

Cadaver Muscular System Practice Practical

Station 1

1. Specific structure
2. Red line

Station 2

3. Red muscle
4. Red muscle actions (2)

5. Green muscle (superficial)
6. Green muscle actions (4)

7. Blue muscle (middle)
8. Blue muscle actions (4)

9. Purple muscle (deep)
10. Purple muscle action (1)

Station 3

1. Red muscle
2. Red muscle actions (3)

3. Purple muscle
4. Purple muscle actions (2)

Station 4

1. Orange muscle (deep)
2. Orange muscle action (1)
3. Green muscle (superficial)
4. Green muscle actions (2)

5. Purple muscle
6. Purple muscle actions (2)

Station 5

1. Shiny stuff lining thoracic cavity wall
2. Shiny stuff lining surface of lung
3. Shiny stuff lining abdominal cavity wall
4. Shiny stuff lining surface of abdominal organs

Station 1

1. Rectus sheath
2. Linea alba

Station 2

1. Rectus abdominis
2.
 - 1) Flexes vertebral column
 - 2) Compresses abdomen
3. External abdominal oblique
4.
 - 1) Flexes vertebral column
 - 2) Rotates vertebral column
 - 3) Laterally flexes vertebral column
 - 4) Compresses abdomen
5. Internal abdominal oblique
6.
 - 1) Flexes vertebral column
 - 2) Rotates vertebral column
 - 3) Laterally flexes vertebral column
 - 4) Compresses abdomen
7. Transversus abdominis
8.
 - 1) Compresses abdomen

Station 3

1. Pectoralis major
2.
 - 1) Flexes arm
 - 2) Extends arm
 - 3) Adducts arm
3. Pectoralis minor
- 1) Depresses scapula
 - 2) Protracts scapula

Station 4

1. Internal intercostals
2.
 - 1) Lower ribs
3. External intercostals
4.
 - 1) Raise ribs
 - 2) Increase thoracic volume
5. Diaphragm
6.
 - 1) Raise ribs
 - 2) Increase thoracic volume

Station 5

1. Parietal pleura
2. Visceral pleura
3. Parietal peritoneum
4. Visceral peritoneum

Station 6

1. Blue muscle (superficial)
2. Blue muscle actions (4)

3. Red muscle
4. Red muscle actions (2)

Station 7

1. Green muscle
2. Green muscle action (1)
3. Purple muscle
4. Purple muscle actions (2)

Station 8

1. Red muscle
2. Red muscle action (1)
3. Blue muscle
4. Blue muscle action (1)

Station 9

1. Purple muscle (deep)
2. Purple muscle action (1)
3. Orange muscle (superficial)
4. Orange muscle actions (2)

Station 10

1. Red muscle
2. Red muscle actions (3)

Station 11

1. Red muscle
2. Red muscle actions (3)

Station 12

1. Green muscle
2. Green muscle actions (3)

Station 6

1. Trapezius
2.
 - 1) Elevates scapula
 - 2) Depresses scapula
 - 3) Retracts scapula
 - 4) Rotates scapula upward
3. Latissimus dorsi
4.
 - 1) Extends arm
 - 2) Adducts arm

Station 7

1. Levator scapulae
2.
 - 1) Elevates scapula
3. Rhomboideus group
4.
 - 1) Retracts scapula
 - 2) Rotates scapula downward

Station 8

1. Supraspinatus
2.
 - 1) Abducts arm
3. Infraspinatus
4.
 - 1) Laterally rotates arm

Station 9

1. Teres minor
2.
 - 1) Laterally rotates arm
3. Teres major
4.
 - 1) Extends arm
 - 2) Adducts arm

Station 10

1. Erector spinae
2.
 - 1) Extends vertebral column
 - 2) Rotates vertebral column
 - 3) Laterally flexes vertebral column

Station 11

1. Deltoid
2.
 - 1) Flexes arm
 - 2) Extends arm
 - 3) Abducts arm

Station 12

1. Biceps brachii
2.
 - 1) Flexes arm
 - 2) Flexes forearm
 - 3) Supinates forearm

Station 13

1. Purple muscle
2. Purple muscle action (1)
3. Red muscle
4. Red muscle actions (2)

Station 14

1. Blue, orange & green muscle group
2. Actions (2)

Station 15

1. Purple muscle
2. Purple muscle action (1)
3. Orange muscles
4. Orange muscle actions (5)

Station 16

1. Red muscles
2. Red muscle actions (4)

3. Blue muscles
4. Blue muscle actions (6)

Station 17

1. Green muscle
2. Green muscle actions (5)

3. Purple muscle
4. Purple muscle actions (3)

Station 13

1. Brachialis
2. 1) Flexes forearm
3. Coracobrachialis
4. 1) Flexes arm
2) Adducts arm

Station 14

1. Triceps brachii
2. 1) Extends arm
2) Extends forearm

Station 15

1. Brachioradialis
2. 1) Flexes forearm
3. Posterior forearm muscles
4. 1) Supinates
2) Extends wrist
3) Abducts/adducts wrist
4) Extends fingers and thumb
5) Abducts thumb

