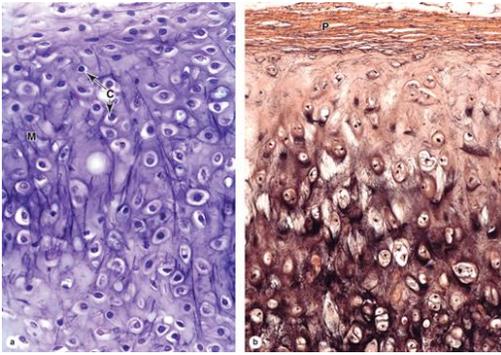
Slide 2: Adipose connective tissue.

Since the interior of the cell is full of fat, it looks empty but its cytoplasm and nucleus have been pushed against the wall and in some cells are visible. The walls are very thin and the cells are packed closely together giving them irregular shapes.

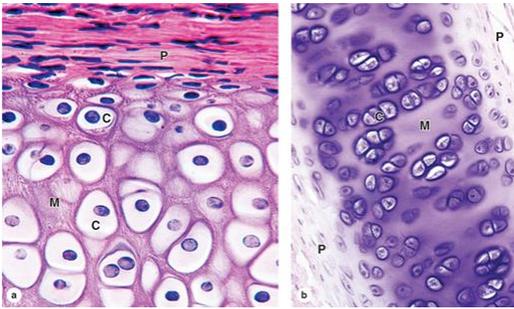


Slide 3: Elastic cartilage.

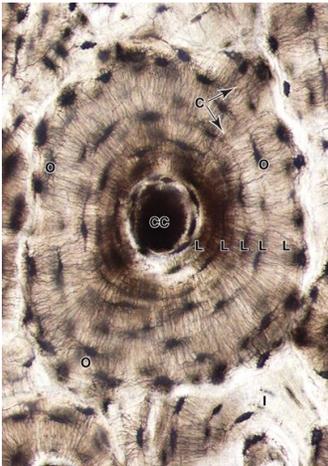
The cartilage is the broad band of pale purple. The matrix itself stains pale purple and within it are spaces called lacunae. Within the spaces are the cartilage cells - the chondrocytes. The elastic fibres are the fine strands running through the matrix.



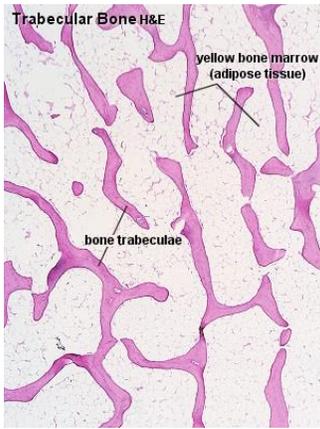
Slide 4: Hyaline cartilage. On this slide, the cartilage is the area of lacunae (stained purple). It has the chondrocytes just as elastic cartilage does but there are no elastic fibres.



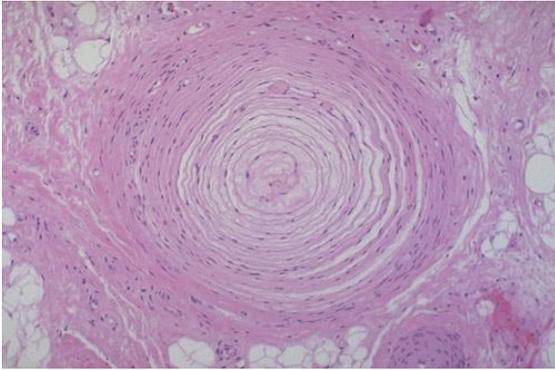
Slide 5: Compact bone. The characteristic of this slide is the Haversian system that is found only in compact bone. Although they are not visible, the osteocytes are in the lacunae.



Slide 6: Cancellous (spongy) bone. There is no Haversian system (see slide 5), only irregular rods of bone (called trabeculae) are produced that form a network filled with marrow. The bone is stained bright red or pink, depending on the slide, and the cells that produce the bone (osteocytes) are visible in the lacunae.



Slide 7. Pacinian (lamellated) corpuscle. These are either sections of skin or organs that have deep pressure sensors. Look for large round structures that consist of many concentric circles within the dermis. They have the appearance of the cut surface of an onion.



Integument

Epidermis

Stratum basale

Stratum lucidum

Stratum papillarosum

Pore

Sebaceous gland

Hair root

Hair medulla

Hair cortex

Huxley's layer

Outer root sheath

Krause's end bulb

Adipose tissue

Stratum spinosum

Stratum corneum

Stratum reticularosum

Dermal papillae

Sweat gland

Cutaneous blood vessels

Hair follicle receptor

Hair shaft

Henle's layer

Free nerve ending

Meissner's corpuscle

Stratum granulosum

Dermis

Arrector pili m.

