

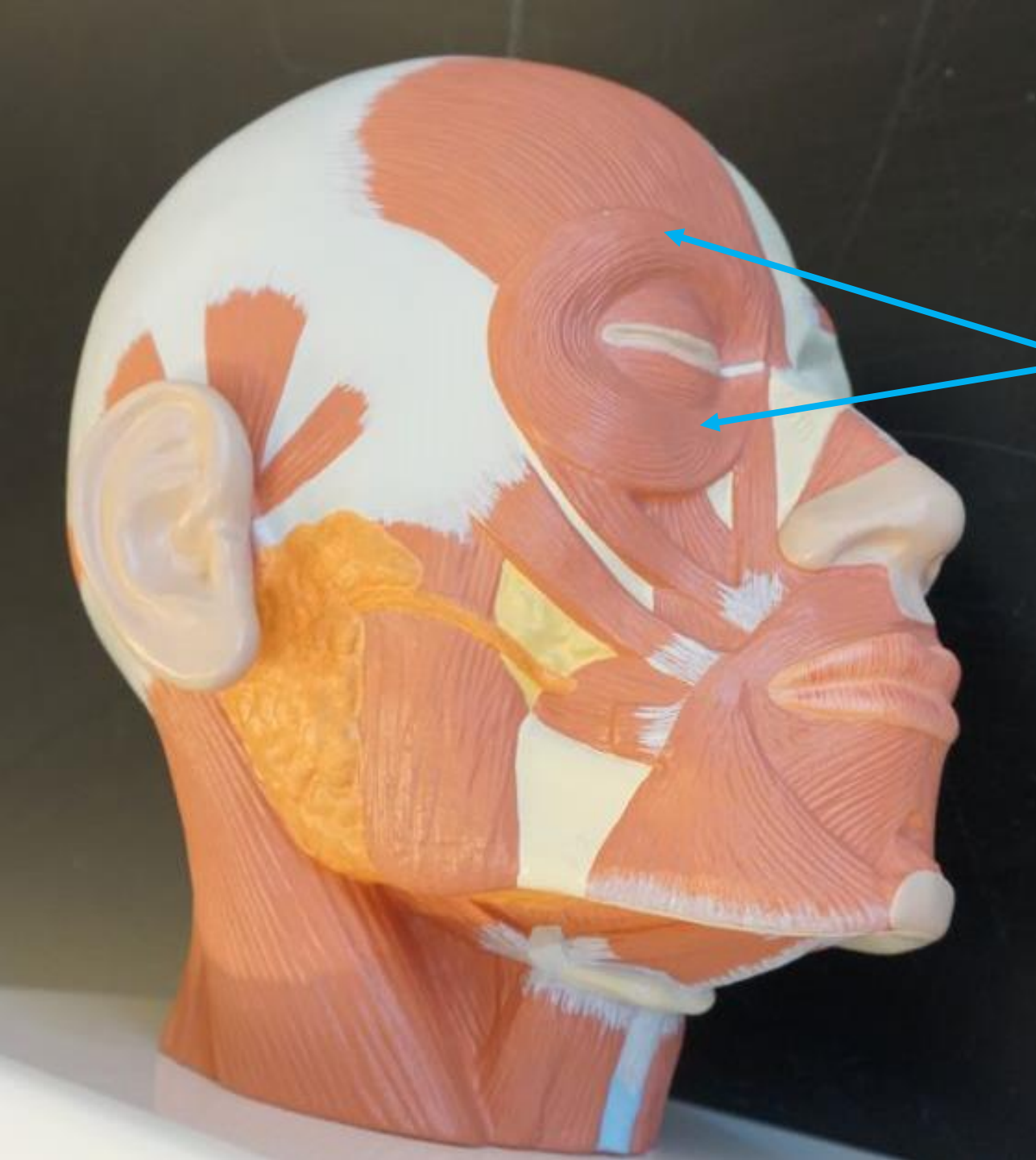
# **Skeletal Muscle Practice Exam #1**

Name the following muscles indicated by the arrows and describe their actions.

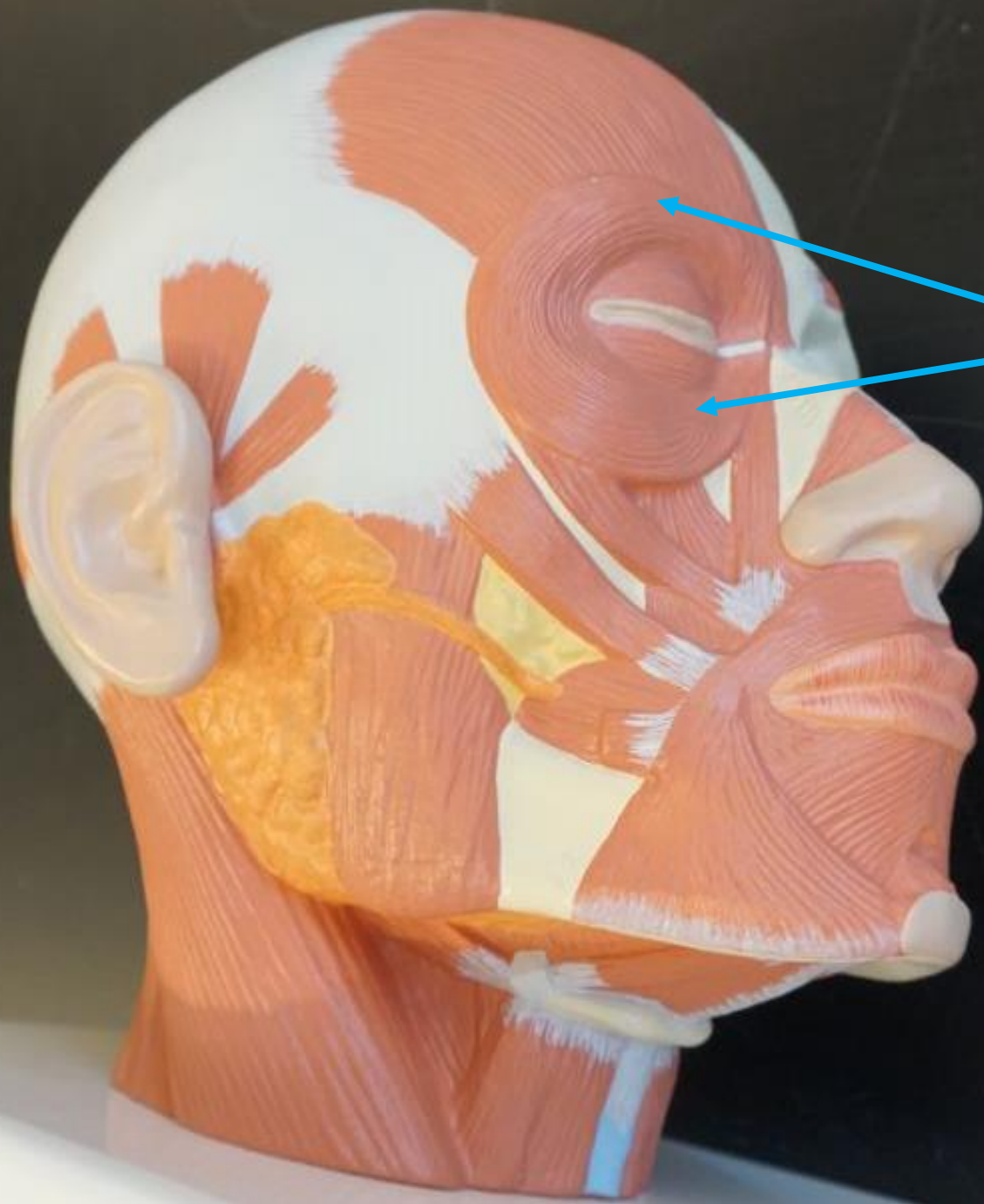
Click to the next slide to see the answer.

\*For best results on these practice exams, write your answers on paper before clicking to see the correct answer. Try to answer within a minute (remember your lab exams will be timed) and make sure to check your spelling!

\*note: not every muscle you are required to know will be on this practice exercise so make sure you review the checklist of structures (p. 110 in your lab manual) when preparing for your lab exam

