

## Definitions for Muscles of the Body

Test over bold print!

1. **Trapezius** – moves, rotates, and stabilizes the should blade and extends the head and neck
2. **Deltoid** - extends, abducts, and flexes the shoulder
3. **Biceps brachii** – flexes elbow and abducts shoulder
4. **Triceps brachii** – extends forearm, long head extension, adducts arm and extends shoulder
5. **Wrist flexors** – flexes and abducts the wrist
6. **Pectoralis major** – flexes, extends and rotates the humerus
7. **Latissimus dorsi** – adducts, extends and internally rotates the arm
8. **Brachialis** – flexes at the elbow joint
9. **Brachioradialis** – flex and supinates the elbow
10. **Wrist extensors** – extends at the wrist, abducts the hand at the wrist
11. **Rectus abdominus** – flexes the lumbar spine
12. **Serratus anterior** – abducts the scapula
13. **External oblique's** – rotates the torso
14. **Rectus femoris** – knee extension and hip flexion
15. **Tensor fasciae latae** – hip flexion, medial rotation, knee abduction, lateral rotation and torso stabilization
16. **Gluteus maximus** – external rotation and extension of the hip joint, supports the extended knee
17. **Vastus lateralis** – extends and stabilizes the knee
18. **Tibialis anterior** – dorsiflexion and inversion of the foot
19. **Abductors** – the outer part of the thigh at the hip, which pull the legs apart
20. **Adductors** – the inner part of the thigh, which pull the legs together
21. **Vastus medialis** – extends the leg
22. **Sartorius** – flexion, abduction, and lateral rotation of the hip, flexion of the knee
23. **Gastrocnemius** – plantarflexion of the foot, flexes knee
24. **Soleus** – plantarflexion (downward movement of the toes)
25. **Peroneus longus** – plantarflexion (downward moving), eversion, support of the arches
26. **Tibialis anterior** – dorsiflexion (backward moving) and inversion of the foot