Naming Skeletal Muscles
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1 – Location
2 – Shape
3 – Size
4 – Direction/Orientation of fibers
5 – Number of Origins
6 – Location of the Attachments
7 – Movement
Muscles Named by Location

Location:

- **frontalis** – frontal bone
- **lateralis** – lateral or on the side
- **tibialis anterior** – front of tibia
- **fibularis longus** – near fibula
- **supra** – above
- **infra** – below
- **sub** - underneath
Muscles Named by Shape

Shape:

– deltoid – triangle
– trapezius – trapezoid
– serratus – saw-toothed
– orbicularis – circular
Muscle Attachment

- **Origin** = The least movable tendon or attachment.
- **Insertion** = The more movable tendon or attachment.

*During contraction, the insertion end moves toward the origin end.*
Muskulature Named for Origin and Insertion Points

Origin and Insertion:

sterno = sternum

cleiodo = clavicle

mastoid = location on the temporal bone

sternocleiodomastoid muscle
Muscles Named by Size

**Size:**

- maximus – largest
- minimis – smallest
- vastus – huge
- longus – longest
- brevis – short
- major – large
- minor – small

Example: Pectoralis Major
Muscles Named by Direction of Fibers

**Direction/Orientation:**

- **rectus** (straight) - parallel to the midline
  
  ex: rectus abdominis

- **transversus** (transverse) – at right angles to the midline

- **oblique** – diagonal
Muscles Named for Number of Origins

**Number of Origins:**

- **biceps** – two heads (origins)
  
  ex: biceps brachii

- **triceps** – three origins
  
  ex: triceps brachii

- **quadriceps** – four origins
Movements

- **Adduction:**
  Moving a body part toward the midline

- **Abduction:**
  Moving a body part away from the midline

- **Flexion:**
  Decreasing the angle between two bones or bending body parts

- **Extension:**
  Increasing the angle between two bones or straightening the body part

- **Rotation:**
  Turning a body part around its own axis

- **Circumduction:**
  Moving in a circle at a joint
Muscles Named for Action

Action:

• flexor carpi radialis – flexes wrist
• abductor magnus – abducts the thigh
• extensor digitorum – extends the fingers
• levator – lifts a structure