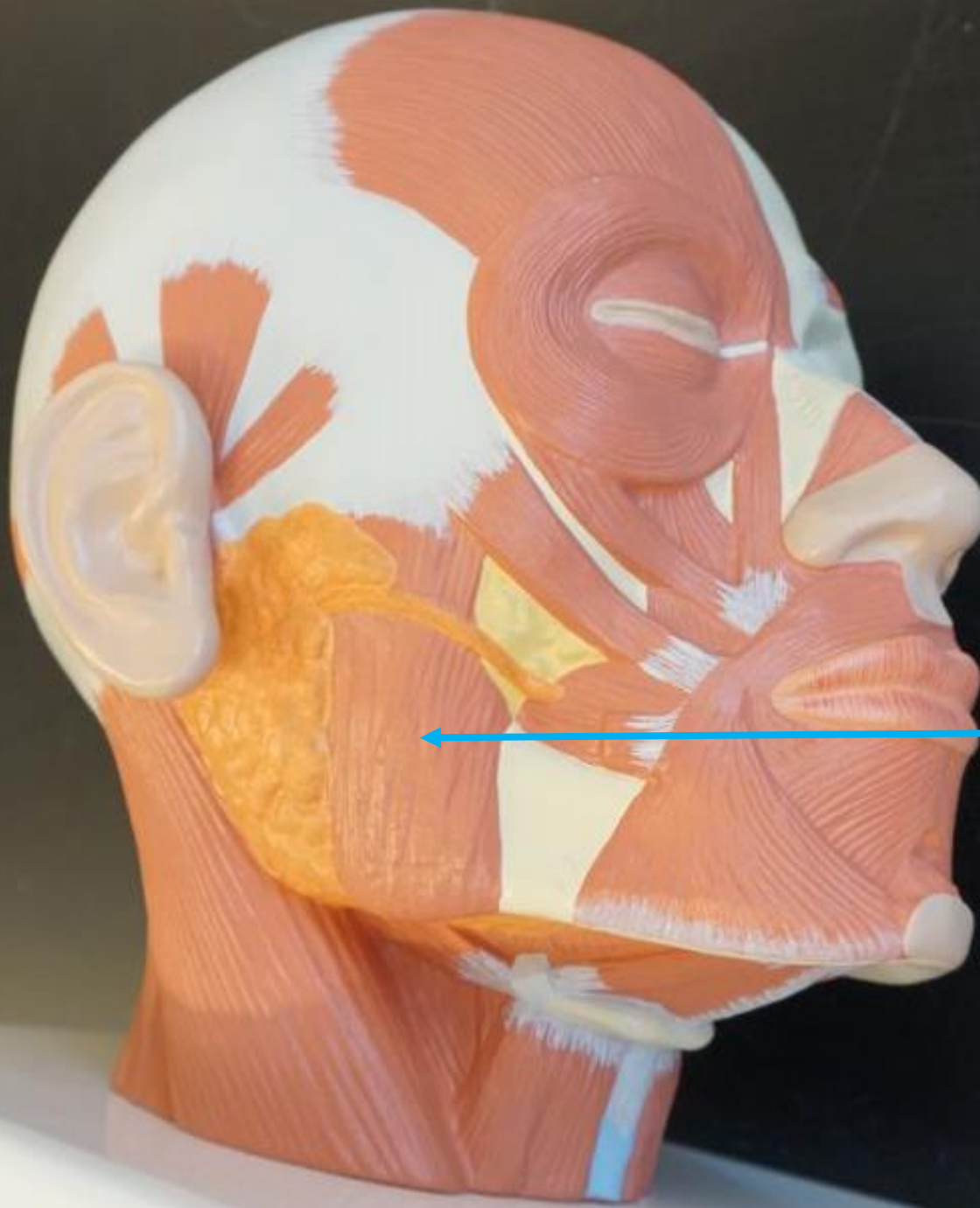


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check your answer



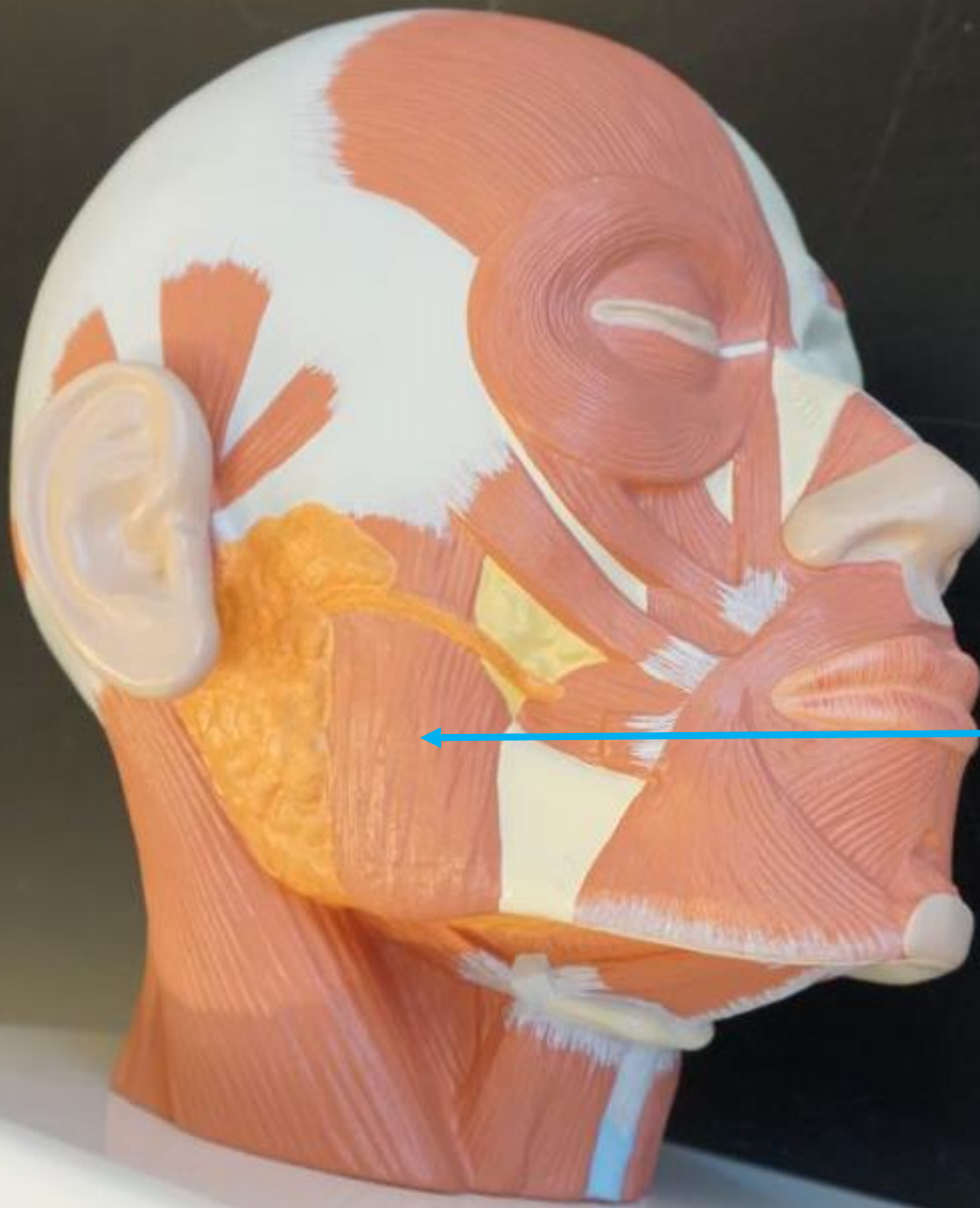
**Orbicularis oculi**

Action: Closes  
eye/squeezes  
eye shut



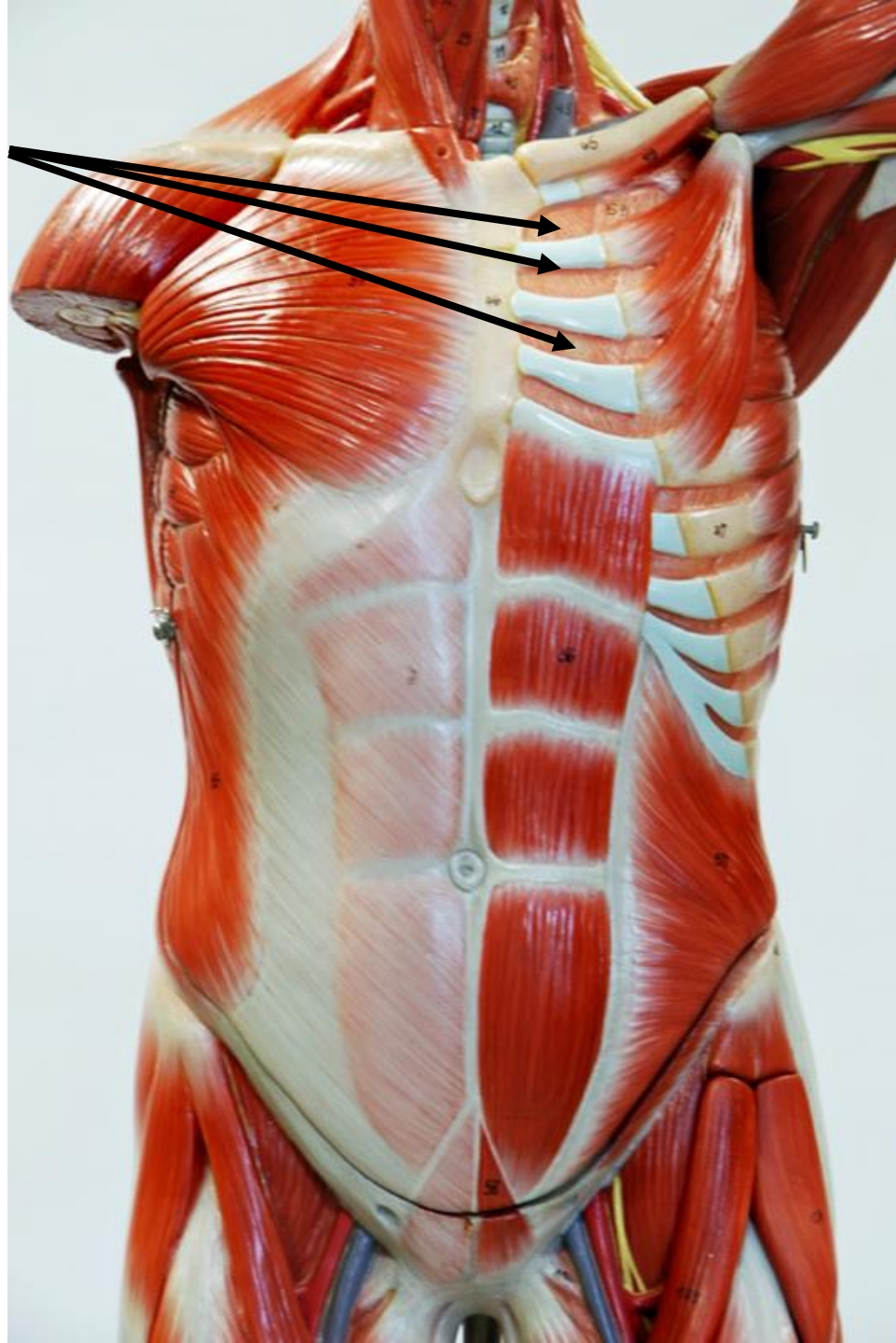
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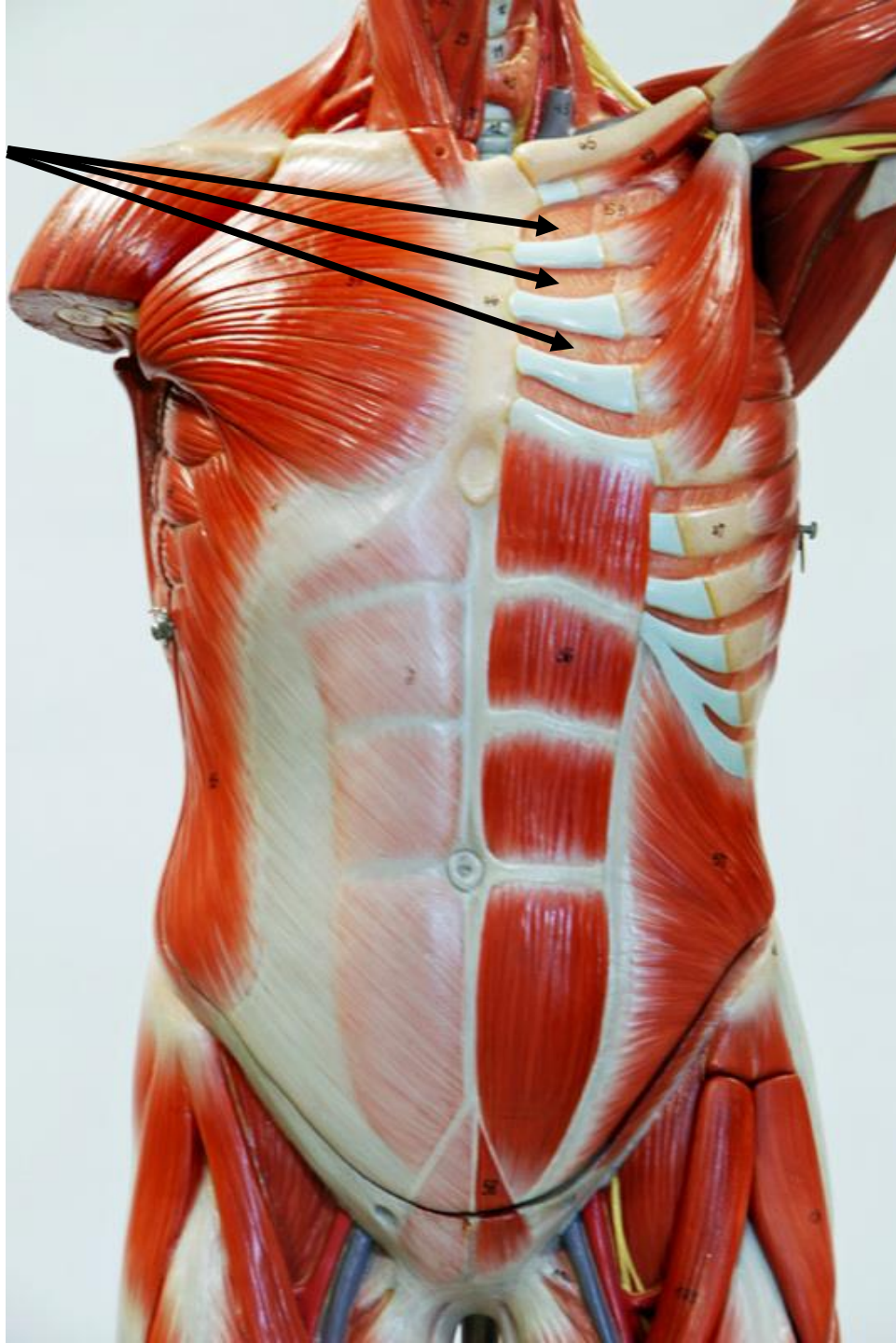
**Masseter**

Action: Elevates mandible



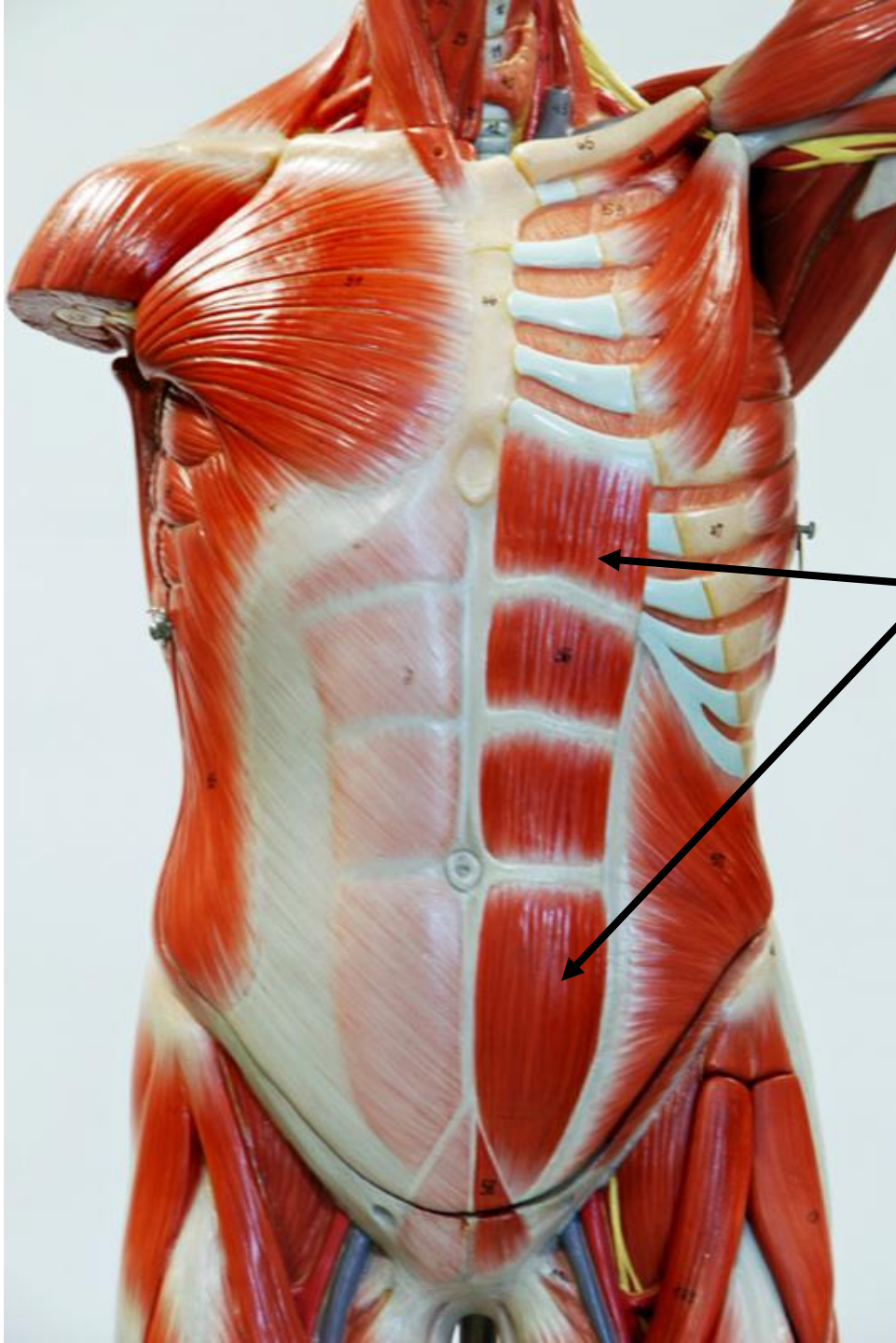
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**Internal intercostals**

