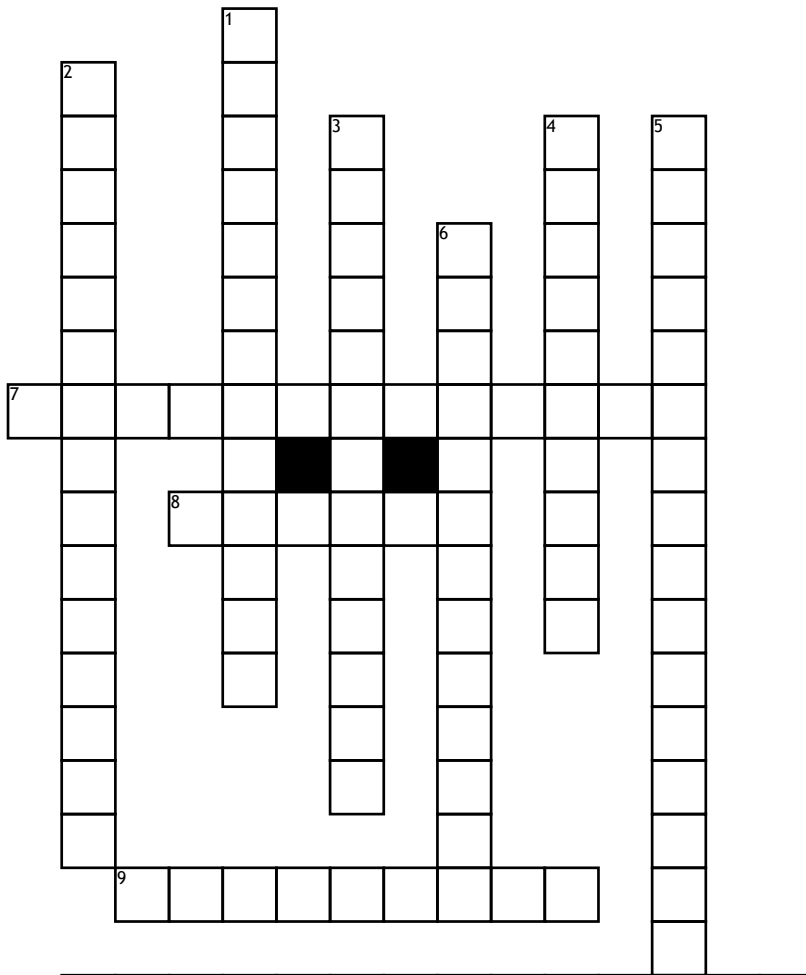


Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Muscles - Arm, Forearm, Leg, Hip, and Thigh



## Across

**7.** a large fan-shaped muscle located in the posterior hip, extending from the ilium to the proximal femur. is the prime mover of abduction at hip joint.

**8.** calf muscle

**9.** aka tailor's muscle, longest muscle in the body, helps to flex and rotate your hip and flex your knee ex. Sit with on leg crossed over the other then it would be in action; anterior compartment of thigh- runs from hip flexor and over the knee joint

**10.** is a thick fleshy muscle with a quadrangular shape. It is a large muscle and plays a prominent role in the maintenance of keeping the upper body erect

## Down

**1.** location/structure; runs straight down the thigh (middle), only muscle that crosses the hip, function; helps with thigh flexion-extending the knee and flexing the hip

**2.** function; assists with extending knee joint and stabilizing the patella, attaches to outer border of the patella, location/structure; on lateral side of the thigh, largest muscle of the quadriceps

**3.** a muscle of the posterior compartment of the thigh, and lies in the posterolateral aspect The primary function is flexion of the knee

**4.** deep to brachii and biceps and allows elbow flexion by lifting the ulna as the biceps lifts the radius

**5.** attaches to humerus and digits and its function is to extend the wrist joint

**6.** attaches to shoulder girdle and radial tuberosity and allows you to flex your forearm