

## MUSCLE MOVEMENTS, TYPES, AND NAMES

14. Relative to general terminology concerning muscle activity, first label the following structures on Figure 6-5: insertion, origin, tendon, resting muscle, and contracting muscle. Next, identify the two structures named below by choosing different colors for the coding circles and the corresponding structures in the figure.

- ☐ Movable bone  
☐ Immovable bone



Figure 6-5

16. The terms provided in the key are often used to describe the manner in which muscles interact with other muscles. Select the key terms that apply to the following definitions and insert the correct letter or term in the answer blanks.

### Key Choices

A. Antagonist

B. Fixator

C. Prime mover

D. Synergist

- |       |   |
|-------|---|
| _____ | 1. Agonist  |
| _____ | 2. Postural muscles for the most part                                       |
| _____ | 3. Stabilizes a joint so that the prime mover can act at more distal joints |
| _____ | 4. Performs the same movement as the prime mover                            |
| _____ | 5. Reverses and/or opposes the action of a prime mover                      |
| _____ | 6. Immobilizes the origin of a prime mover                                  |

# The Muscular System Chapter 6 Coloring Workbook

**Stephanie McCann, Eric Wise**



## **The Muscular System Chapter 6 Coloring Workbook:**

**McMurtrie's Human Anatomy Coloring Book** Hogin McMurtrie, 2006 Each year thousands of students studying to be doctors physical therapists and medical technicians have to master the art of anatomy and an equal number of artists want to capture realistic movement and posture What better way to remember each bone muscle and organ than by coloring a picture The very act of drawing entices the student to spend more time with the image and to examine the body's structure more closely That's why this one of a kind coloring book with its concisely written text and easy to color in medical illustrations has always been such a huge seller and why it's now revised into this new user friendly format Arranged according to body systems the color key organization links anatomical terminology to the more than 1 000 precise and detailed black and white illustrations Readers will also appreciate the sleek lay flat design cardboard insert to place under the page for easy drawing and high quality paper that makes doing the work simpler and more pleasurable

**Anatomy Coloring Workbook** I. Edward Alcamo, Princeton Review, 2012 Learning and remembering all of the parts of the body can be overwhelming and the Anatomy Coloring Workbook is an invaluable tool to aid future healthcare professionals with their studies

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**Dental Anatomy Coloring Book** Saunders, 2007-09-14 Featuring an array of coloring and labeling activities Dental Anatomy Coloring Book 2nd Edition provides an easy fun and effective way to memorize the structures of the head and neck region as well as the basic body systems affecting dentistry Each chapter includes several images that you are asked to color and connect with corresponding labels This edition adds more illustrations and NEW review questions with references to specific chapters in core textbooks where more in depth explanations can be found Developed by Margaret

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*Know the Body: Muscle, Bone, and Palpation Essentials* Joseph E. Muscolino, 2011-11-15 A clear concise approach provides the anatomical information you need to excel in massage therapy Know the Body Muscle Bone and Palpation Essentials covers muscle identification plus attachments actions stabilization functions nerve innervation palpation and treatment considerations for each of those muscles Hundreds of full color illustrations make it easier to learn muscle and bone identification as well as bony landmarks Written by expert massage therapy practitioner and educator Joseph E Muscolino Know the Body helps you learn not simply memorize the essentials of muscles bones and palpation Winner of the 2012 Association of American Publishers PROSE Award Nursing Allied Health Sciences Full color overlay style muscle illustrations show anatomical structures and include origin and insertion labeling An introductory overview includes chapters on terminology the skeletal system muscle function and bone palpation Coverage of bones includes the bones and bony landmarks for each body region Review activities in muscle region chapters include short case studies highlighting common conditions related to specific muscles and review questions Treatment considerations explain how to apply muscle and palpation knowledge in massage practice An illustrated stretching atlas is included as the appendix A companion CD includes an interactive review of muscles

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