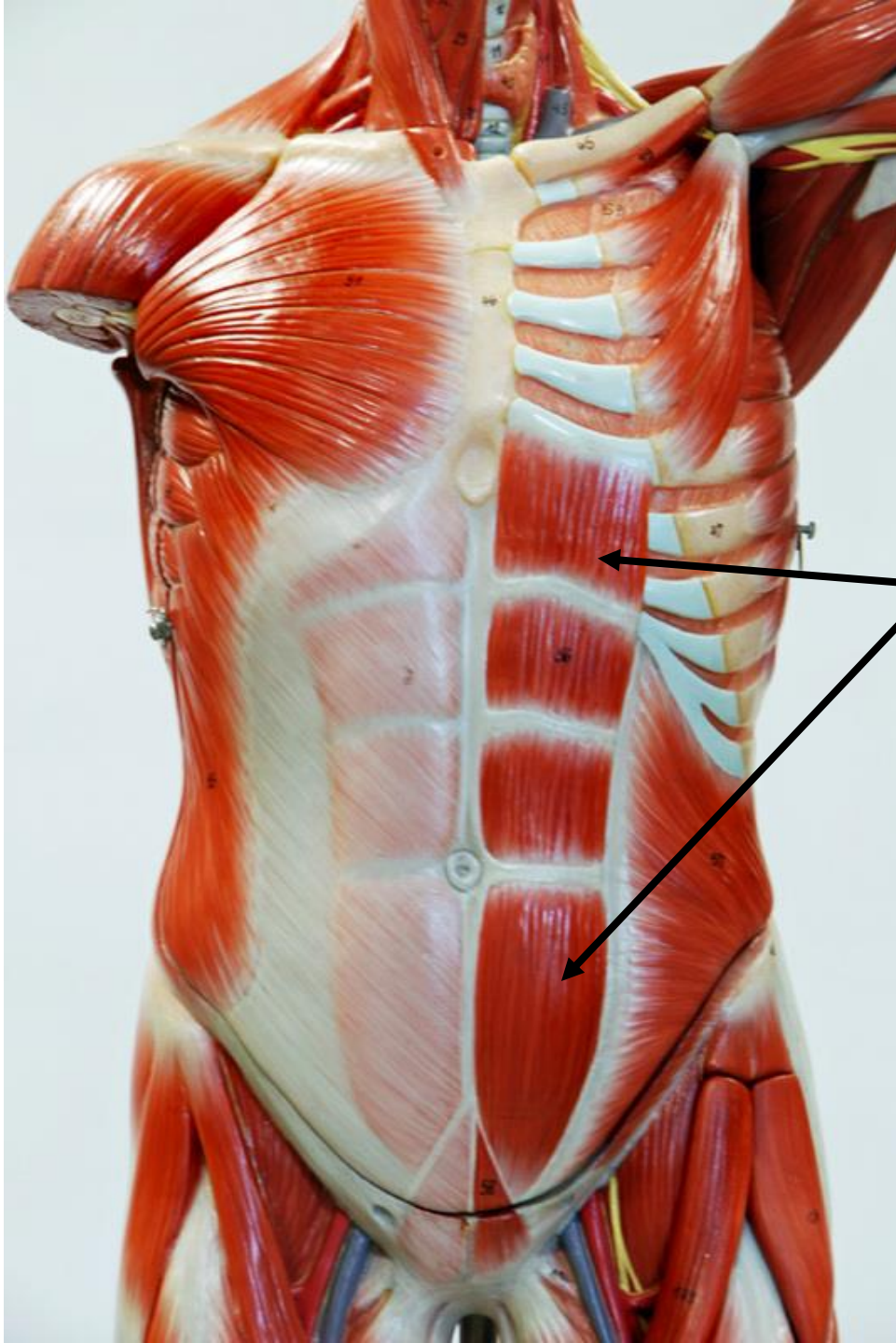


**Action:** Pulls ribs inferiorly to cause expiration (exhalation)



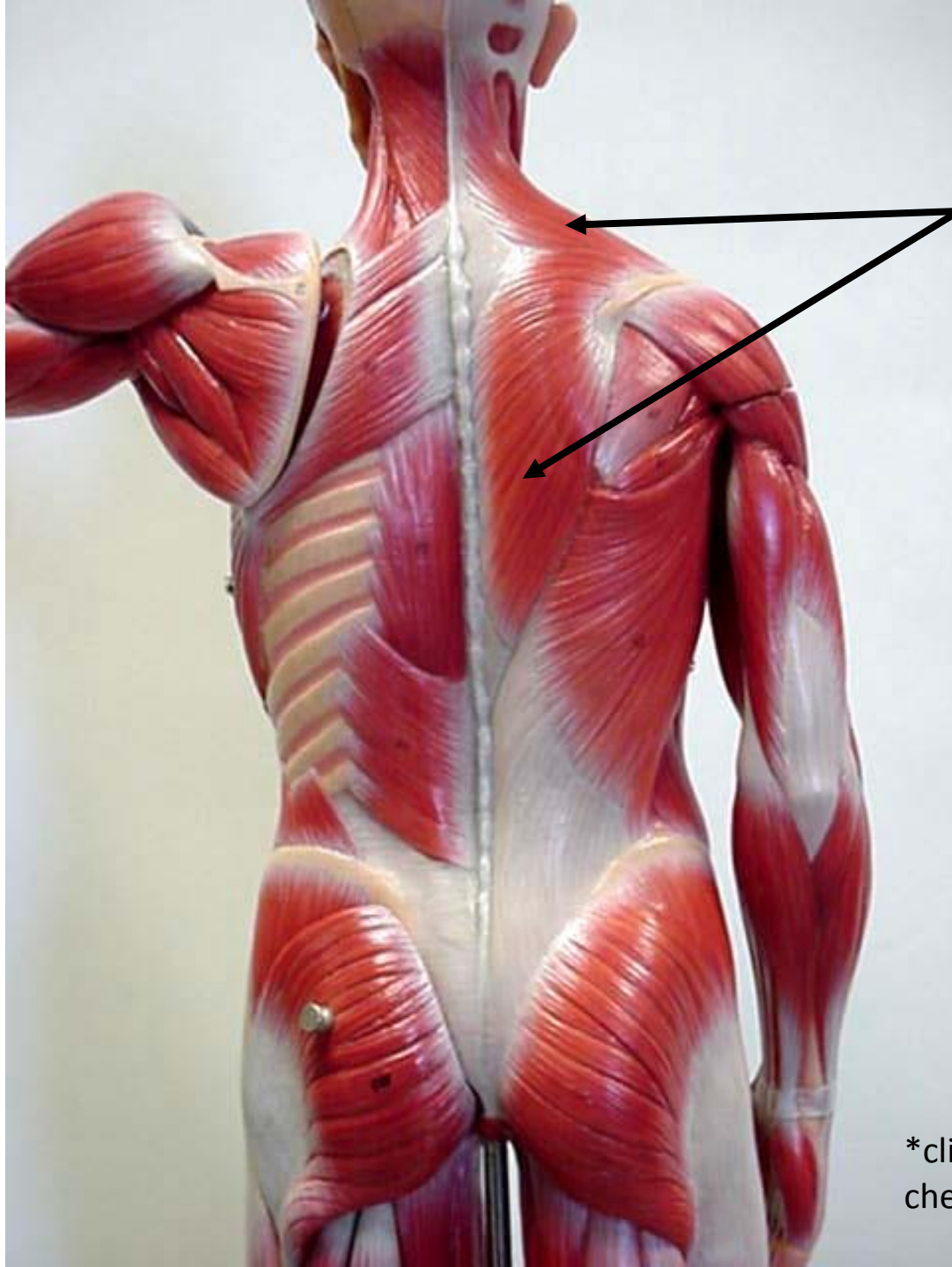


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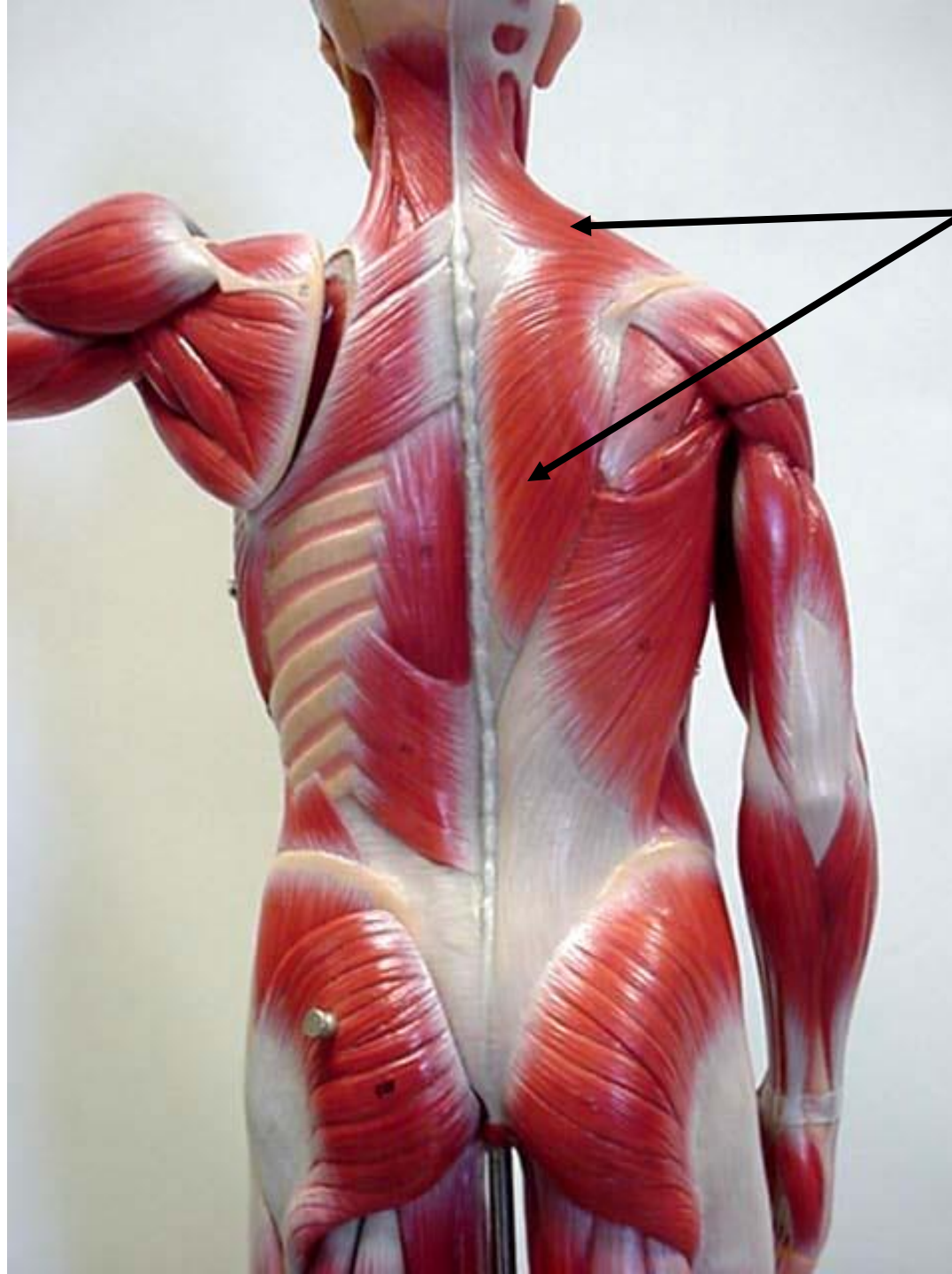
**Rectus abdominis**

