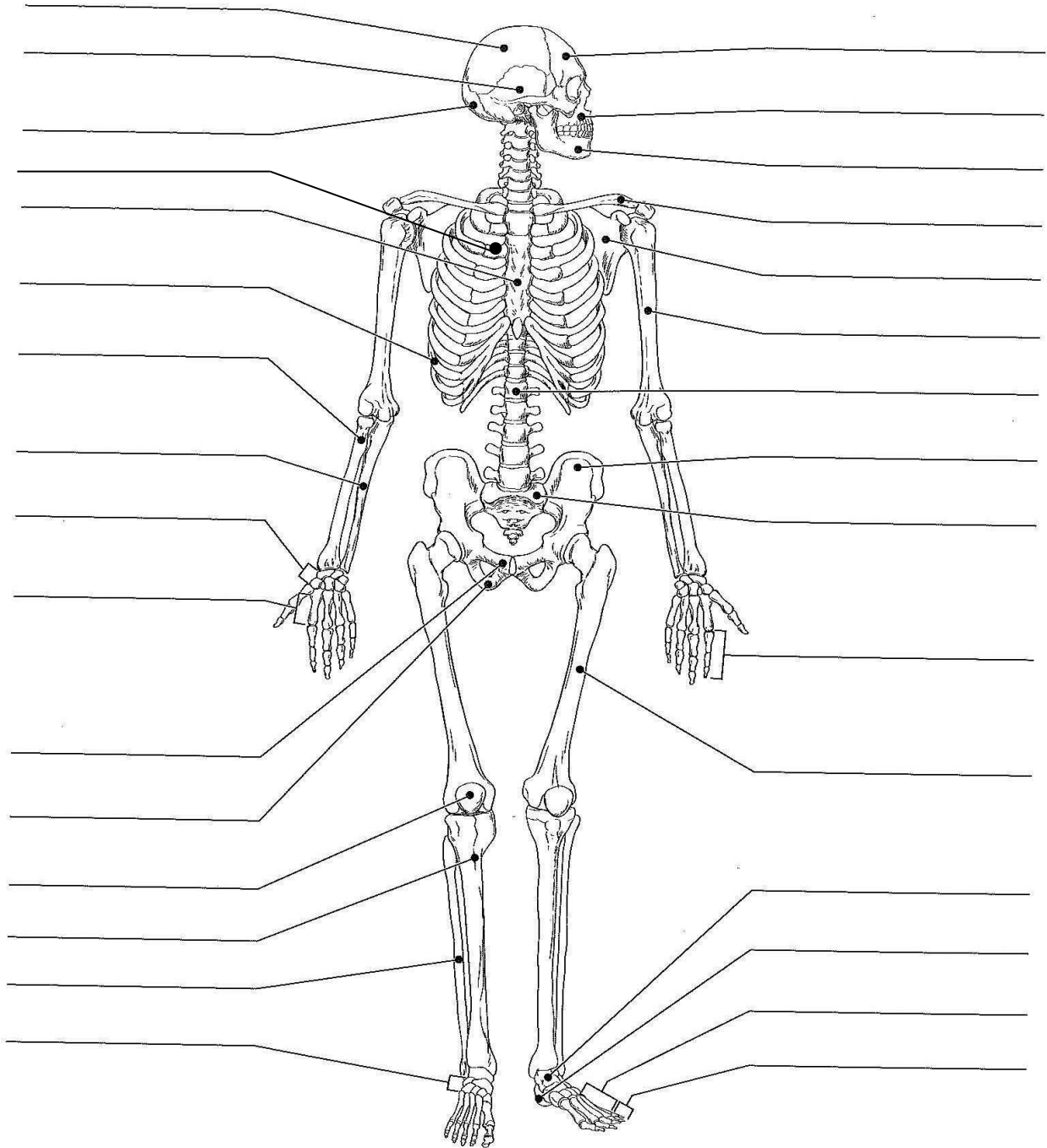


A&P Review for Nursing students  
The Musculoskeletal System

The worksheet below is adapted from

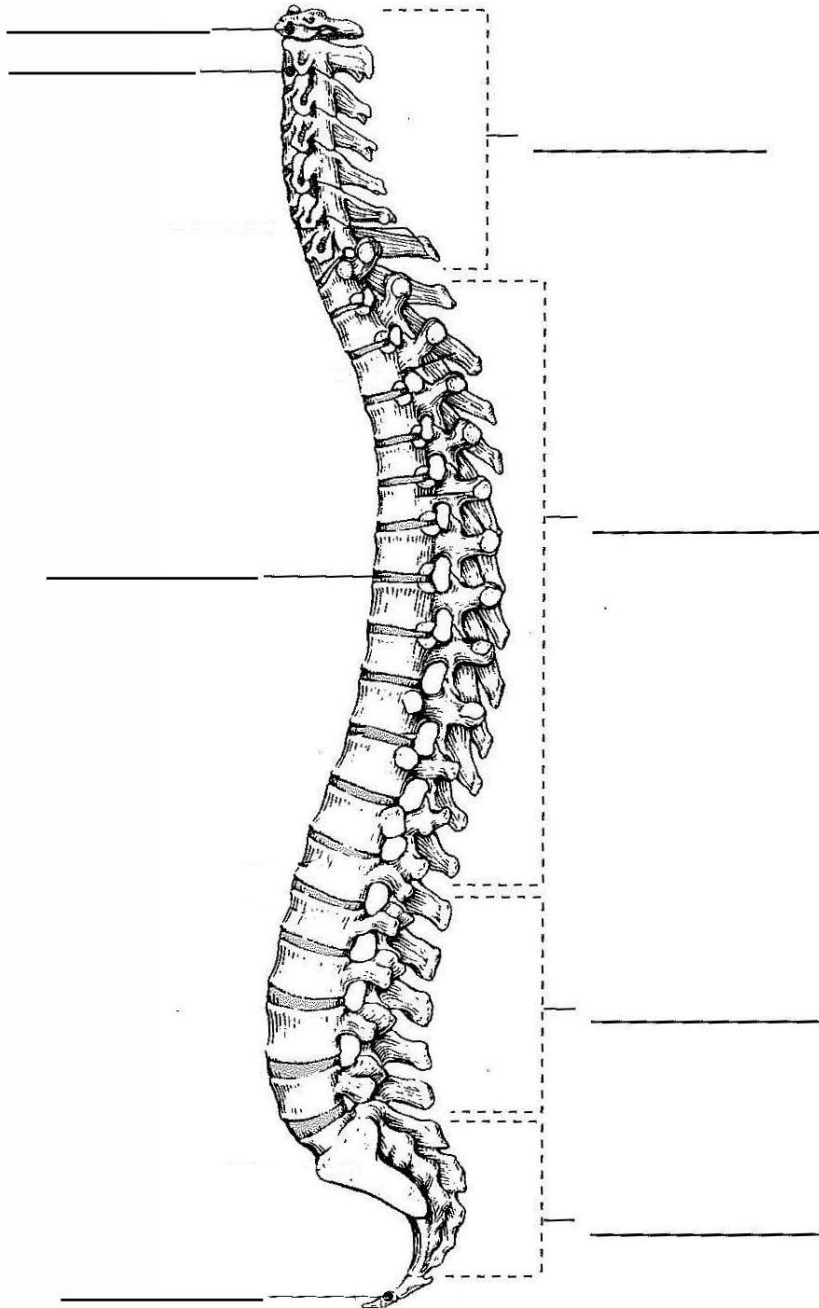
- A. Fundamentals of Anatomy and Physiology (9<sup>th</sup> Ed) by Martin et al
- B. Human Anatomy and Physiology Lab Manual (9<sup>th</sup> Ed) by Marieb and Mitchell

