

Before you come to lab:

1. Take the list of skeletal muscles (see Lab Exam 2 Review Sheet) and use the two figures provided to learn the **general locations** of the muscles in the body. I suggest you learn them in the following categories:
 - head/neck
 - torso
 - arm
 - forearm
 - thigh
 - leg

During the lab period (preferably complete in order):

1. Working with muscle models:
 - The hardest part of Lab Exam 2 is learning the skeletal muscles.
 - On this exam, even more so than the first, studying is rewarded and laziness is punished.
 - This week is your opportunity to get experience using the lab models.
 - These are the models that I'll use for the lab exam.
 - We have six appendage models (three arms and three legs) and two torso models.
 - The keys for the appendage models are available in the hanging files on the bookshelf in the lab.
 - I've made copies of these for each model (see attached).
 - The keys for the torsos are in the drawers of the torso carts.
 - Please do **NOT** disassemble the appendage models. All of the muscles that you need to know are on the outside surface.
 - Using the models and the keys provided, make your own keys to the models.
 - Only concentrate on the muscles for which you are responsible!
 - I've provided sheets for you to use to make your keys.
 - These are for your use only! Don't pass them in!
 - You are responsible for learning the major action of each muscle.
 - This information can be found in Exercise 15 in the *Lab Manual* (pp. 197-226).
 - Pick the one action that makes sense to you.
 - I test the actions by multiple choice, so you'll have a decent shot if you're at least familiar with what each muscle does.

- Two more Lab Exam hints:
 - 1. I always pick the largest, most prominent muscles for the exam.
 - 2. You'll be tested on the head/neck muscles by figure only!

Additional resources:

1. In the course website, in the section on lab materials, I've uploaded all of the muscle figures from the textbook without their labels.
 - This may be helpful, but is no substitute for using the models.
2. Check out this website:
<http://daphne.palomar.edu/ccarpenter/Models/model%20index.htm>
 - This site has photos of models (including our appendage models).
 - If you move your mouse over the different numbers, you'll see the name of the muscle appear.
3. Your Practice Anatomy Lab (PAL) CD-ROM also have photos of muscle models. You can also take quizzes on the muscles there.
4. A&P Place has a Muscle Review section.
5. Lastly, the ARC also has muscle models available for you to use.

Muscles, Ligaments and Tendons of the Arm

1. Supraspinatus
2. Infraspinatus
3. Teres major
4. Teres minor
5. Latissimus dorsi
6. Subscapularis
7. Deltoid
8. Pectoralis major
9. Biceps (brachii)
10. Brachialis
11. Triceps
12. Pronator teres
13. Flexor carpi radialis
14. Palmaris longus
15. Flexor carpi ulnaris
16. Extensor carpi ulnaris
17. Extensor digitorum
18. Extensor carpi radialis brevis
19. Extensor carpi radialis longus
20. Brachioradialis
21. Tendon of extensor pollicis longus
22. Extensor pollicis brevis
23. Abductor pollicis longus
24. Flexor digitorum sublimis
25. Supinator
26. Volar fascia
27. Extensor retinaculum
28. Flexor pollicis brevis
29. Abductor pollicis brevis
30. Adductor pollicis
31. Opponens pollicis
32. Opponens digiti minimi
33. Flexor digiti minimi
34. Abductor digiti minimi
35. Lumbricals
36. Dorsal interosseus muscles of the hand
37. Flexor retinaculum of upper limb
38. Tendon sheath
39. Crucial strings of the tendon sheath
40. Annular strings of the tendon sheath
41. Tendon of the flexor pollicis
42. Tendons of the flexor digitorum sublimis
43. Tendons of the flexor digitorum profundus
44. Chiasma tendinum

Muscles, Ligaments and Tendons of the Leg

1. Psoas major
2. Iliacus
3. Gluteus maximus
4. Gluteus medius
5. Piriformis
6. Obturator internus
7. (a) Superior gemellus
7. (b) Inferior gemellus
8. Quadratus femoris
9. Tensor fasciae latae
10. Sartorius
11. (a-b-c-d) Quadriceps femoris
 - a. Rectus femoris
 - b. Vastus medialis
 - c. Vastus lateralis
 - d. Vastus intermedius
 - e. Common tendon of 11(a-b-c-d)
12. Pectineus
13. Adductor longus
14. Adductor magnus
15. Gracilis
16. Semitendinosus
17. Semimembranosus
18. (a-b) Biceps femoris
 - a. Caput longum
 - b. Caput breve
19. Tibialis anterior
20. Extensor hallucis longus
21. Extensor digitorum longus
22. Peroneus longus
23. Peroneus brevis
24. (a-b-c) Triceps surae
 - (a-b) Gastrocnemius
 - a. Caput mediale
 - b. Caput laterale
 - c. Soleus
 - d. Achilles tendon (tendo calcaneus)
25. Plantaris
26. Popliteus
27. Flexor digitorum longus
28. Tibialis posterior
29. Flexor hallucis longus
30. Extensor hallucis brevis
31. Extensor digitorum brevis
32. Abductor hallucis
33. Flexor hallucis brevis
34. Abductor digiti minimi
35. Flexor digiti minimi brevis
36. Flexor digitorum brevis
37. Lumbricals
38. Dorsal interosseus muscles of the foot

Anatomy & Physiology 1
Key for Muscle Models

Muscle Model: _____

#	Muscle name*	Notes	Major Action**

* Please make sure that you're only spending time on the muscles for which you are responsible!
** Use your Lab Manual or textbook and **keep it simple**.

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