Action: Flexion of torso  
at vertebral column



\*click to the next slide to  
check your answer





**Trapezius**

Action:  
Elevation,  
retraction or  
depression of  
the scapula;  
Extension of  
the head and  
neck



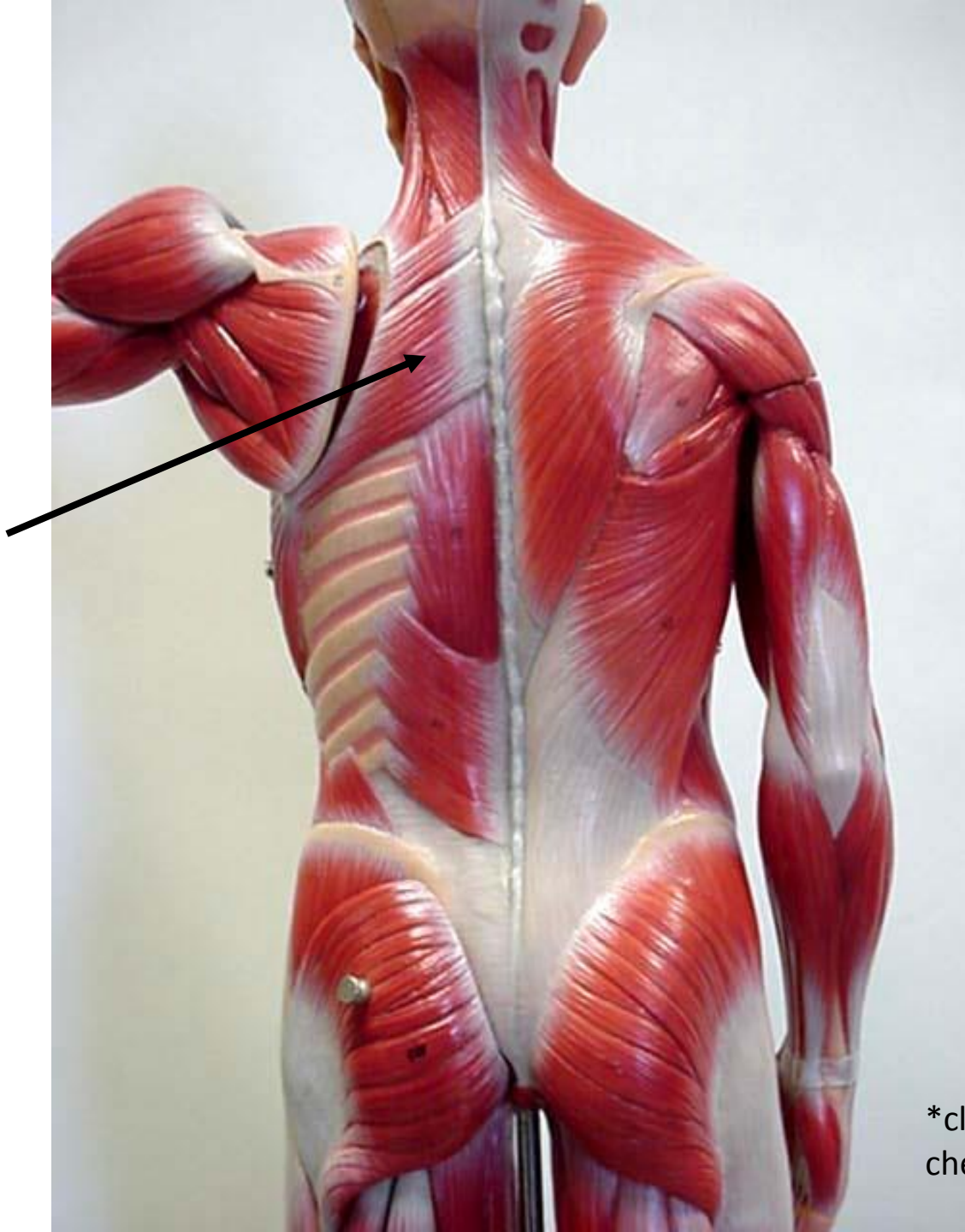


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check your answer

**Erector spinae**

Action:  
Extension of  
vertebral  
column with  
bilateral  
contraction;  
Rotation and  
lateral flexion  
of spine with  
unilateral  
contraction





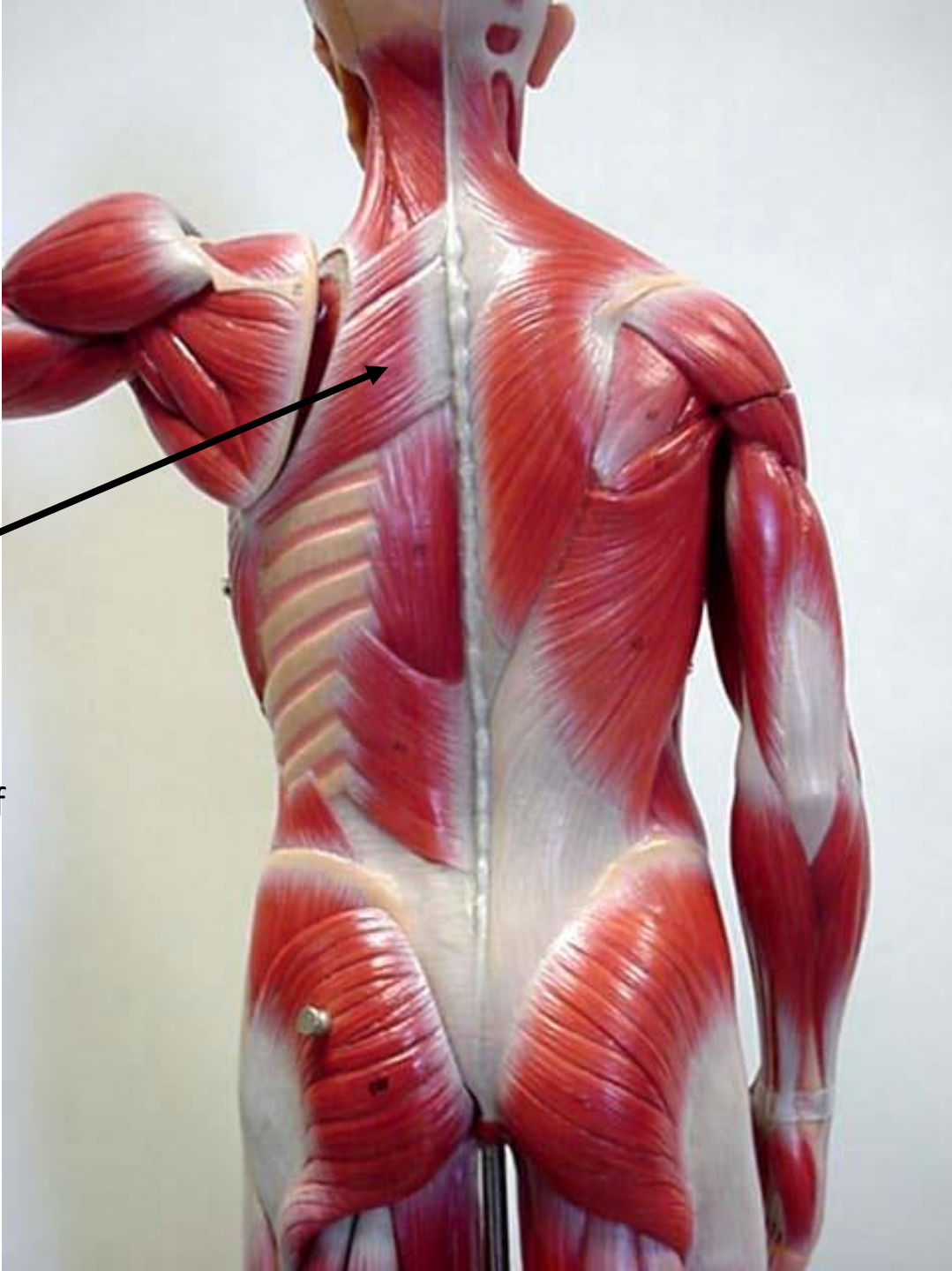
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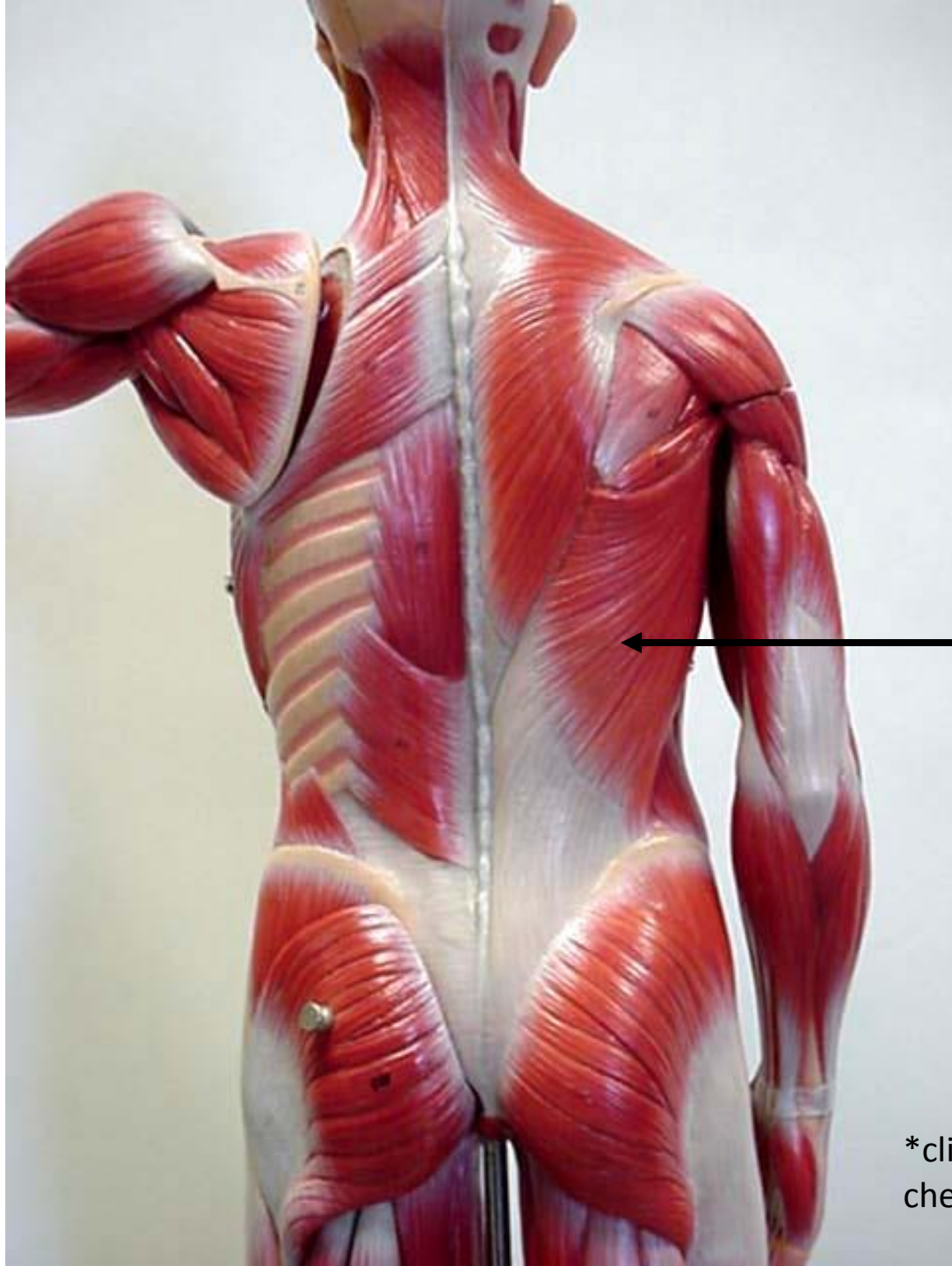
**Rhomboid major**



