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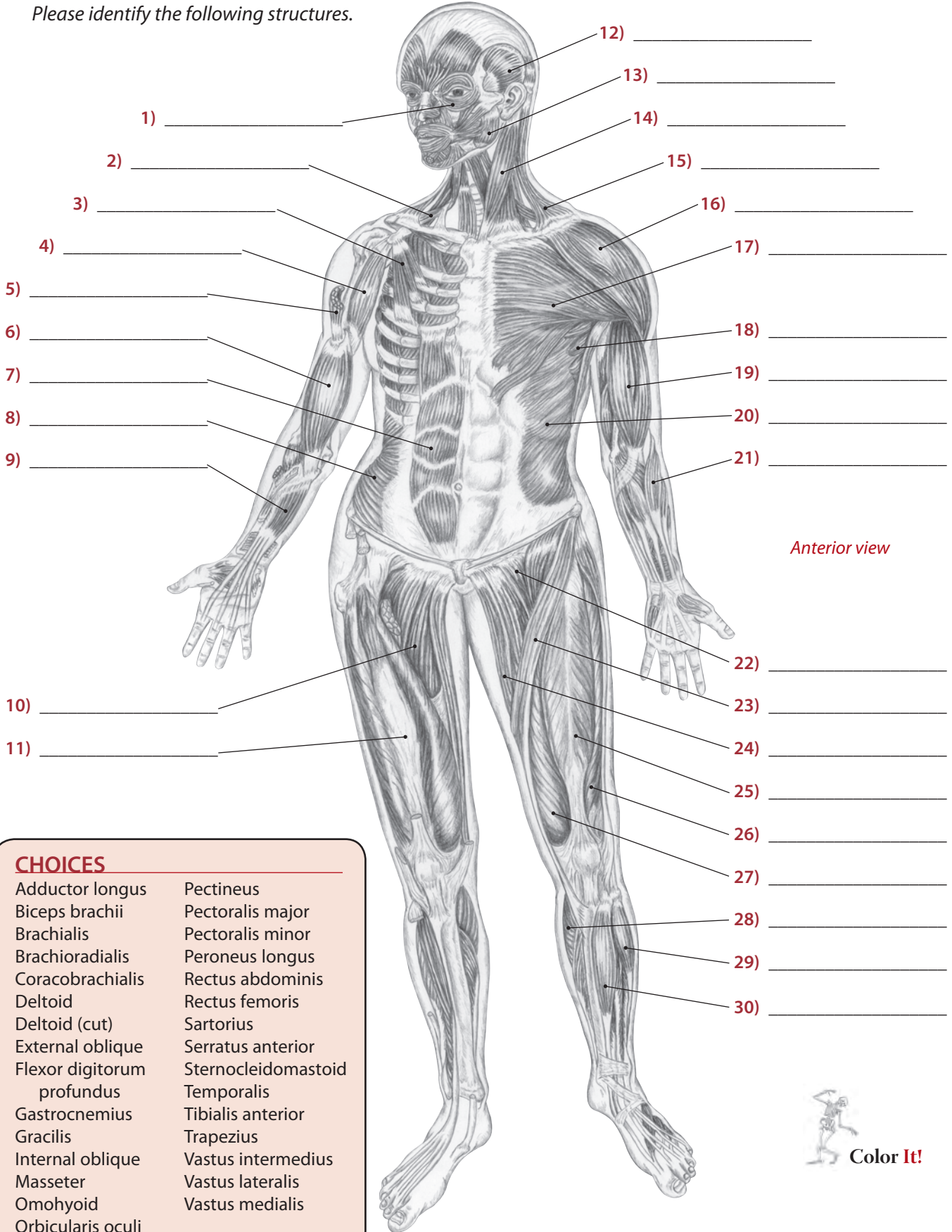
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# Navigating the Body

## Muscular System #1

Please identify the following structures.



