

Tikrit University

College of Nursing

Basic Nursing Sciences



First Year [REDACTED]

Anatomy

first stage

(عنوان المحاضرة)

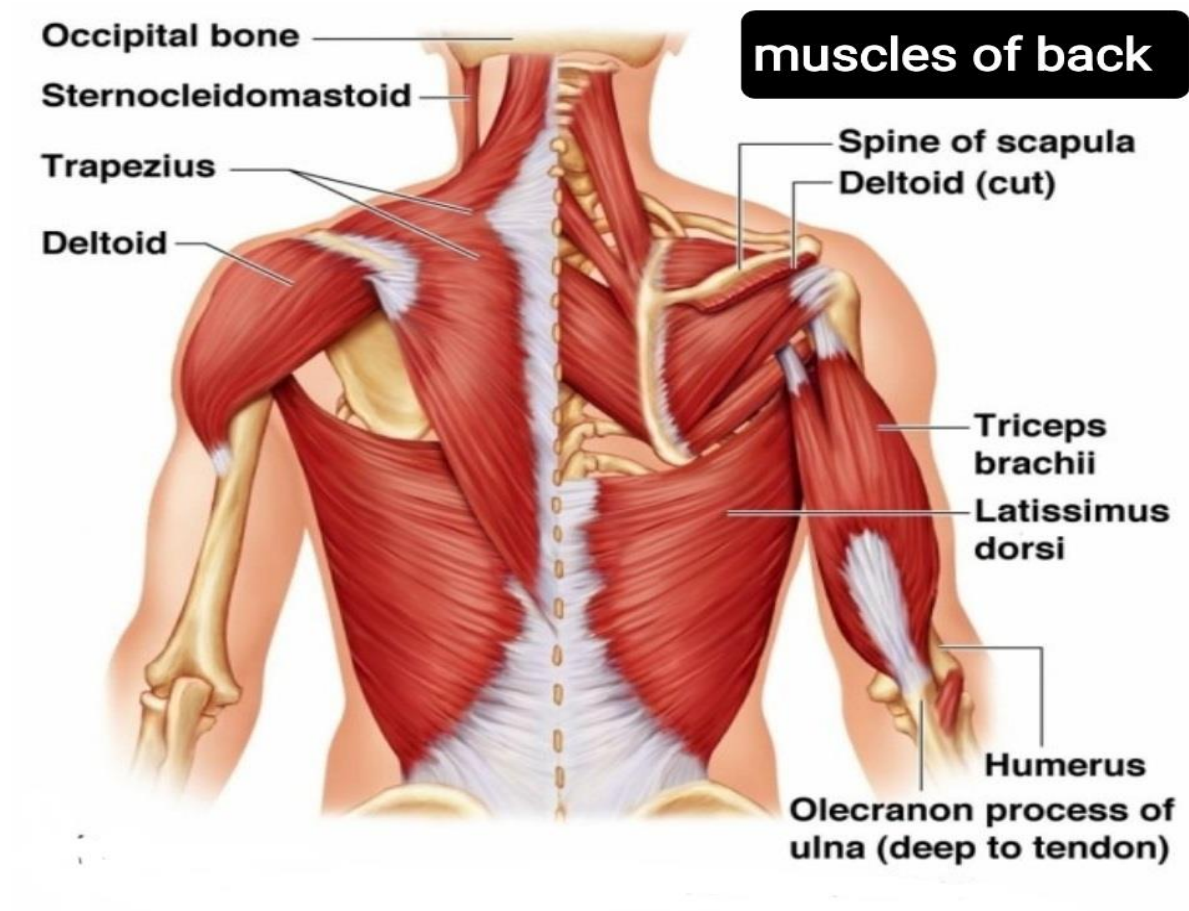
Muscular system(back, upper limb and lower limb)