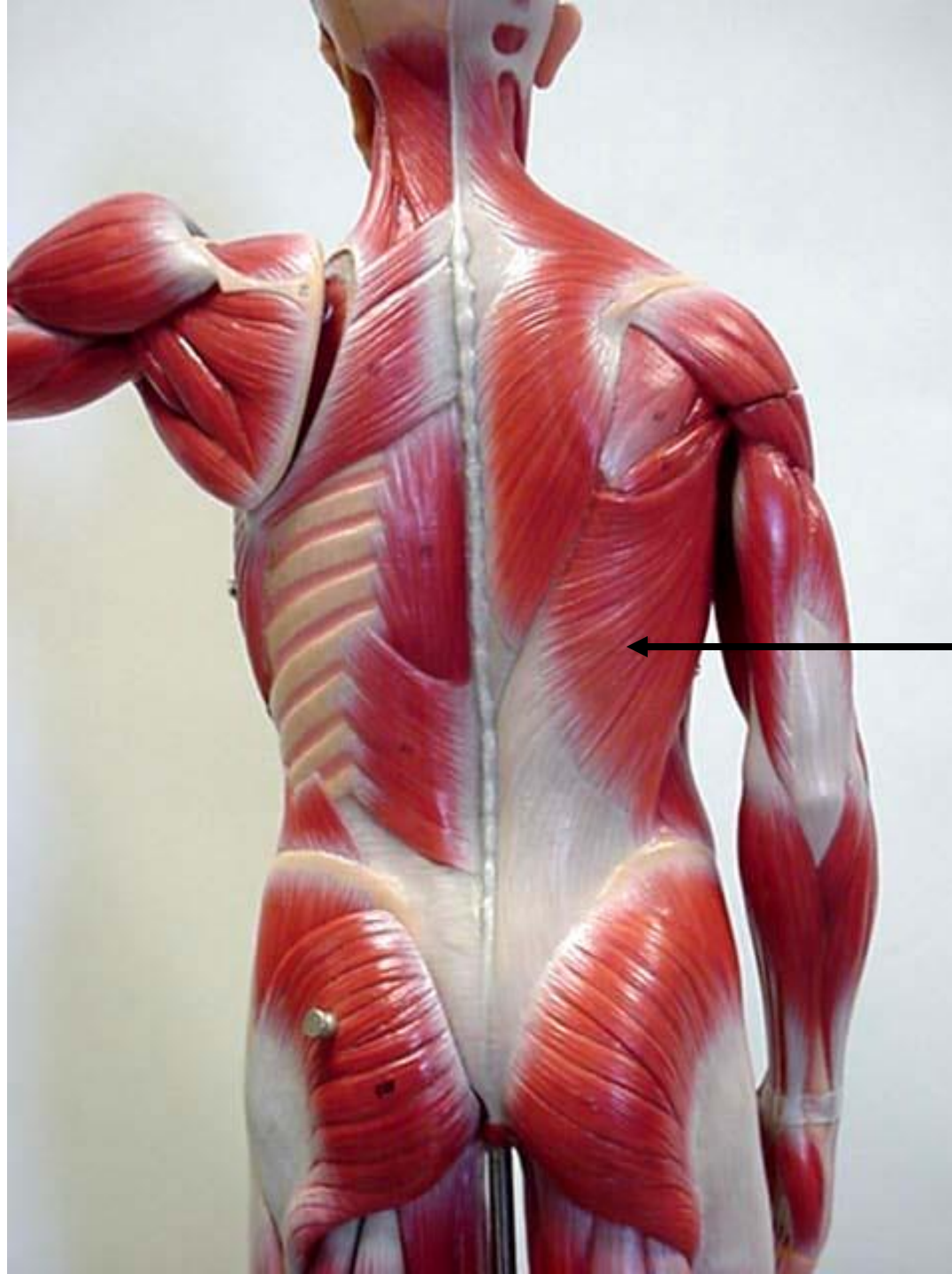
**Action: Retraction of  
the scapula**







\*click to the next slide to  
check your answer



**Latissimus dorsi**

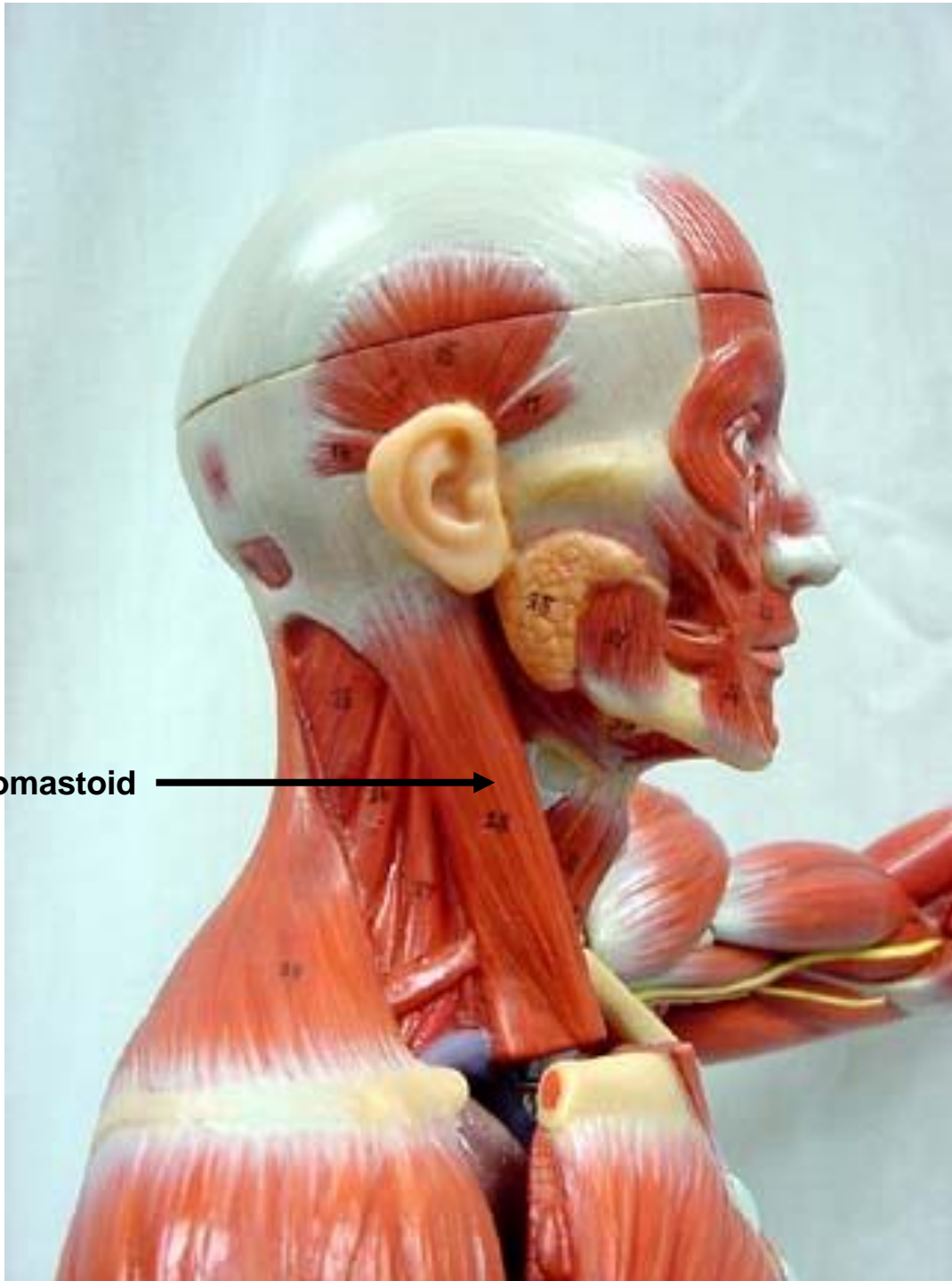
**Action:**  
Extension,  
adduction and  
medial rotation  
of the arm at  
the shoulder



