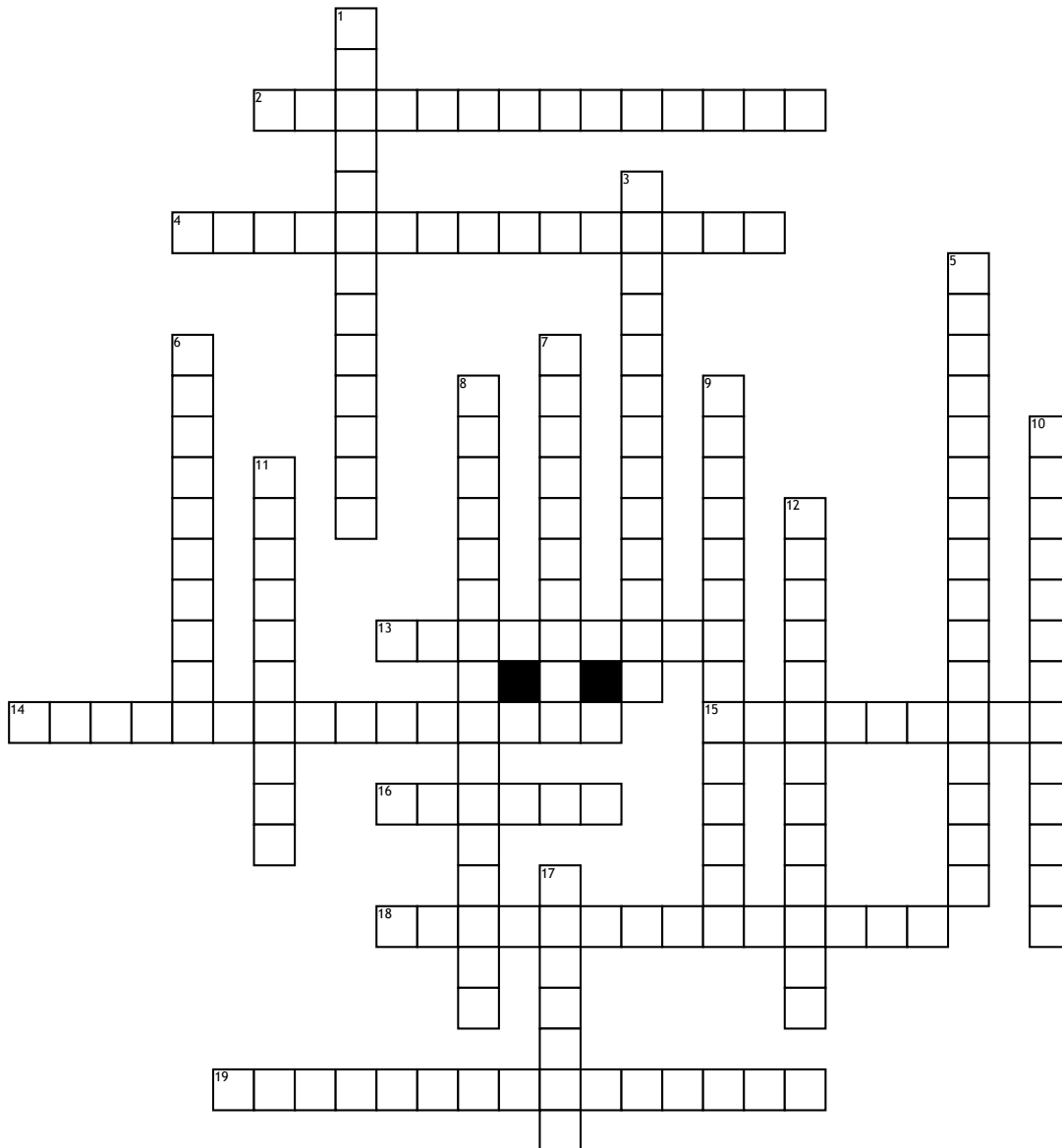


Name: _____

Date: _____

Muscle Actions



Across

- 2. Extension and lateral rotation of leg
- 4. Flexion of vertebral column
- 13. Elevation, depression and retraction of the scapula
- 14. Adduction, extension and medial rotation of the arm. Retraction and depression of shoulder
- 15. Retraction and depression of the scapula. Fixes the scapula to the thoracic wall
- 16. Plantar flexion of foot

- 18. Abduction and medial rotation of leg

- 19. Adduction, flexion and medial rotation of arm

Down

- 1. Abduction and medial rotation of leg
- 3. Flexion of elbow and supination of forearm
- 5. Compression of abdomen, flexion of vertebral column and rotation of vertebral column
- 6. Flexion of femur and vertebral column. Flexion and lateral rotation of leg

- 7. Flexion of the femur and extension of the knee femur
- 8. Rotation of vertebral column, compression of abdomen and flexion of vertebral column
- 9. Extension of elbow
- 10. Extension of the vertebral column
- 11. Extension, medial and lateral rotation of leg. Flexion of knee
- 12. Plantar flexion of foot and flexion of knee
- 17. Abduction, extension, lateral rotation, flexion and medial rotation of arm