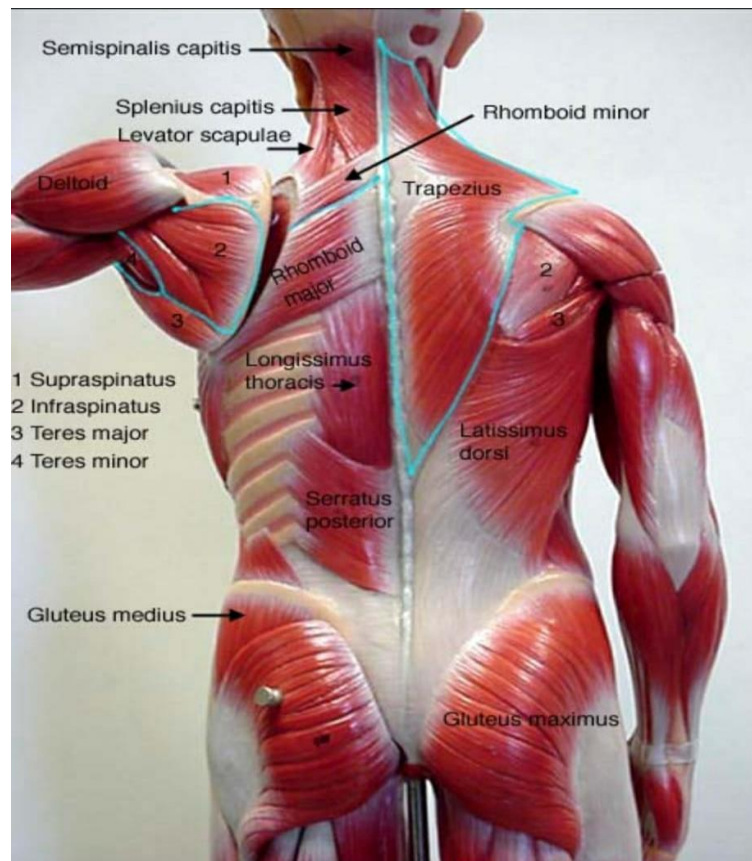
by:

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Muscles of back :





Muscles of upper limb :

1. Shoulder muscles :

- a- Deltoid muscles.
- b- Teres major muscle.
- c- Subscapularis muscle.

2. Arm muscles :

- d- Coracobrachialis muscle.
- e- Biceps Brachii muscle → This muscle is long and short heads.
- f- Triceps Brachii muscle → This muscle is long, lateral, and medial heads.
- g- Brachialis muscle.

3. Forearm muscles :

- h- Extensor carpi radialis longus.
- i- Extensor carpi radialis brevis.
- j- Flexor carpi radialis.
- k- Extensor digitorum muscle.
- l- Abductor pollicis longus.

m- Extensor carpi ulnaris.

n- Flexor carpi ulnaris.

o- Anconeus muscle.

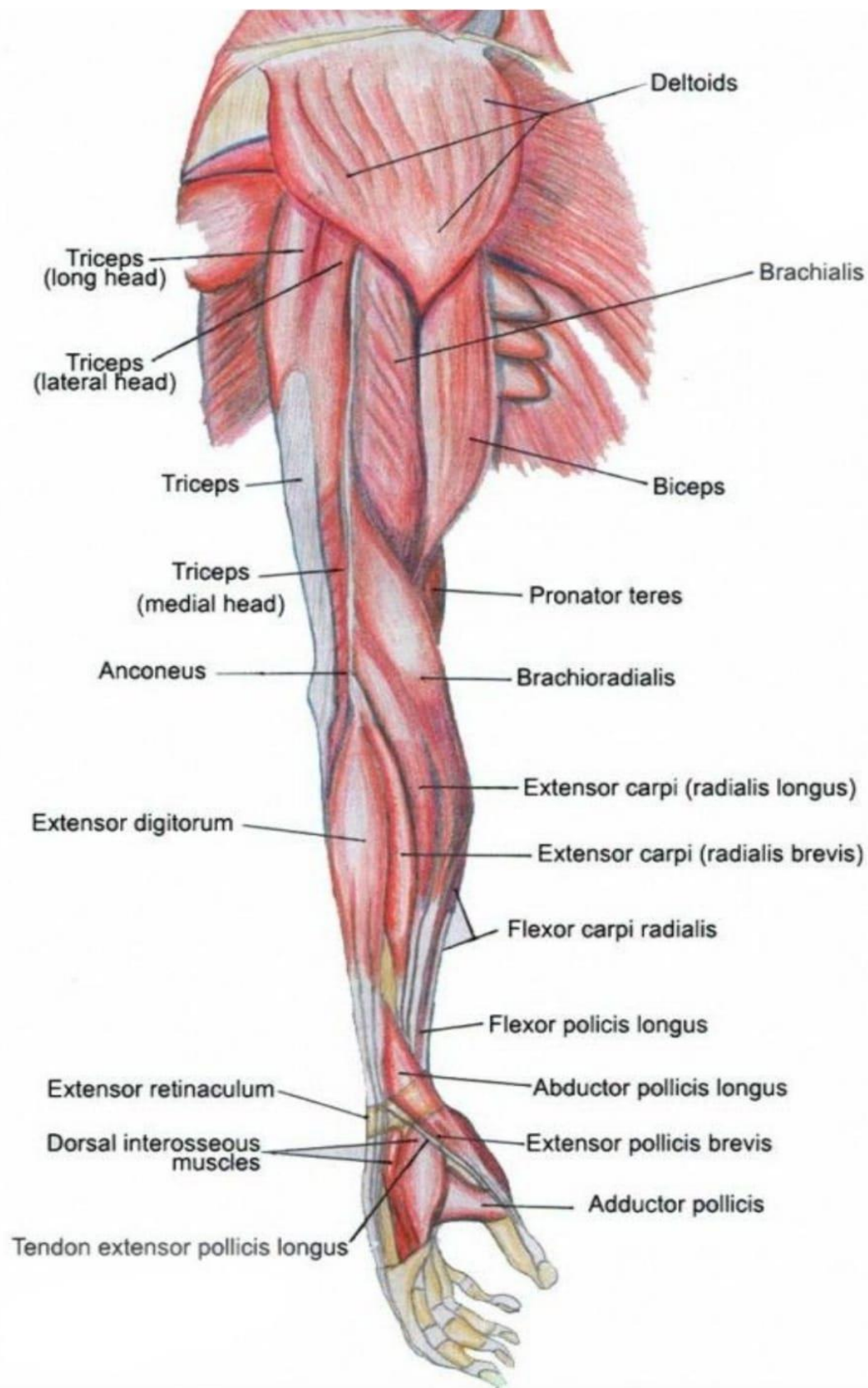
4- Hand muscles :