Anterior view

**CHOICES**

Adductor longus	Pectineus
Biceps brachii	Pectoralis major
Brachialis	Pectoralis minor
Brachioradialis	Peroneus longus
Coracobrachialis	Rectus abdominis
Deltoid	Rectus femoris
Deltoid (cut)	Sartorius
External oblique	Serratus anterior
Flexor digitorum profundus	Sternocleidomastoid
Gastrocnemius	Temporalis
Gracilis	Tibialis anterior
Internal oblique	Trapezius
Masseter	Vastus intermedius
Omohyoid	Vastus lateralis
Orbicularis oculi	Vastus medialis



**Color It!**



# Spine and Thorax, Muscle Group #1

## Erector Spinae and Transversospinalis Groups

Please answer the following questions.

- 1) The most medial branch of the erector spinae group is the \_\_\_\_\_, while the most lateral is the \_\_\_\_\_.
- 2) In the lumbar region, the erectors lie deep to what connective tissue structure? \_\_\_\_\_
- 3) To contract the lower fibers of the erector spinae group in a prone position, you could ask your partner to perform what action?  
\_\_\_\_\_
- 4) When exploring between the scapulae, can you name two muscles through which you will have to palpate to access the deeper erector spinae fibers?  
\_\_\_\_\_
- 5) Unlike the long, vertical erector fibers, the branches of the transversospinalis group consist of many \_\_\_\_\_ fibers.
- 6) As a group, the transversospinalis muscles can be easily located along the \_\_\_\_\_ of the thoracic and lumbar vertebrae.