Sweat gland duct

Pacinian corpuscles

Hair follicle

Hair papilla

Inner root sheath

Ruffini corpuscle

Hypodermis

Axial Skeleton

Skull - Cranium

Frontal bone:

Frontal sinus

Coronal suture

Supraorbital ridge

Supraorbital foramen

Parietal bone:

Squamous suture

Grooves of middle
meningeal aa.

Lambdoidal suture

Sagittal suture

Temporal bone:

Mastoid process

Stylomastoid foramen

Squamous portion

Mandibular fossa

Styloid process

External acoustic meatus

Zygomatic process

Petrous portion

Internal acoustic meatus

Occipital bone:

Foramen magnum

Hypoglossal foramen

Occipital condyles

Groove of transverse
sinus

Jugular foramen

Groove of sigmoid sinus

Sphenoid bone:

Sphenoid sinus

Foramen spinosum

Inferior orbital fissure

Foramen ovale

Optic foramen

Sella turcica

Foramen rotundum

Superior orbital fissure

Ethmoid bone:

Crista galli

Perpendicular plate

Cribriform foramina

Superior nasal concha

Cribriform plate

Middle nasal concha

Axial Skeleton
Skull – Facial Bones

Maxilla:

| | | |
|----------------------|------------------|------------------|
| Maxillary sinuses | Palatine process | Alveolar process |
| Infraorbital foramen | | |

Mandible:

| | | |
|--------------------|------------------|----------------|
| Condylar process | Coronoid process | Ramus |
| Alveolar border | Angle | Mental foramen |
| Mandibular foramen | Lingula | Body |
| Mental symphysis | | |

Nasal bones

Lacrimal bones

Inferior nasal conchae

Zygomatic bones

Vomer bone

Palatine bones

Malleus (ear ossicle)

Incus (ear ossicle)

Stapes (ear ossicle)

Hyoid bone:

| | | |
|--------------|-------------|------|
| Greater horn | Lesser horn | body |
|--------------|-------------|------|

Vertebrae: Typical

| | | |
|----------------------------|----------------------------|--------------------|
| Body | Pedicle | Lamina |
| Superior articular process | Inferior articular process | Transverse process |
| Spinous process | Transverse foramen (C) | Costal facets (T) |

Vertebrae: Atypical

| | | |
|--------------------|---------------------|-----------------------|
| Anterior arch (C1) | Posterior arch (C1) | Odontoid process (C2) |
|--------------------|---------------------|-----------------------|

Sacrum:

| | | |
|-------|--------|-----------------|
| Ala | Body | Sacral foramina |
| Cornu | hiatus | |

Coccyx

Ribs:

| | | |
|---------------|------|----------|
| Head | Neck | Tubercle |
| Costal groove | | |

Sternum:

| | | |
|---------------|-----------------|---------------|
| Jugular notch | Manubrium | Sternal angle |
| Body | Xiphoid process | |

Appendicular Skeleton Pectoral Girdle

Scapula:

| | | |
|---------------------------|---------------------------|--------------------|
| Vertebral (medial) border | Axillary (lateral) border | Superior angle |
| Inferior angle | Spine | Acromion |
| Glenoid fossa | Coracoid process | Supraspinous fossa |
| Infraspinous fossa | Subscapular fossa | |

Clavicle:

| | | |
|----------------------|------------------------|-----------------|
| Sternal (medial) end | Acromial (lateral) end | Conoid tubercle |
|----------------------|------------------------|-----------------|

Appendicular Skeleton Upper Extremity

Humerus:

| | | |
|------------------------|--------------------|----------------------|
| Head | Deltoid tuberosity | Capitulum |
| Coronoid fossa | Olecranon fossa | Trochlea |
| Medial epicondyle | Lateral epicondyle | Supracondylar ridges |
| Intertubercular groove | Greater tubercle | Lesser tubercle |

Ulna:

| | | |
|-----------------|-------------------|------------------|
| Trochlear notch | Olecranon process | Coronoid process |
| Radial notch | Head | Styloid process |

Radius:

| | | |
|-----------------|-------------------|------|
| Head | Radial tuberosity | Neck |
| Styloid process | | |

Carpal bones:

| | | |
|-----------|-------------------------|-----------|
| Scaphoid | Lunate | Trapezium |
| Capitate | Triquetral (triquetrum) | Pisiform |
| Trapezoid | Hamate (hook of hamate) | |

Metacarpal bones:

| | | |
|---------------|---------------|----------------|
| Metacarpal I | Metacarpal II | Metacarpal III |
| Metacarpal IV | Metacarpal V | |

