Where human muscles get their names

Human body muscles are divided into groups named for the gross movement they cause at bone joints. Names of human muscle groups chara

An individual muscle within a group may, or may not, carry the name of the group as part of its full name. Some muscles are named to match th

Hint: If you spend time necessary to learn the names of human bones well, it will make your study of human muscles much easier. Notice in this ir

The complex arrangement of bone attachments for individual human muscles permits a wide range of controlled elegant movement of the huma

Flexor group vs. extensor group

In human anatomy all descriptions of body motion are based upon the assumption that the starting place is the body in the anatomical position.

roups that cause bending movement that decreases the angle between two body parts – starting from the anatomical position – are called flexors. Bending at

osite movement is extension. Extensor muscles cause movement that increases the angle between body parts. To stand up from a sitting position the knee join

on and adducution

set of descriptive terms, abduction and adduction, were devised to group muscles that pull body structures away from, or toward, the midline of the body, or th

g the arms back to the sides of the body is an example of adduction. Again some of the muscles, but not all, responsible for such movement will include in their

Rotation

Rotational motion at the shoulder, and hip joint may be toward the median of the body, medial rotation, or away from the median of the b

As discussed in another article on this website, Orientation in Anatomy, it is important not to blow off learning these simple opposite terms

The other 2 characteristics you will need to know are each muscle's major points of attachment to its bone – the origin (end of the bone tha

This video by the famous Mr. Ford uses these anatomic terms as he walks you through the muscles of the most complex joint arrangement

Position of appendicular parts

Appendages, arms, legs, and pelvis often move independently of the torso of the body. So, separate directional te

In the scheme of human orientation descriptors anterior is toward the front while posterior is toward the back. Sup