\*click to the next slide to  
check your answer

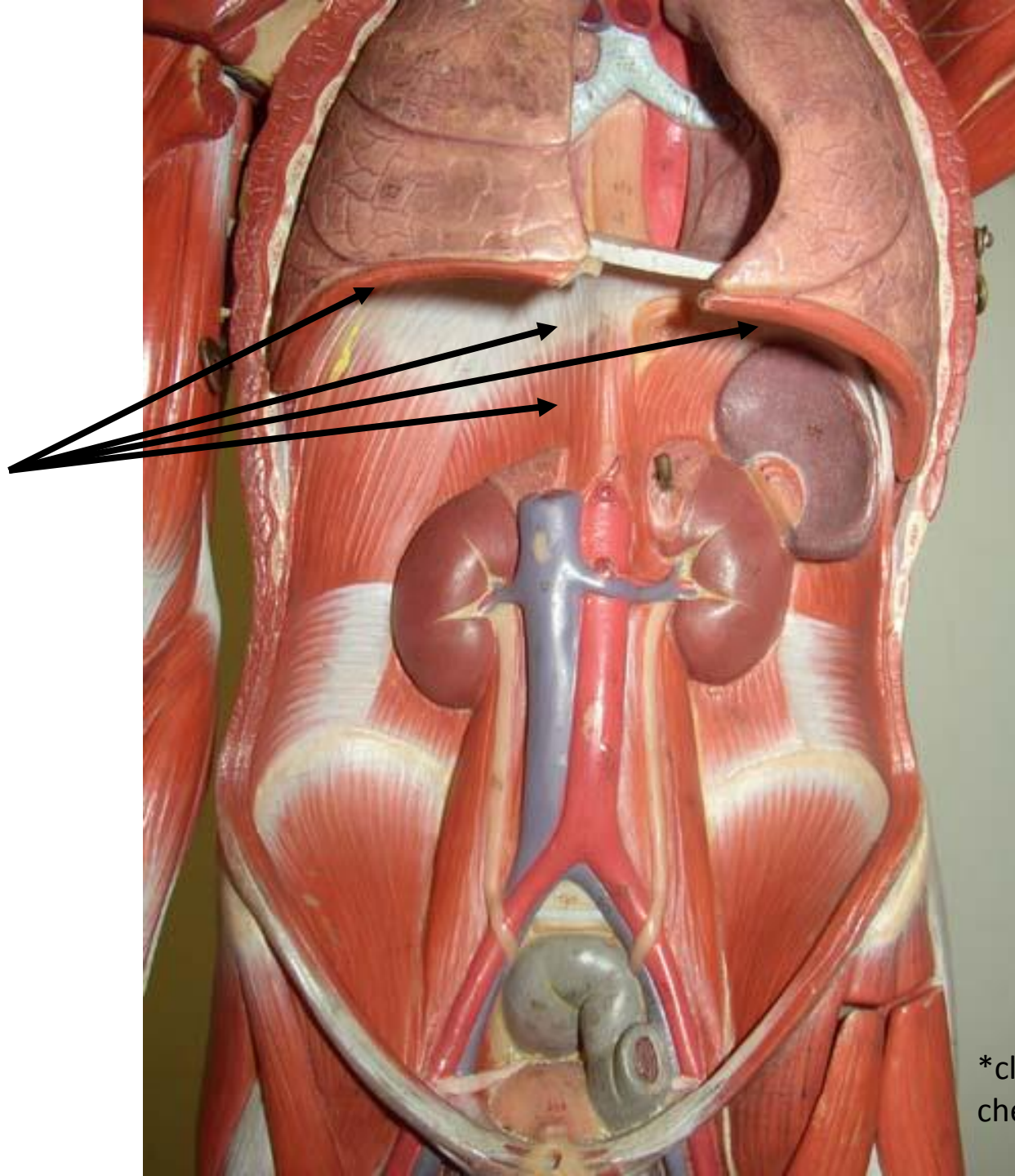


**Sternocleidomastoid**



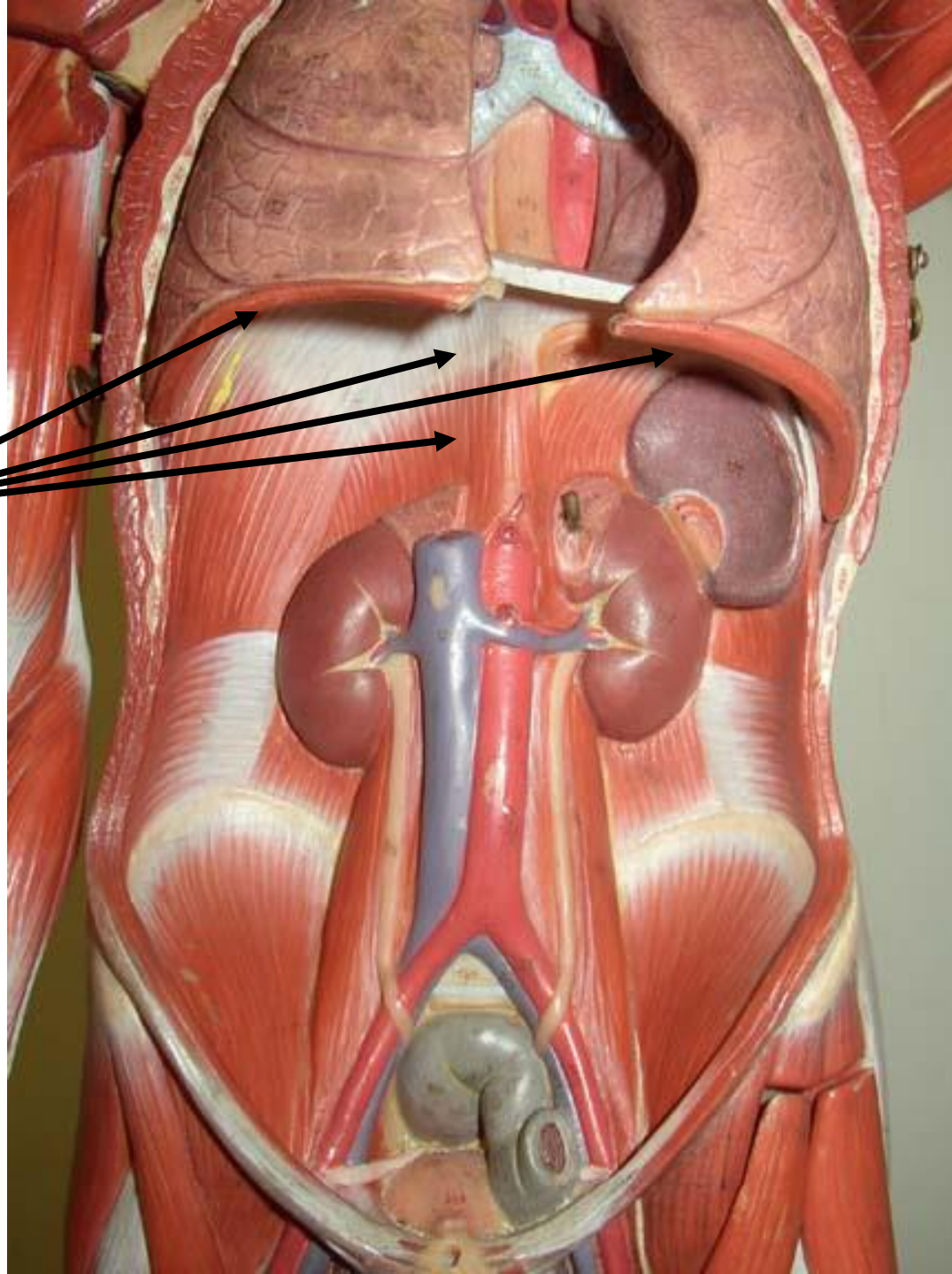
Action: Flexion of the head and neck with bilateral (both left and right) contraction; Lateral flexion and rotation of the head and neck with unilateral contraction





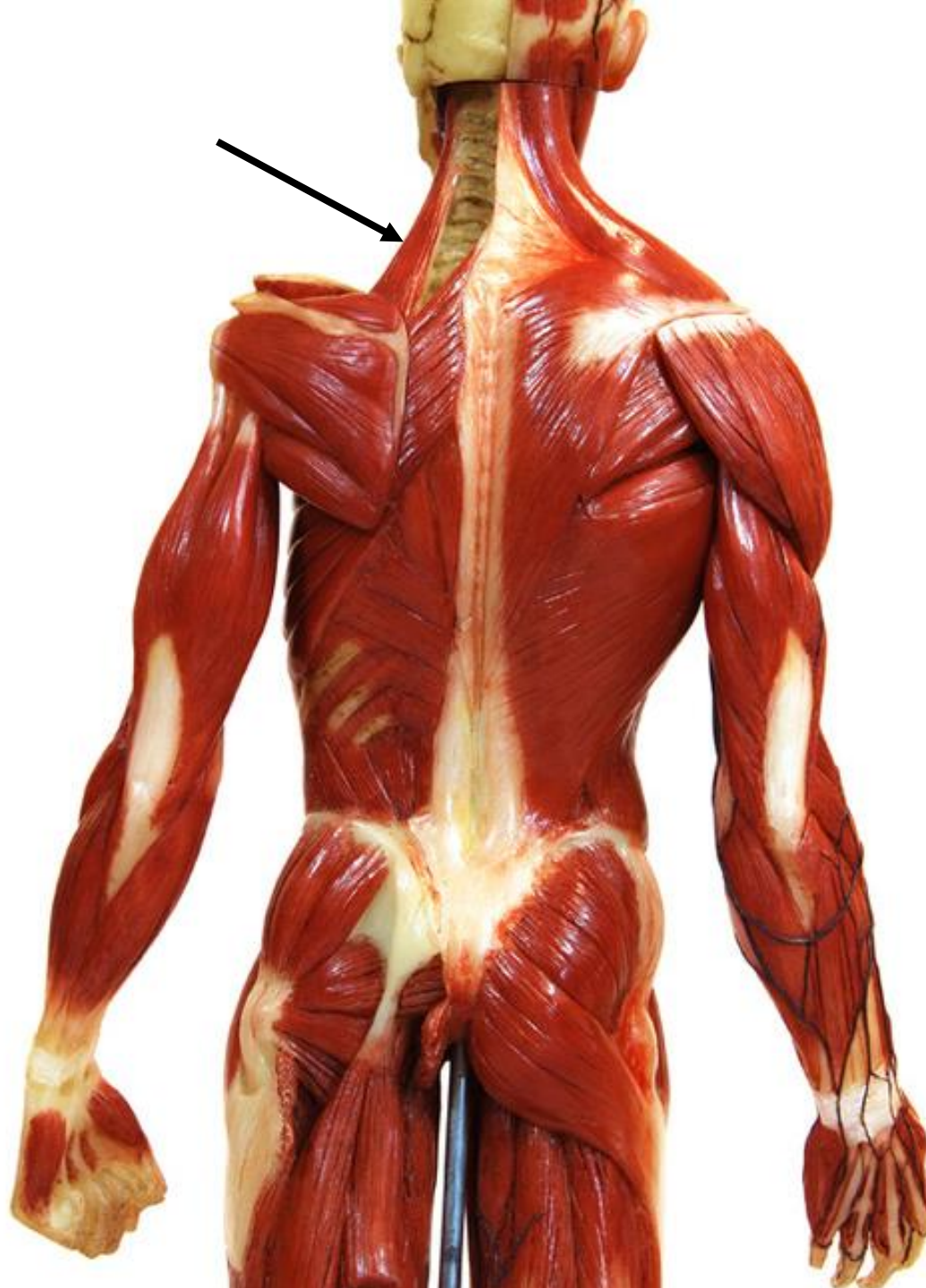
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**Diaphragm**



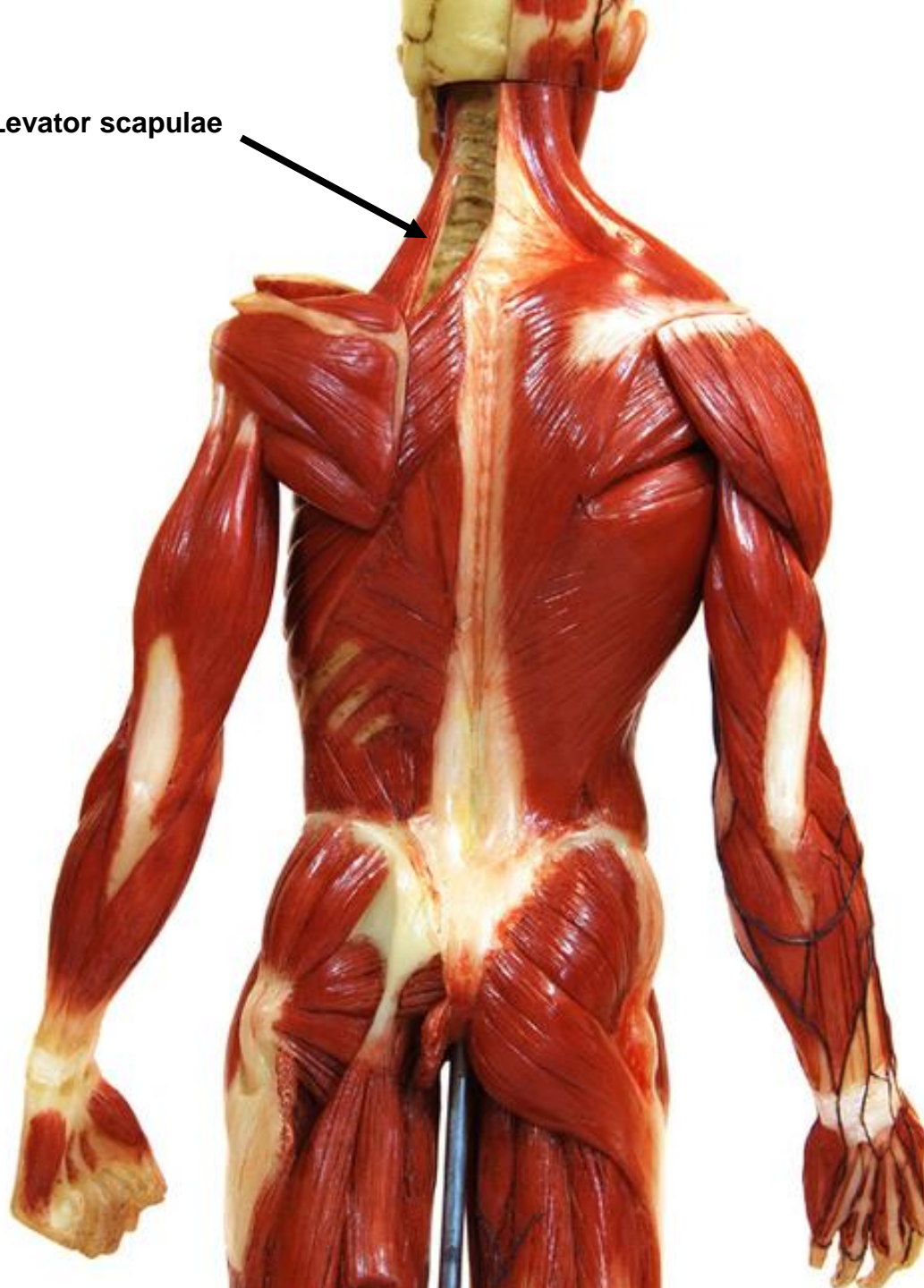
Action: Contraction causes inspiration (inhalation) by increasing the volume of the thoracic cavity





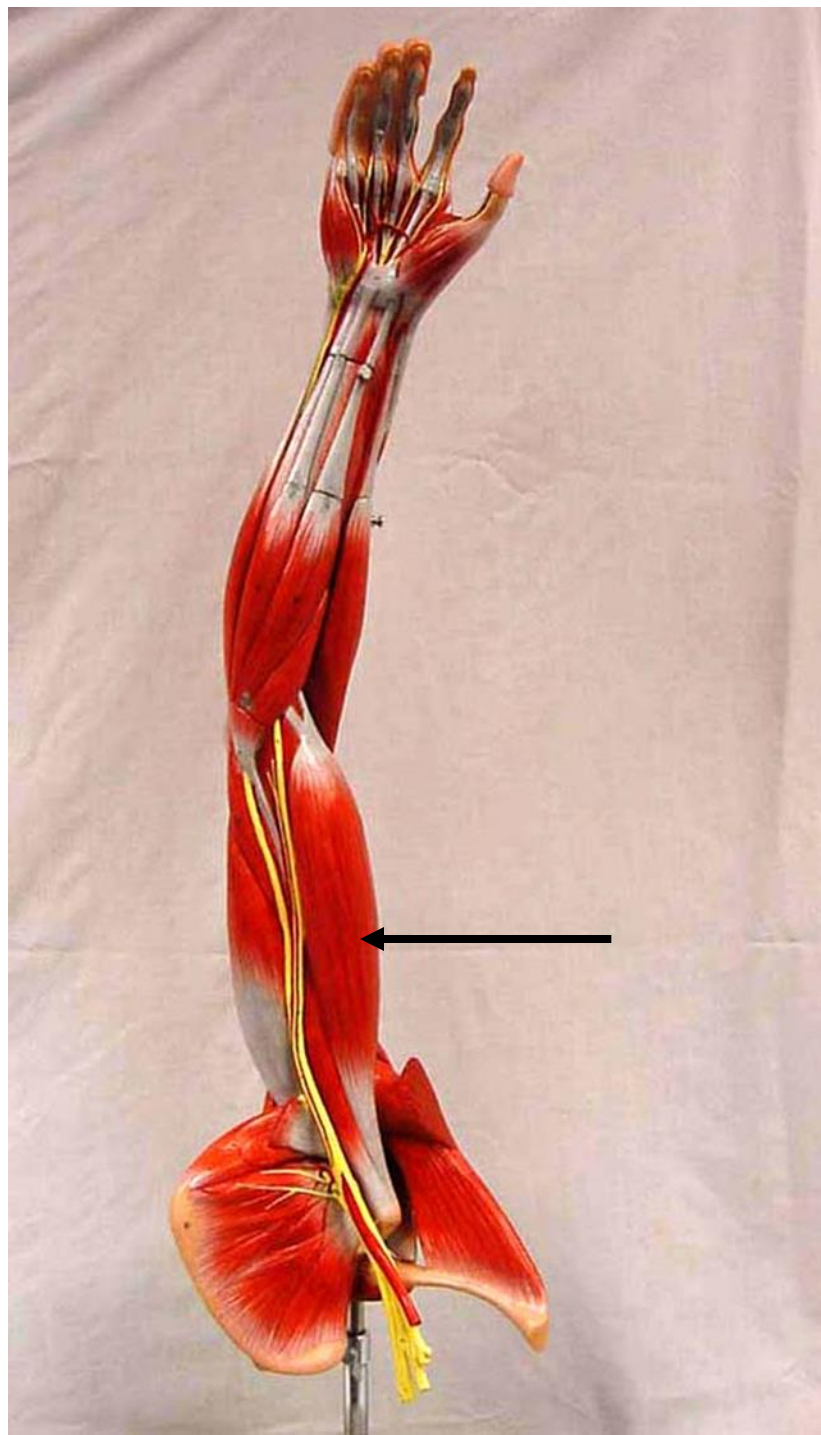
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Levator scapulae

