

Bio 22 PAL Worksheet
Muscles of the Upper Limbs

1. Define the following key terms:
 - a) Origin –

 - b) Insertion –

 - c) Flexor –

 - d) Extensor –

 - e) Agonist –

 - f) Antagonist –

 - g) Synergist –

2. Using your Lab Manual required terminology page, list ALL the muscles that help move the Pectoral Girdle in their respective category.
 - a) Elevate Scapula:

 - b) Retract Scapula:

 - c) Protract Scapula:

 - d) Rotate Scapula:

 - e) Depress Scapula:

3. Using your Lab Manual required terminology page, list ALL the muscles that help move the Arm at the Shoulder in their respective category.
 - a) Abduction:

 - b) Adduction:

 - c) Flexion:

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- d) Extension:
 - e) Medial Rotation:
 - f) Lateral Rotation:
4. Using your Lab Manual required terminology page, list ALL the muscles that help move the Forearm at the Elbow in their respective category.
- a) Flexion:
 - b) Extension:
5. Fill in the blank with the correct motion corresponding to the Upper Limbs:
- a) A muscle that crosses on the anterior side of a joint produces _____.
 - b) A muscle that crosses on the lateral side of a joint produces _____.
 - c) A muscle that crosses on the posterior side of a joint produces _____.
 - d) A muscle that crosses on the medial side of a joint produces _____.
6. Provide the Origin, Insertion, and ALL Actions of the given muscle:
- a) Trapezius:
 - b) Triceps Brachii Long Head:
 - c) Triceps Brachii Medial Head:
 - d) Triceps Brachii Lateral Head:
 - e) Flexor Digitorum Profundus:
 - f) Teres Major:

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- g) Deltoid:

- h) Latissimus Dorsi:

- i) Flexor Digitorum Superficialis:

- j) Biceps Brachii Long Head:

- k) Biceps Brachii Short Head:

- l) Pectoralis Major: