Gross Anatomy: Muscles of Trunk
Chapter 6

Objectives
1. Name and locate major muscles of the human body on a torso or diagram.
2. State the action of the major muscles of the human body
3. State the origin and insertion of the major muscles of the human body

Trunk Muscles
- **Pectoralis Major** – superficial upper chest muscle; adducts & flexes the arm (humerus)
- **Intercostal muscles** – deep muscles between the ribs
  - Raise rib cage for inhaling & depresses rib cage for exhaling
  - 2 sets – internal & external
- **Rectus Abdominis** – paired muscles; most superficial of abs; flexes vertebral column, compressed abdomen during defecation & childbirth
- **External Obliques** – paired muscles on lateral wall of abdomen; flex & rotate vertebral column
- **Internal Obliques** – deep to external; flex & rotate vertebral column
- **Transversus Abdominis** – deepest layer; runs horizontal; compress abdominal contents
Abdominal Wall Muscles (1)
- Rectus abdominis
- External oblique
- Internal oblique
- Transversus abdominis

Abdominal Wall Muscles (2)

Abdominal Wall Muscles (3)
- Internal oblique

Abdominal Wall Muscles (4)
- Transversus abdominis
• **Trapezius** – diamond or kite shaped; extends neck & adducts scapula
• **Latissimus dorsi** – covers lower back; extends & adducts humerus
• **Erector Spinae** – composed of 3 columns
  – Longissimus
  – Iliocostalis
  – Spinalis

– [http://www.gwc.maricopa.edu/class/bio201/head/head1.htm](http://www.gwc.maricopa.edu/class/bio201/head/head1.htm)

<table>
<thead>
<tr>
<th>Muscle</th>
<th>Origin</th>
<th>Insertion</th>
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</thead>
<tbody>
<tr>
<td>pectoralis major</td>
<td>sternum, clavicle, 1st to 5th ribs</td>
<td>proximal humerus</td>
</tr>
<tr>
<td>rectus abdominus</td>
<td>pubis</td>
<td>sternum and 5th to 7th ribs</td>
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<tr>
<td>external oblique</td>
<td>lower 8 ribs</td>
<td>iliac crest</td>
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</tbody>
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<thead>
<tr>
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<tbody>
<tr>
<td>latissimus dorsi</td>
<td>lower spine and iliac crest</td>
<td>proximal humerus</td>
</tr>
<tr>
<td>trapezius</td>
<td>occipital bone and all cervical and thoracic vertebrae</td>
<td>scapular spine and clavicle</td>
</tr>
<tr>
<td>erector spinae</td>
<td>iliac crests, ribs 3-12 and vertebrae</td>
<td>ribs, thoracic and cervical vertebrae</td>
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</tbody>
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