1. Name the 2 divisions of the skeleton and the bones they encompass
2. Fill in the blanks:

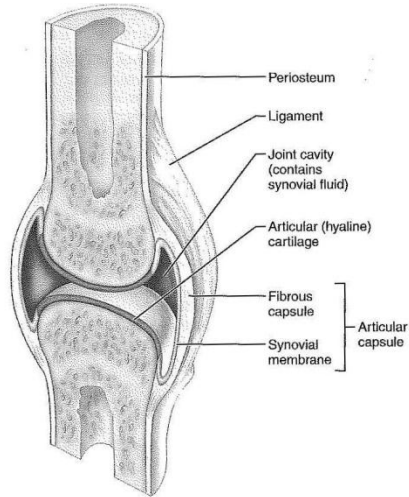


3. What are the 5 main functions of the skeleton?

4. Fill in the blanks:



5. Synovial joints are those that generally freely moveable, such joint are also termed diarthrotic. These are joints in which the articulating bone ends are separated by a joint cavity containing synovial fluid:



General structure of a Synovial Joint

Briefly describe the 6 kinds of synovial joints and give an example of where each is found.

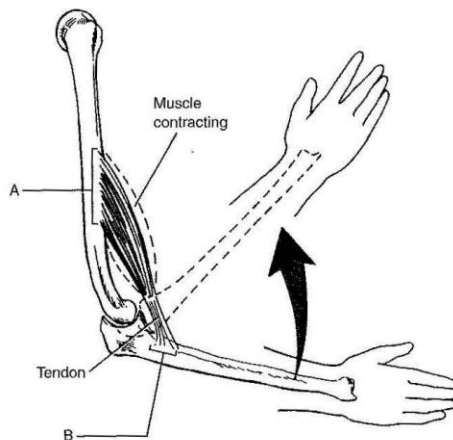
6. Fill in the blanks:

### Movements Allowed by Synovial Joints

10. Which letter of the adjacent diagram marks the origin of the muscle? \_\_\_\_\_ Which letter marks the insertion? \_\_\_\_\_

Insert the words *origin* and *insertion* into the following sentence:

During muscle contraction, the \_\_\_\_\_ moves toward the \_\_\_\_\_.

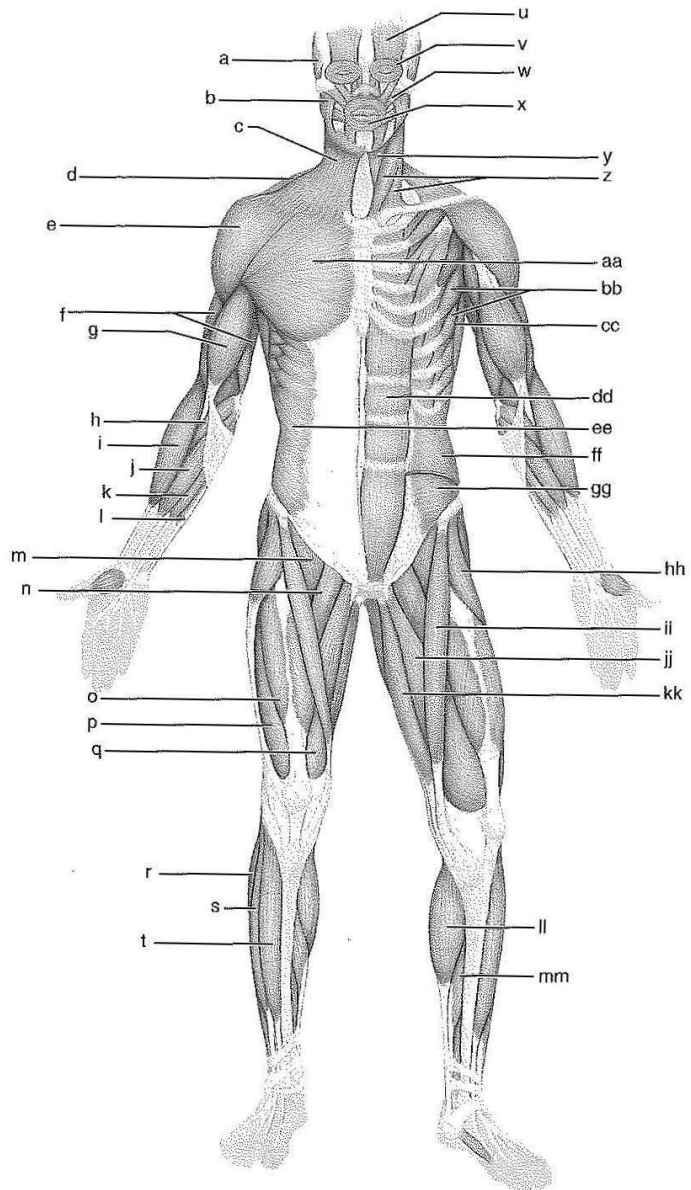


A&P Review for Nursing students  
The Musculoskeletal System

7.

