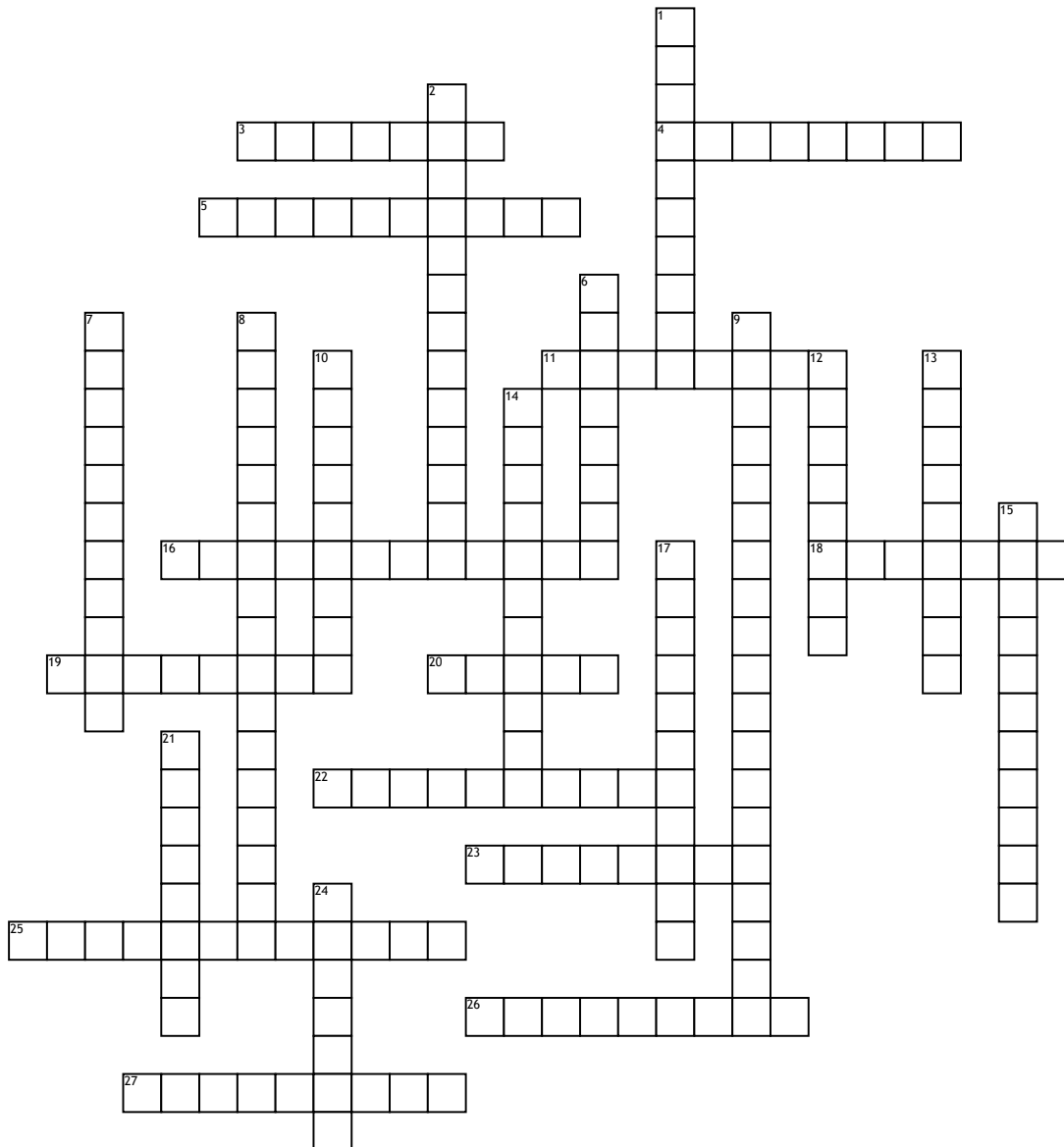


Name: \_\_\_\_\_

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

# Muscles of the Axial Skeleton



## Across

3. Inserts on Anterior part of the iliac crest, rectus sheath to the linea alba External
4. Originates fascia covering the superior part of the pectoralis major
5. Inserts on the medial surface of the ramus of the mandible, articular disc and capsule of temporomandibular joint, and neck of mandible
11. Inserts on the angle and ramus of the mandible (Primary muscle used in mastication)
16. inserts on the superior border of the rib below (Originates on the inferior surface of the borders of the ribs above)
18. Originates on the lateral inguinal ligament, iliac crest, and thoracolumbar fascia Internal
19. Small square muscle that originates on the posterior iliac crest Quadratus
20. Muscle Group that Laterally flexes and Extends the spinal column Erector Spinae
22. Inserts on the inferior border of the mandible

23. originates on the ligamentum nuchae and the lower spinous processes of the thoracic vertebrae and the upper spinous processes of the lumbar
25. originates in the common tendon and posterior surface of ribs 1-12

26. originates on the sacrum and transverse processes of the lumbar through cervical vertebrae (Ascending)

27. Originates on the pubic crest and pubic symphysis (6 pack muscle.) Rectus

## Down

1. Originates at the temporal fossa and fascia
2. Inserts on the inferior nuchal lines of the occiput and transverse process of the atlas bone (C1)
6. Inserts on the 1st and 2nd ribs (Brachial plexus innervates the arm through here)
7. inserts on the Transverse processes of the cervical vertebrae and the mastoid process of the temporal bone
8. Originals on the galea apponeurotica

9. Originates on the top of the manubrium and medial one third of the clavicle

10. Originates on the inner surface of the lower six ribs, upper two or three lumbar vertebrae, and inner part of the xiphoid process

12. inserts on the spinous processes of the lumbar vertebrae through the second cervical vertebrae

13. Originates on the lateral inguinal ligament, iliac crest, thoracolumbar fascia, and internal surface of lower six ribs (hour glass muscle) Transverse

14. Originates on the top of the manubrium, thyroid cartilage, and the superior border of the scapula

15. Inserts on the hyoid bone

17. Originates on the bodies of the C5-T3 and the transverse processes of C3 through C5

21. Inserts on the transverse processes of the C1-C3 Splenius

24. Originates on the inferior one half of the ligamentum nuchae and the spinous processes of C7-T4 Splenius