Station 16

1. Anterior forearm muscles
2. 1) Pronates
2) Flexes wrist
3) Abducts/adducts wrist
4) Flexes fingers and thumb
3. Intrinsic hand muscles
4. 1) Flexes fingers and thumb
2) Extends fingers and thumb
3) Abducts thumb
4) Adducts thumb
5) Opposition of thumb/little finger
6) Reposition of thumb/little finger

Station 17

1. Tensor fasciae latae
2. 1) Flexes thigh
2) Flexes trunk
3) Stabilizes knee
4) Abducts thigh
5) Medially rotates thigh
3. Sartorius
4. 1) Flexes thigh
2) Flexes trunk
3) Flexes leg

Station 18

1. Red muscle
2. Red muscle actions (3)

3. Blue muscle
4. Blue muscle action (1)

Station 19

1. Green muscle (deep)
2. Green muscle action (1)
3. Purple muscle (deep to rectus femoris)
4. Purple muscle action (1)
5. All muscles together (stations 18 and 19) are the...

Station 20

1. Red muscle
2. Red muscle actions (2)

3. Blue muscle
4. Blue muscle action (1)

Station 21

1. Orange muscle
2. Orange muscle action (1)
3. Green muscle
4. Green muscle action (1)

Station 22

1. Purple muscle
2. Purple muscle actions (3)

3. Green muscle
4. Green muscle actions (2)

Station 23

1. Red muscle
2. Red muscle actions (4)

3. Blue muscle
4. Blue muscle actions (3)

Station 18

1. Rectus femoris
2. 1) Flexes thigh
2) Flexes trunk
3) Extends leg
3. Vastus lateralis
4. 1) Extends leg

Station 19

1. Vastus medialis
2. 1) Extends leg
3. Vastus intermedius
4. 1) Extends leg
5. Quadriceps femoris

Station 20

1. Iliopsoas
2. 1) Flexes thigh
2) Flexes trunk
3. Pectineus
4. 1) Adducts thigh

Station 21

1. Adductor longus
2. 1) Adducts thigh
3. Adductor brevis
4. 1) Adducts thigh

Station 22

1. Adductor magnus
2. 1) Extends thigh
2) Extends trunk
3) Adducts thigh
3. Gracilis
4. 1) Adducts thigh
2) Flexes leg

Station 23

1. Gluteus maximus
2. 1) Extends thigh
2) Extends trunk
3) Abducts thigh
4) Laterally rotates thigh
3. Gluteus medius
4. 1) Prevents hip sag
2) Abducts thigh
3) Medially rotates thigh

Station 24

1. Green muscle
2. Green muscle actions (3)

3. Purple muscles
4. Purple muscle action (1)

Station 25

1. Orange muscle
2. Orange muscle actions (3)

3. Purple muscle
4. Purple muscle actions (3)

Station 26

1. Green muscle
2. Green muscle actions (3)

3. All muscles together (stations 25 and 26) are the...

Station 27

1. Red muscle
2. Red muscle action (1)
3. Blue structure
4. Green muscle
5. Green muscle action (1)

Station 28

1. Purple muscles
2. Purple muscle actions (3)

3. Orange muscles
4. Orange muscle action (1)
5. Green muscles
6. Green muscle actions (4)

Station 24

1. Gluteus minimus
2.
 - 1) Prevents hip sag
 - 2) Abducts thigh
 - 3) Medially rotates thigh
3. Deep thigh rotators
 - 1) Laterally rotate thigh

Station 25

1. Biceps femoris
2.
 - 1) Extends thigh
 - 2) Extends trunk
 - 3) Flexes leg
3. Semitendinosus
4.
 - 1) Extends thigh
 - 2) Extends trunk
 - 3) Flexes leg

Station 26

1. Semimembranosus
2.
 - 1) Extends thigh
 - 2) Extends trunk
 - 3) Flexes leg
3. Hamstring group

Station 27

1. Gastrocnemius
2.
 - 1) Plantar flexes foot
3. Calcaneal tendon
4. Soleus
5.
 - 1) Plantar flexes foot

Station 28

1. Deep posterior leg muscles
2.
 - 1) Plantar flexes foot
 - 2) Inverts foot
 - 3) Flexes toes
3. Lateral leg muscles
4.
 - 1) Everts foot
5. Anterior leg muscles
6.
 - 1) Dorsi-flexes foot
 - 2) Inverts foot
 - 3) Everts foot
 - 4) Extends toes