Identify the lettered muscles in the diagram of the human anterior superficial musculature by matching its letter with one of the following muscle names:

- \_\_\_\_\_ 1. adductor longus
- \_\_\_\_\_ 2. biceps brachii
- \_\_\_\_\_ 3. brachioradialis
- \_\_\_\_\_ 4. deltoid
- \_\_\_\_\_ 5. extensor digitorum longus
- \_\_\_\_\_ 6. external oblique
- \_\_\_\_\_ 7. fibularis longus
- \_\_\_\_\_ 8. flexor carpi radialis
- \_\_\_\_\_ 9. flexor carpi ulnaris
- \_\_\_\_\_ 10. frontalis
- \_\_\_\_\_ 11. gastrocnemius
- \_\_\_\_\_ 12. gracilis
- \_\_\_\_\_ 13. iliopsoas
- \_\_\_\_\_ 14. internal oblique
- \_\_\_\_\_ 15. latissimus dorsi
- \_\_\_\_\_ 16. masseter
- \_\_\_\_\_ 17. orbicularis oculi
- \_\_\_\_\_ 18. orbicularis oris
- \_\_\_\_\_ 19. palmaris longus
- \_\_\_\_\_ 20. pectineus
- \_\_\_\_\_ 21. pectoralis major
- \_\_\_\_\_ 22. platysma
- \_\_\_\_\_ 23. rectus abdominis
- \_\_\_\_\_ 24. rectus abdominis
- \_\_\_\_\_ 25. rectus femoris
- \_\_\_\_\_ 26. sartorius
- \_\_\_\_\_ 27. serratus anterior
- \_\_\_\_\_ 28. soleus
- \_\_\_\_\_ 29. sternocleidomastoid
- \_\_\_\_\_ 30. sternohyoid



- \_\_\_\_\_ 31. temporalis
- \_\_\_\_\_ 32. tensor fasciae latae
- \_\_\_\_\_ 33. tibialis anterior
- \_\_\_\_\_ 34. transversus abdominis
- \_\_\_\_\_ 35. trapezius
- \_\_\_\_\_ 36. triceps brachii

A&P Review for Nursing students  
The Musculoskeletal System

Identify each of the lettered muscles in this diagram of the human posterior superficial musculature by matching its letter to one of the following muscle names:

- \_\_\_\_\_ 1. adductor magnus
- \_\_\_\_\_ 2. biceps femoris
- \_\_\_\_\_ 3. brachialis
- \_\_\_\_\_ 4. brachioradialis
- \_\_\_\_\_ 5. deltoid
- \_\_\_\_\_ 6. extensor carpi radialis longus
- \_\_\_\_\_ 7. extensor carpi ulnaris
- \_\_\_\_\_ 8. extensor digitorum
- \_\_\_\_\_ 9. external oblique
- \_\_\_\_\_ 10. flexor carpi ulnaris
- \_\_\_\_\_ 11. gastrocnemius
- \_\_\_\_\_ 12. gluteus maximus
- \_\_\_\_\_ 13. gluteus medius
- \_\_\_\_\_ 14. gracilis
  
- \_\_\_\_\_ 16. infraspinatus
- \_\_\_\_\_ 17. latissimus dorsi
- \_\_\_\_\_ 18. occipitalis
- \_\_\_\_\_ 19. semimembranosus
- \_\_\_\_\_ 20. semitendinosus
- \_\_\_\_\_ 21. sternocleidomastoid
- \_\_\_\_\_ 22. teres major
- \_\_\_\_\_ 23. trapezius
- \_\_\_\_\_ 24. triceps brachii

