

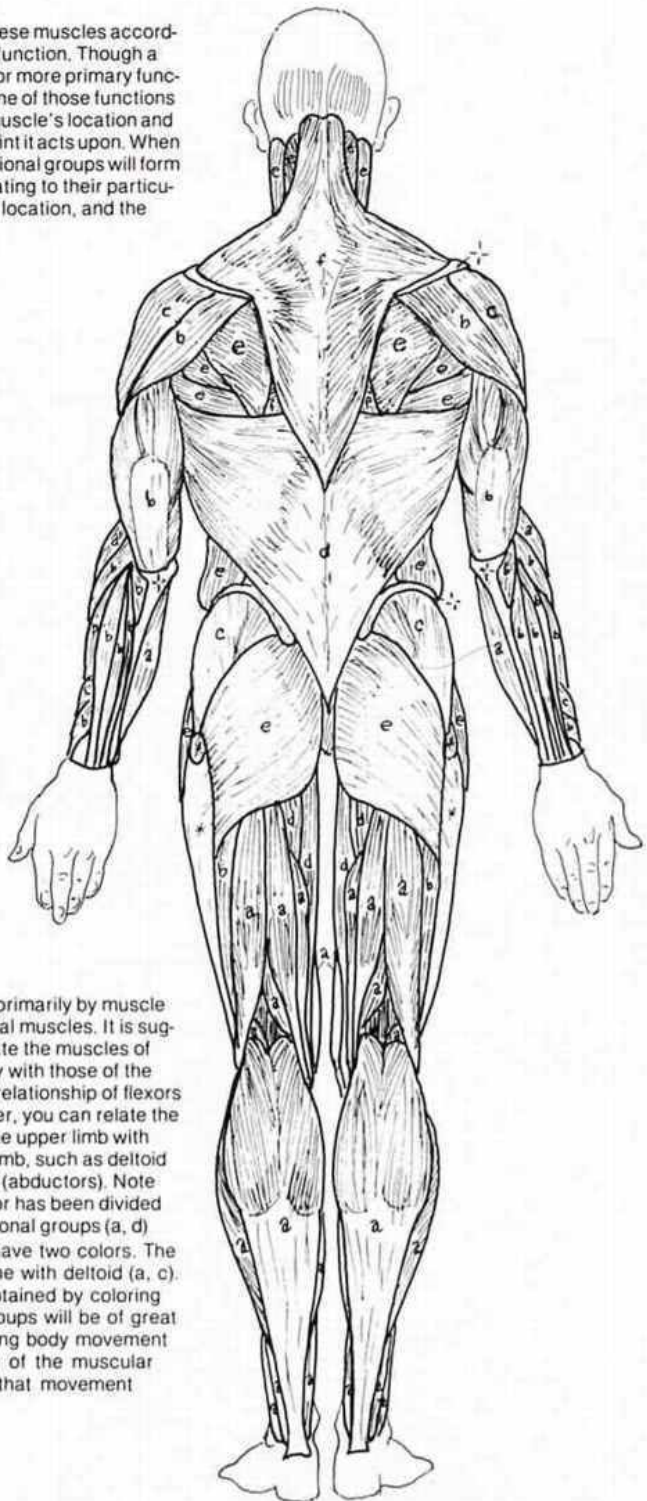
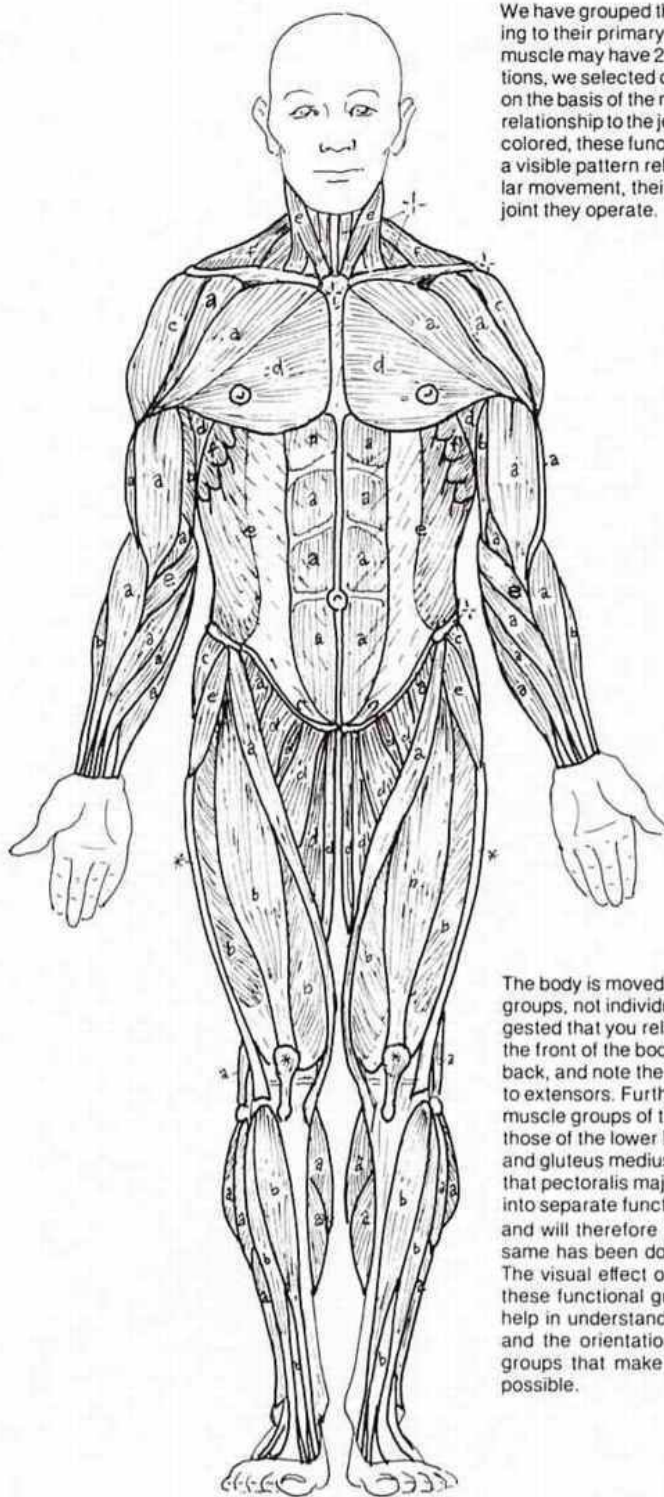
MUSCULAR SYSTEM / REVIEW OF THE BODY RELATED FUNCTIONS*

FLEXORS.
EXTENSORS.
ABDUCTORS.
ADDUCTORS.
ROTATORS.
SCAPULA STABILIZERS.

CN 6

1. Color the 6 areas of related functions of these superficial body muscles.

We have grouped these muscles according to their primary function. Though a muscle may have 2 or more primary functions, we selected one of those functions on the basis of the muscle's location and relationship to the joint it acts upon. When colored, these functional groups will form a visible pattern relating to their particular movement, their location, and the joint they operate.



The body is moved primarily by muscle groups, not individual muscles. It is suggested that you relate the muscles of the front of the body with those of the back, and note the relationship of flexors to extensors. Further, you can relate the muscle groups of the upper limb with those of the lower limb, such as deltoid and gluteus medius (abductors). Note that pectoralis major has been divided into separate functional groups (a, d) and will therefore have two colors. The same has been done with deltoid (a, c). The visual effect obtained by coloring these functional groups will be of great help in understanding body movement and the orientation of the muscular groups that make that movement possible.