Phalanges:

| | | |
|------------------|----------------|----------------|
| Proximal phalanx | Middle phalanx | Distal phalanx |
|------------------|----------------|----------------|

Appendicular Skeleton

Pelvic Girdle

Os Coxae:

| | | |
|--------------------------------|----------------------|-------------------|
| Pubis symphysis | Acetabulum | Obturator foramen |
| Greater sciatic notch | Lesser sciatic notch | Ischial spine |
| Anterior superior iliac spine | Ischial tuberosity | Pubis |
| Anterior inferior iliac spine | Ischium | Ilium |
| Posterior superior iliac spine | | |
| Posterior inferior iliac spine | | |

Appendicular Skeleton

Lower Extremity

Femur:

| | | |
|-------------------|---------------------|--------------------|
| Head | Neck | Greater trochanter |
| Lesser trochanter | Linea aspera | Medial condyle |
| Lateral condyle | Intercondylar fossa | |

Patella:

| | |
|------|------|
| Base | Apex |
|------|------|

Tibia:

| | | |
|-------------------|------------------|------------------------|
| Lateral condyle | Medial condyle | Medial malleolus |
| Tibial tuberosity | Nutrient foramen | Intercondylar eminence |

Fibula:

| | | |
|------|------|-------------------|
| Head | Neck | Lateral malleolus |
|------|------|-------------------|

Tarsal Bones:

| | | |
|---|--------------------------------------|-----------|
| Talus | Calcaneus | Navicular |
| Cuboid | Medial (1 st) cuneiform | |
| Intermediate (2 nd) cuneiform | Lateral (3 rd) cuneiform | |

Phalanges:

| | | |
|----------------|----------------|------------------|
| Distal phalanx | Middle phalanx | Proximal phalanx |
|----------------|----------------|------------------|

Model of Bone:

| | | |
|--------------------|-------------------------|-----------------------|
| Periosteum | Lamellae - interstitial | Lamellae - concentric |
| Osteocyte | Canaliculi | Osteon |
| Central canal | lacuna | Perforating fibres |
| Perforating canals | | |

The following is a list of structures associated with the knee, shoulder, elbow, and hip joints which you are responsible to know:

Appendicular Skeleton

Joints

Knee:

| | | |
|------------------------------------|-----------------------------|-------------------|
| Anterior cruciate ligament | Medial meniscus | Lateral meniscus |
| Posterior cruciate ligament | Quadriceps tendon | Patellar ligament |
| Medial collateral ligament | Lateral collateral ligament | |
| Posterior meniscomfemoral ligament | | |

Shoulder:

| | | |
|---------------------------------------|---|--------------------------------|
| Acromioclavicular ligament | Coracoacromial ligament | Coracohumeral ligament |
| Superior transverse scapular ligament | Tendon - Long head of biceps brachii m. | Transverse humeral retinaculum |
| Coracoclavicular ligament | Conoid ligament | Trapezoid ligament |

Elbow:

| | | |
|----------------------------|-----------------------------|------------------|
| Medial collateral ligament | Lateral collateral ligament | Annular ligament |
|----------------------------|-----------------------------|------------------|

Hip:

| | | |
|----------------------|------------------------|----------------------|
| Iliofemoral ligament | Ischiofemoral ligament | Pubofemoral ligament |
|----------------------|------------------------|----------------------|

Foot:

| | |
|-------------------------------|------------------|
| Anterior talofibular ligament | Deltoid ligament |
|-------------------------------|------------------|

Hand:

Collateral ligaments (PIP, IP, PIP)

MUSCULAR SYSTEM

This section lists the muscles you need to know for the lab portion of the course. In addition to being able to identify muscles, you are responsible for origin(s), insertion(s) and action(s) for the major muscle groups in the human. The only tendon you should know is the Achilles (calcaneal) tendon.

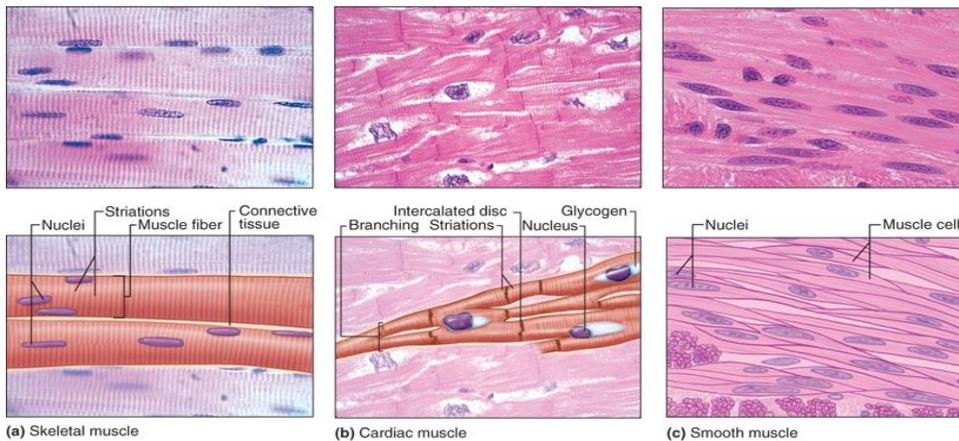
Histology:

