

## Properties of Muscles

(property is a distinguishing characteristic)

1. Elasticity
2. Irritability

## Muscle Nomenclature

Muscle names may be derived from their

1. Situation: pectoralis or tibialis
2. Points of attachment: sternomastoid
3. Shape: trapezius
4. Structure: triceps, digastric
5. Direction: rectus, oblique
6. Function: flexor, ~~abductor~~ *abductor*

## Muscle Action

No muscle acts as a single unit, <sup>but</sup> in a combination of muscles in even the simplest movement. Movement is essentially not absolute, but general in relation to musculature.

When muscle contracts its insertion is generally approximated to origin where both attachments are movable, frequently the <sup>origin</sup> ~~insertion~~ may for time become relatively more fixed than insertion.

The different ways in which individual muscles may function in any given movement are as follows:

1. Prime movers--those which by their active contractions are responsible for the actual movements of parts which occur.
2. Antagonists--capable by their contraction of producing the reverse movement, and by their relaxation enable the movement to be effected. Have a reciprocal action with the prime movers.