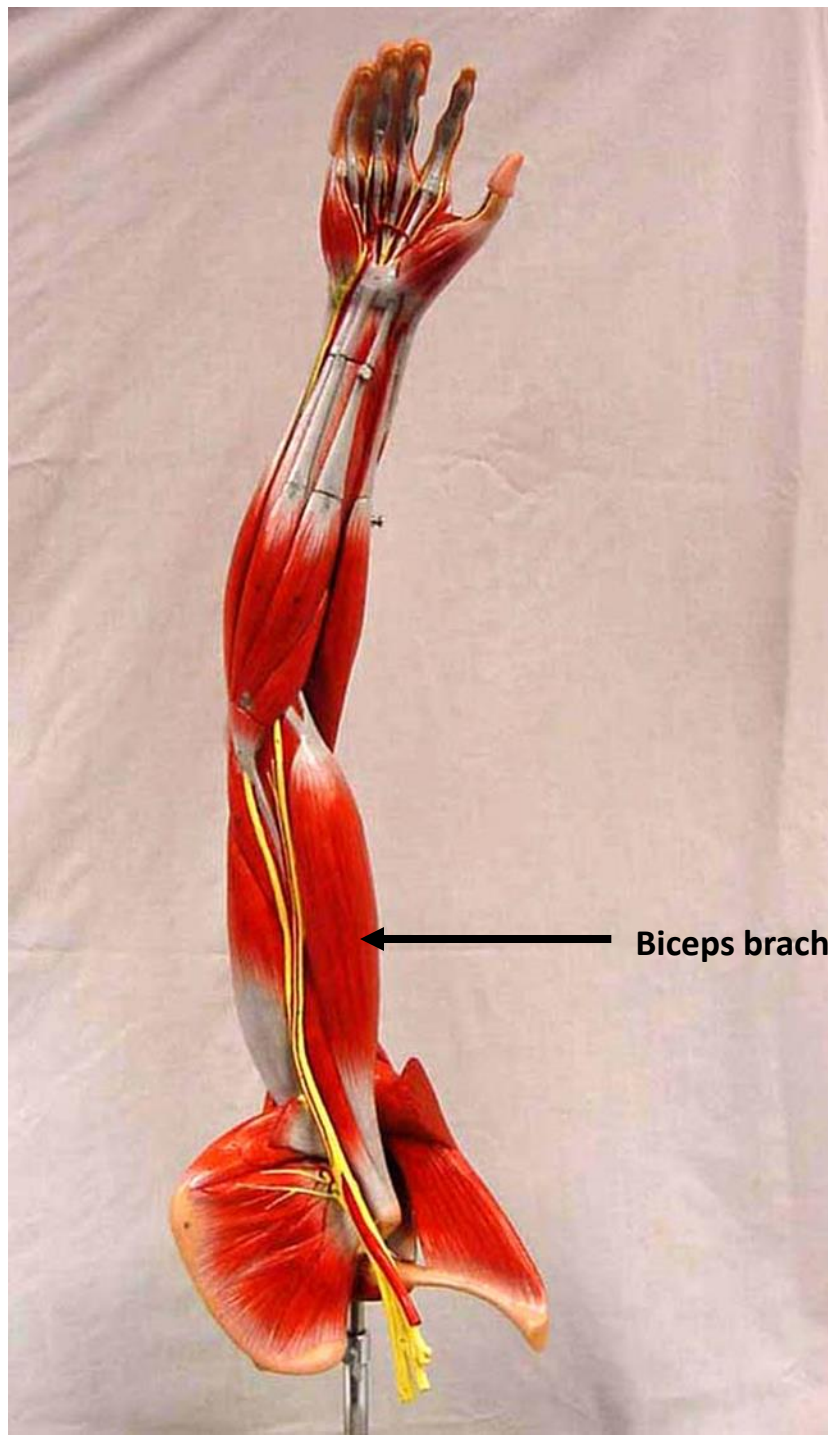


Action: Elevation of  
the scapula





\*click to the next slide to  
check your answer



**Biceps brachii**

Action: Flexion at the elbow and supination of the forearm



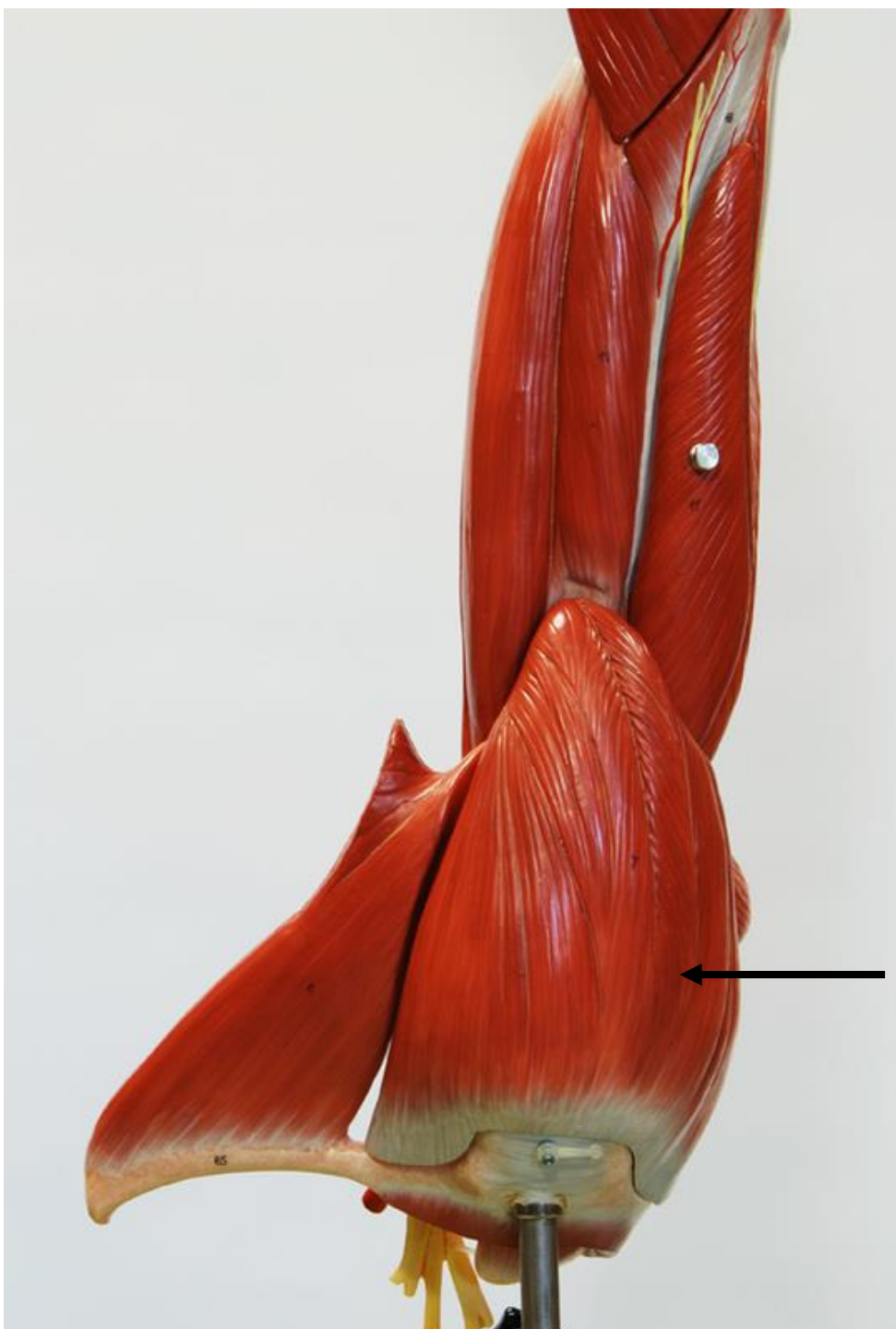
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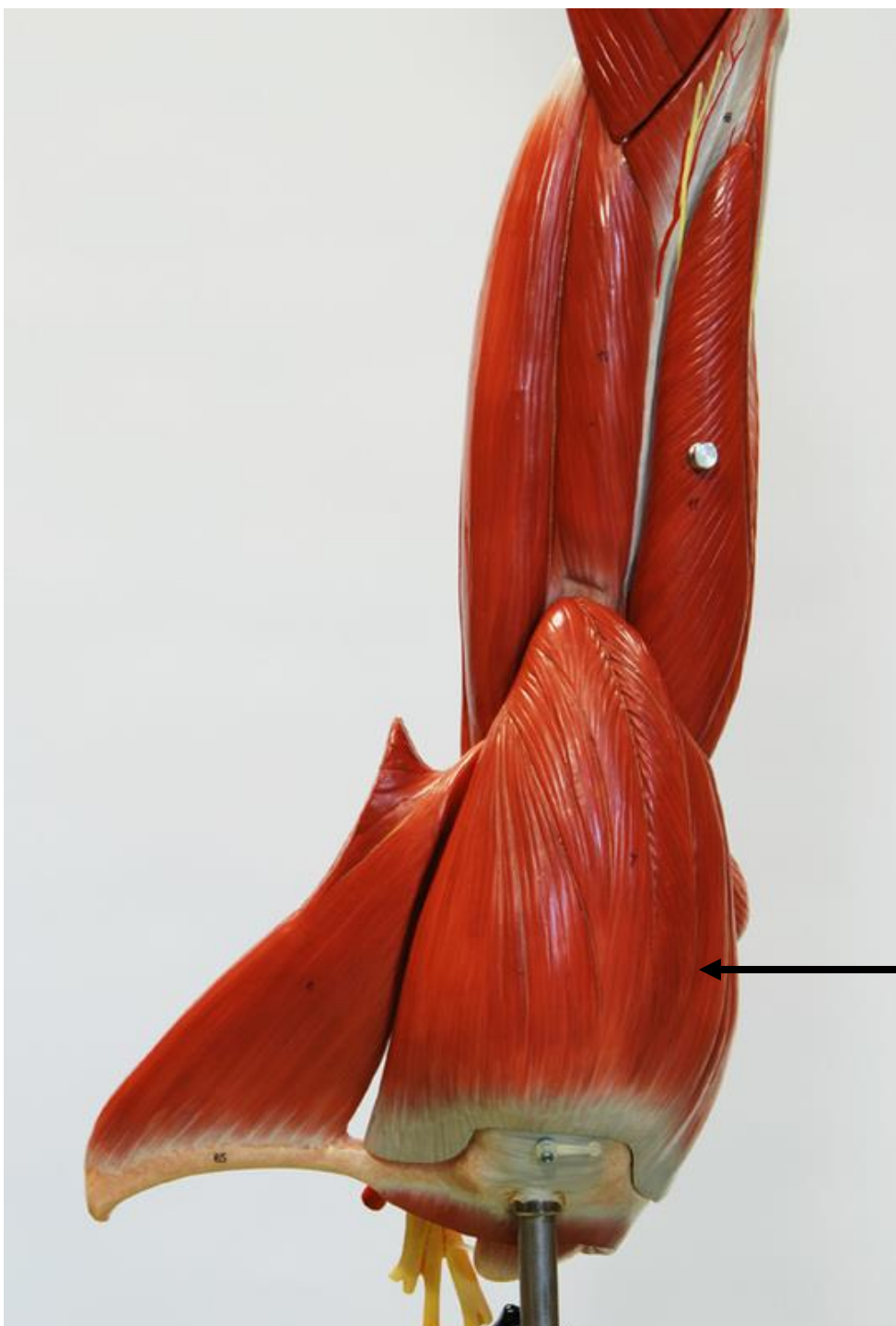
**Subscapularis**