You are responsible for the microscopic anatomy of the three types of muscles. The three types of muscle are available shown in images below

Striated (skeletal) muscle. This is the major component of skeletal muscles, which pull on bones to cause body movements. Skeletal muscle fibres are long, large cylinders that contain many nuclei. Notice the obvious banding pattern and the fact that these large cells are multinucleated.

Smooth muscle. It is so named because there are no visible striations in its fibres. These fibres are spindle-shaped and contain one centrally located nucleus. Smooth muscle primarily occurs in the walls of hollow organs. It generally acts to squeeze substances through these organs by alternately contracting and relaxing

Cardiac muscle. Cardiac muscle is found in the walls of the heart. It contracts to propel blood through the blood vessels. Like skeletal muscle fibres, cardiac muscle fibres are striated. However, they differ in two ways: (1) cardiac fibres are generally uninucleated (one nucleus) and (2) cardiac cells branch and join at unique cellular junctions called intercalated discs.



You are not responsible for identifying muscle types in cross section (xs), only in longitudinal section (ls).

Muscles of the Head/Neck Region

Head:

| | | |
|------------------|-------------------|-------------------|
| Masseter | Temporalis | Buccinator |
| Orbicularis oris | Orbicularis oculi | Frontalis |
| Occipitalis | Zygomaticus major | Zygomaticus minor |

Neck:

| | | |
|------------------|---------------------|-------------------|
| Platysma | Sternocleidomastoid | sternohyoid |
| Sternothyroid | Thyrohyoid | stylohyoid |
| Anterior scalene | Middle scalene | Posterior scalene |
| Levator scapula | | |

Muscles of the Thorax/Abdomen/Back

Thorax:

| | | |
|----------------------|----------------------|-------------------|
| Pectoralis minor | Pectoralis major | Serratus anterior |
| External intercostal | Internal intercostal | |

Abdomen:

| | | |
|----------------------------|-----------------------|------------------|
| Internal abdominal oblique | Transversus abdominis | Rectus abdominis |
| External abdominal oblique | | |

Back:

| | | |
|------------------|-------------------|--------------------|
| Latissimus dorsi | Rhomboideus major | Rhomboideus minor |
| Erector spinae | Trapezius | Quadratus lumborum |

Muscles of the Upper Extremity

| | |
|--------------------------------|--------------------------------|
| Teres minor | Teres major |
| Supraspinatus | Infraspinatus |
| Subscapularis | Deltoid |
| Biceps brachii – long head | Biceps brachii – short head |
| Coracobrachialis | Brachialis |
| Pronator teres | Flexor carpi radialis |
| Palmaris longus | Flexor carpi ulnaris |
| Flexor digitorum superficialis | Flexor digitorum profundus |
| Flexor pollicis longus | Pronator quadratus |
| Triceps brachii – long head | Triceps brachii – lateral head |
| Triceps brachii – medial head | Brachioradialis |
| Extensor carpi radialis longus | Extensor carpi radialis brevis |
| Extensor digitorum | Extensor carpi ulnaris |
| Abductor pollicis | Extensor pollicis brevis |
| Extensor pollicis longus | Flexor pollicis brevis |
| Abductor pollicis brevis | Opponens pollicis |
| Adductor pollicis | Flexor digiti minimi |
| Abductor digiti minimi | Opponens digiti minimi |
| Supinator | Lumbricals |

Muscles of the Lower Extremity

Psoas major

Iliacus

Tensor fasciae latae (Iliotibial band)

Rectus femoris

Vastus medialis

Pectineus

Adductor brevis

Gracilis

Gluteus medius

Piriformis

Inferior gemellus

Obturator externus

Semitendinosus

Biceps femoris – long head

Tibialis anterior

Extensor digitorum

Fibularis (peroneus) brevis

Soleus

Popliteus

Flexor hallucis longus

Psoas minor

Iliopsoas

Sartorius

Vastus lateralis

Vastus intermedius

Adductor longus

Adductor magnus

Gluteus maximus

Gluteus minimus

Superior gemellus

Obturator internus

Quadratus femoris

Semimembranosus

Biceps femoris – short head

Extensor hallucis longus

Fibularis (peroneus) longus

Gastrocnemius

Plantaris

Tibialis posterior

Flexor digitorum longus