

ANATOMY MUSCLE CHARTS

COMPLETE STUDY GUIDE

Page 1

SAMPLE

HEAD & NECK

Muscles	Origin	Insertion	Action	innervation
Muscles of Posterior Triangle of Neck				
Trapezius	Superior nuchal line, external occipital protuberance, spinous C7, T1	Spinous of scapula, lateral clavicle, acromion	Extends, adducts, elevates and rotates the scapula of the humerus	Cervical plexus (C3-C8)
Levator scapulae	Anterior tubercle of transverse process of C1-C5	Medial process of scapula, superior angle	Elevates scapula	Cervical plexus (C3-C5)
Rectus capitis posterior	Spinous of C1-C2	Superior nuchal line	Extends head	Cervical plexus (C1-C2)
Muscles of Anterior Triangle of Neck				
Sternohyoid	Manubrium of sternum, thyroid gland	Hyoid bone	Depresses hyoid bone	Cervical plexus (C1-C2)
Sternothyroid	Manubrium of sternum, thyroid gland	Thyroid gland	Depresses thyroid gland	Cervical plexus (C1-C2)
Thyrohyoid	Thyroid gland, hyoid bone	Hyoid bone	Elevates hyoid bone	Cervical plexus (C1-C2)
Longus colli	Anterior tubercle of transverse process of C1-C6	Anterior tubercle of transverse process of C1-C6	Flexes, extends, and rotates head	Cervical plexus (C1-C6)
Longus capitis	Anterior tubercle of transverse process of C1-C6	Anterior tubercle of transverse process of C1-C6	Flexes, extends, and rotates head	Cervical plexus (C1-C6)
Other Muscles				
Geniohyoid	Genial tubercle of mandible	Hyoid bone	Elevates hyoid bone	Cervical plexus (C1-C2)
Genioglossus	Genial tubercle of mandible	Hyoid bone	Depresses hyoid bone	Cervical plexus (C1-C2)
Muscles of Facial Expression				
Orbicularis oculi	Orbital rim, lacrimal gland	Orbital rim	Closes eye	Trigeminal (CN V)
Orbicularis oris	Upper lip, mental foramen	Upper lip	Closes mouth	Trigeminal (CN V)
Buccinator	Upper lip, mental foramen	Upper lip	Closes mouth	Trigeminal (CN V)
Masseter	Zygomatic arch, mandible	Mandible	Chewing	Trigeminal (CN V)
Temporalis	Temporal fossa, zygomatic arch	Mandible	Chewing	Trigeminal (CN V)
Muscles of Mastication				
Masseter	Zygomatic arch, mandible	Mandible	Chewing	Trigeminal (CN V)
Temporalis	Temporal fossa, zygomatic arch	Mandible	Chewing	Trigeminal (CN V)
Medial pterygoid	Maxilla, zygomatic arch	Mandible	Chewing	Trigeminal (CN V)
Lateral pterygoid	Maxilla, zygomatic arch	Mandible	Chewing	Trigeminal (CN V)

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Kostopoulos,Konstantine Rizopoulos,2024-06-01 The Manual of Trigger Point and Myofascial Therapy offers the reader a comprehensive therapeutic approach for the evaluation and treatment of Myofascial pain and musculoskeletal dysfunction This user friendly manual will serve as a quick reference for clinically relevant items that pertain to the identification and management of trigger points The first section of the book covers the theory and current research regarding the Myofascial Trigger Point Syndrome The research is the most current and up to date available on the pathogenesis of Myofascial dysfunction clinical symptoms physical findings as well as diagnostic criteria Treatment methods and techniques are also covered in a comprehensive and step by step format The second section includes the most important muscles that tend to have a higher incidence of the Myofascial involvement Each muscle is supplemented by two pages of text and illustrations to better aid the student or clinician in an institutional or practicing setting The muscle page contains a plethora of information for the reader including muscle origin insertion location of trigger points referenced pain patterns myofascial stretching exercises positive stretch signs and biomechanics of injury Extensive full color illustrations and pictures include treatment techniques therapeutic interventions and patient home exercise programs This innovative and concise new clinical reference guide is perfect for the student learning about the diagnosis and treatment of the Myofascial Trigger Point Syndrome or therapist interested learning or applying this successful and effective method of treatment *Physical Therapist Assistant Exam Review Guide* Mark Dutton,2011-05-11 Begin the task of studying for the National Physical Therapy Examination NPTE for Physical Therapist Assistants PTAs by concentrating on those subject areas where you need the most help Physical Therapist Assistant Exam Review Guide includes a bound in online access code for JB TestPrep PTA Exam Review Both resources provide thorough exam preparation help for physical therapist assistant candidates preparing to sit for the certification exam Physical Therapist Assistant Exam Review Guide incorporates thorough overviews of exam content consistent with the Guide to Physical Therapist Practice and the NPTE for PTAs detailing the fundamentals of the profession the body s systems and therapeutic procedures and providing dedicated chapters on pediatrics geriatrics and pharmacology Study questions in each chapter test reader comprehension Key Points boxes highlight important information throughout and tables and figures provide visual points of reference for learners JB TestPrep PTA Exam Review is a dynamic web based program includes interactive exam style questions with instant feedback providing answers and explanations for review and study Test takers can also complete a full final exam and browse their results including a performance analysis summary that highlights which topics require further study All exam results are saved for later viewing to track progress and improvement KEY FEATURES Presents detailed content overviews consistent with the Guide to Physical Therapist Practice and the NPTE

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