Action: Internal  
(medial) rotation of  
the arm at the  
shoulder



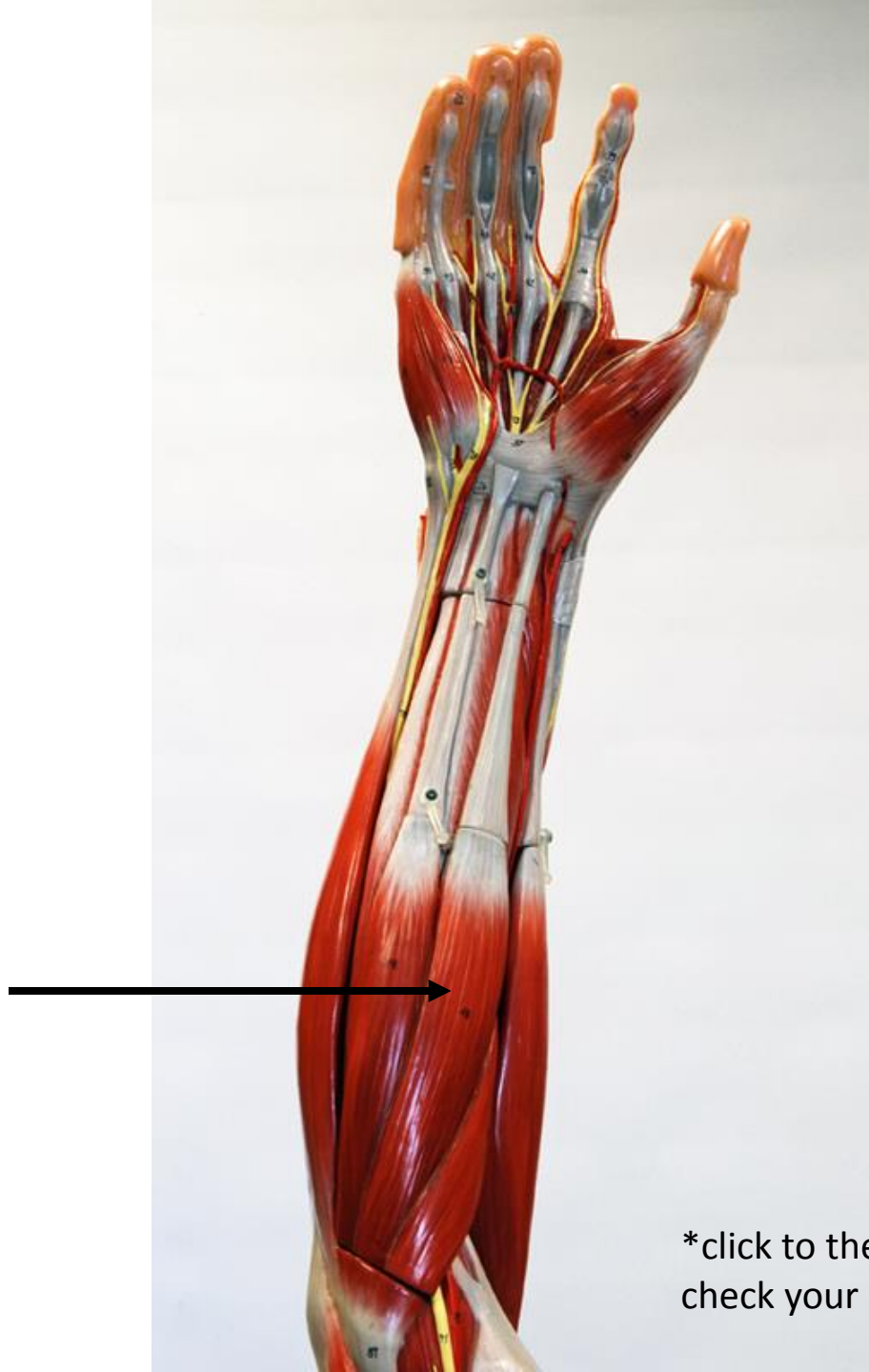
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Action:  
Abduction,  
flexion or  
extension of the  
arm at the  
shoulder

← Deltoid

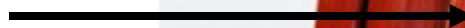




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Action: Flexion and  
abduction (radial  
deviation) at the wrist

Flexor carpi radialis





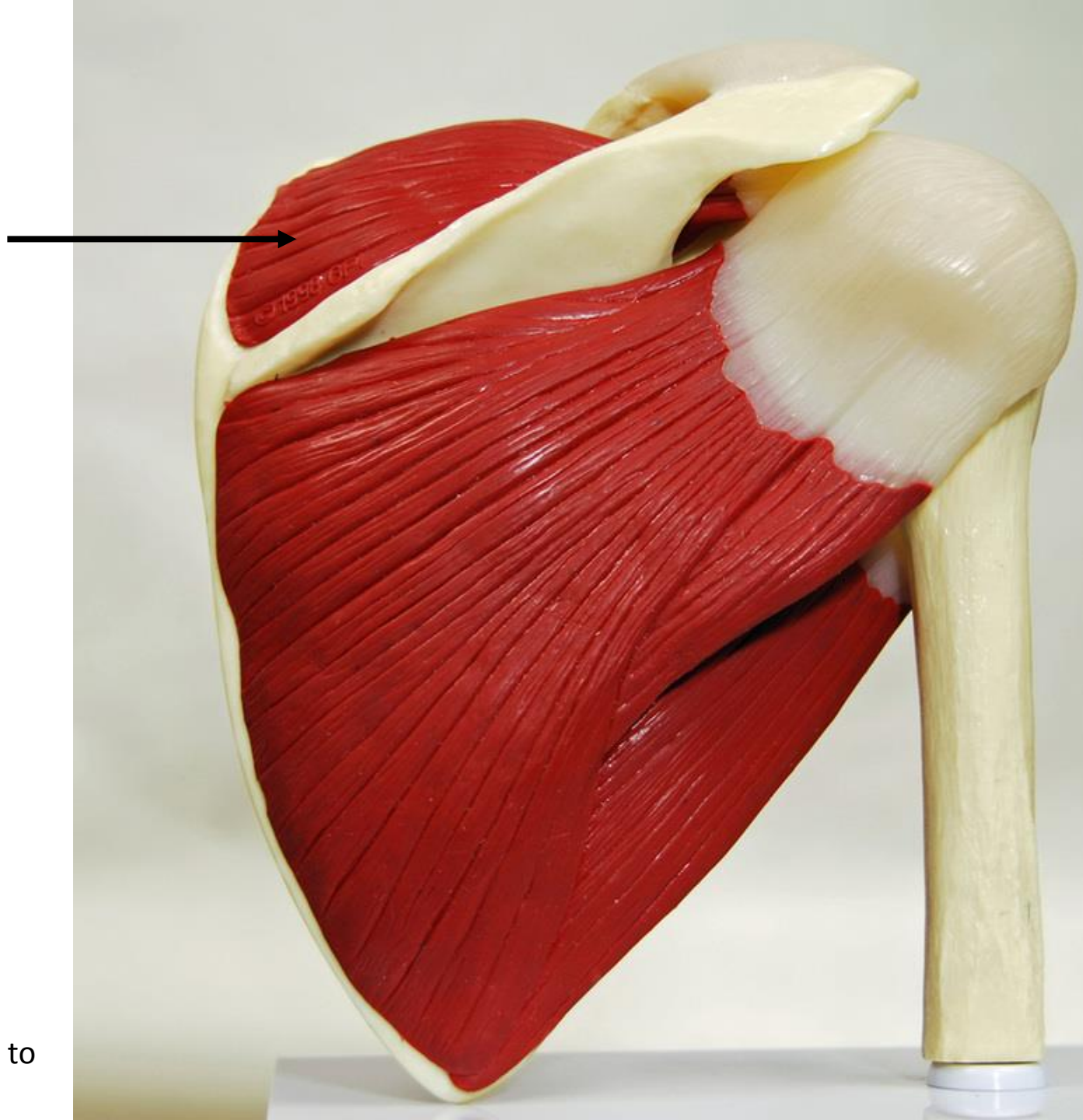
\*click to the next slide to  
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Action: Supination of  
the forearm

Supinator

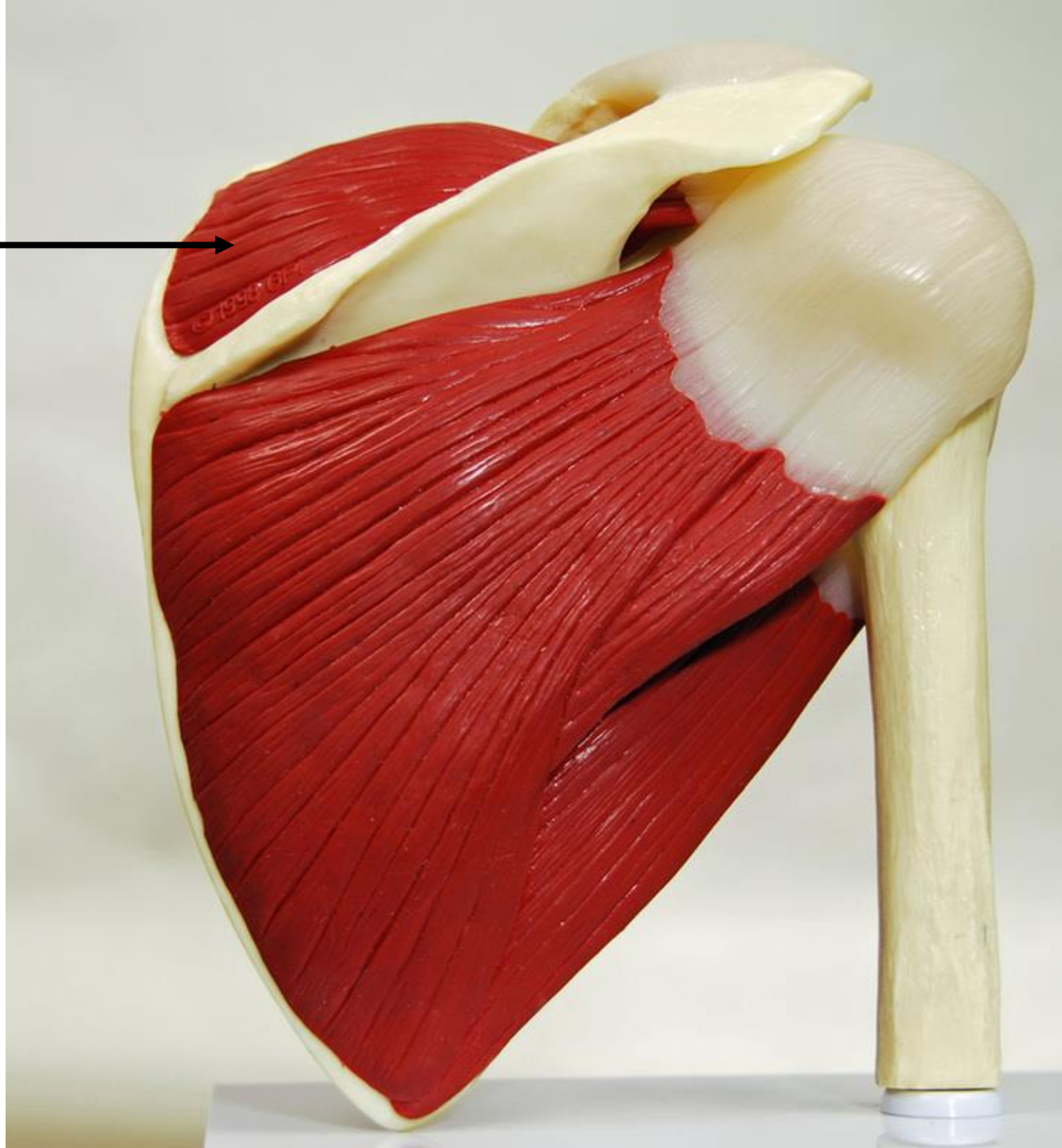


\*click to the next slide to  
check your answer

**Supraspinatus**



**Action:** Abduction of the arm at the shoulder







\*click to the next slide to  
check your answer

**Psoas major** →

Action: Flexion of  
the thigh at the  
hip





\*click to the next slide to  
check your answer

Action: Extension of  
the leg at the knee



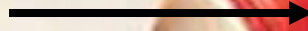
← Vastus lateralis





\*click to the next slide to  
check your answer

**Gluteus medius**



Action: Abduction of  
the thigh at the hip



\*click to the next slide to  
check your answer

**Extensor digitorum longus**



Action: Extension of  
digits (toes) and  
dorsiflexion at ankle





\*click to the next slide to  
check your answer



**Gastrocnemius**

Action: Plantar flexion  
at ankle; helps with  
knee flexion