Spine & Thorax

7) \_\_\_\_\_

9) \_\_\_\_\_

10) \_\_\_\_\_

11) \_\_\_\_\_

12) \_\_\_\_\_

8) \_\_\_\_\_

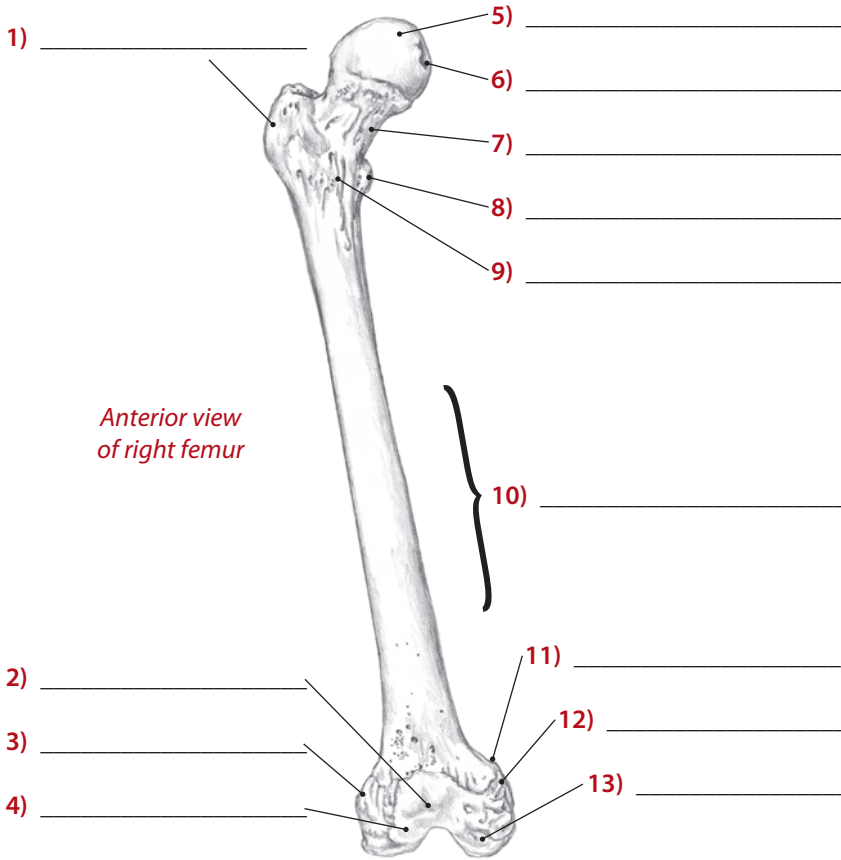
13) \_\_\_\_\_

14) \_\_\_\_\_

*Please fill in the correct name of the branch of the erector spinae muscle.*



## Femur

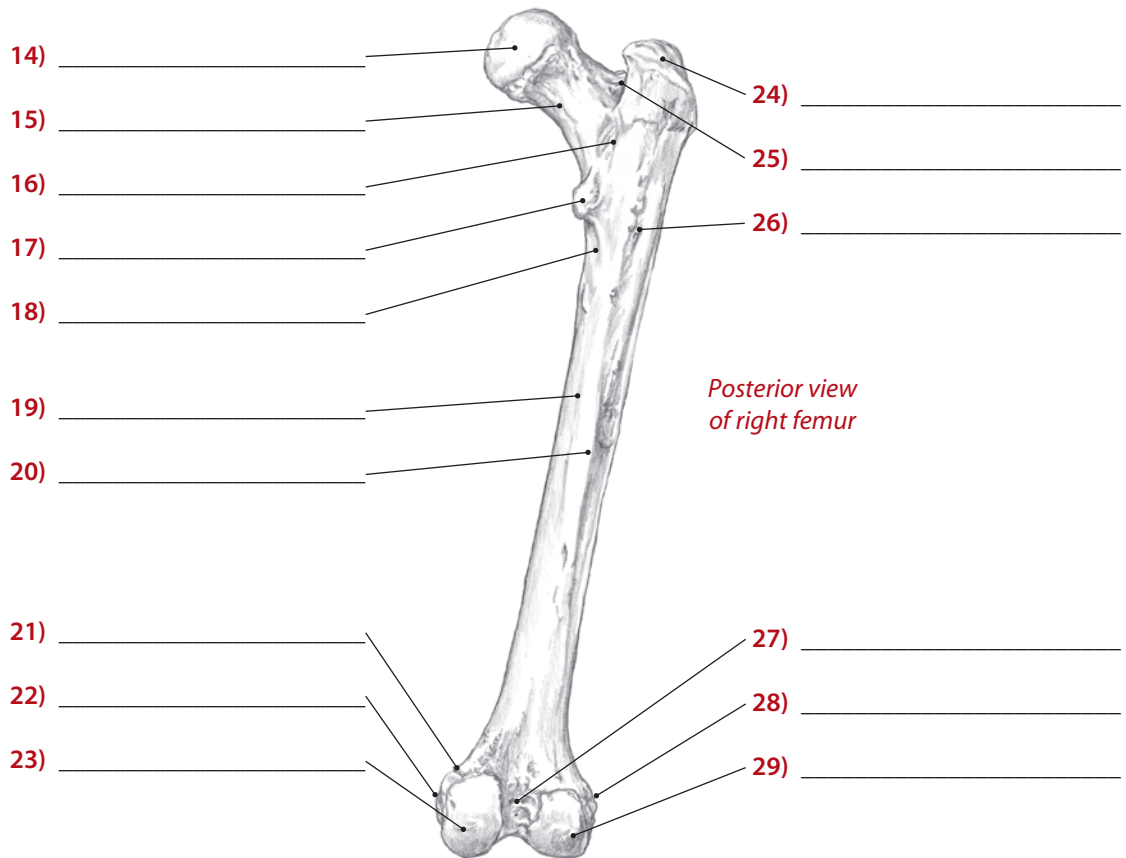


Anterior view of right femur

Please identify the following structures.

### CHOICES

- Adductor tubercle (2)
- Fovea of head
- Gluteal tuberosity
- Greater trochanter (2)
- Head (2)
- Intercondylar fossa
- Intertrochanteric crest
- Intertrochanteric line
- Lateral condyle (2)
- Lateral epicondyle (2)
- Lateral lip of linea aspera
- Lesser trochanter (2)
- Medial condyle (2)
- Medial epicondyle (2)
- Medial lip of linea aspera
- Neck (2)
- Patellar surface
- Pectineal line
- Shaft
- Trochanteric fossa



Posterior view of right femur