p- Extensor pollicis brevis muscle.

q- Adductor pollicis muscle.

r- Extensor retinaculum muscle.

s- Dorsal interosseous muscles.



Muscles of lower limb :

The muscles in your lower extremity contract and relax to move skeletal bones and thus the body. Each of your lower extremities has more than 40 muscles.

Hip :

There are 17 hip muscles, which can be sorted into four main groups:

- Gluteal muscles : These muscles help you stay upright and raise your thigh to the side, thrust your hips forward, and rotate your leg. This group includes :

- 1- Gluteus maximus (buttocks).
- 2- Gluteus minimus.
- 3- Gluteus medius.
- 4- Tensor fasciae latae.

- Abductor muscles : These muscles help you move the thighs together. This group includes :

- 1- Adductor brevis.
- 2- Adductor longus.
- 3- Adductor magnus.
- 4- Pectineus.
- 5- Gracilis.

- Iliopsoas muscles : help you flex your hips (bring your thighs to your abdomen), include :

- 1- Iliacus muscle.
- 2- Psoas major muscle.

- Lateral rotator muscles : This muscle group helps you move your thighs apart. The lateral rotator muscles include :

- 1- externus obturators.
- 2- internus obturators.
- 3- piriformis muscle.
- 4- superior gemelli.
- 5- inferior gemelli.
- 6- quadratus femoris.

Thigh :

1- Quadriceps muscles include four muscles in the front of the leg that help extend the leg straight :

- vastus lateralis: on the outside of the thigh.
- vastus medialis: on the inside of the thigh.
- vastus intermedius: between the vastus lateralis and the vastus medialis.
- rectus femoris: muscle attaches to the kneecap.

2- Hamstrings muscles include three muscles in the back that extend the thigh and flex the knee :

- biceps femoris.
- semimembranosus.
- semitendinosus.

Leg :

The calf muscles include three muscles that are critical for ankle, foot and toe movement:

- Gastrocnemius : flexes and extends the foot, ankle, and knee.
- Soleus : important in walking and standing.
- Plantaris : acts with the gastrocnemius.
- Popliteus : initiates knee flexion/bending.

Foot :

The 20 muscles in each foot, the main ones are:

- Tibialis anterior : moves foot move upward.
- Tibialis posterior : supports the arch and flexes the foot.
- Peroneals : move ankle and foot laterally.
- Extensors : raise toes at ankles for stepping forward.
- Flexors : stabilize toes against the ground.

