

Muscle Bingo Choice Sheet

Muscle Name	Description	Location	Function
Adductor longus	one of the "hip flexor" group of muscles	long, triangular muscle from the pubic bone to the femur	adducts, flexes, and rotates the thigh
Adductor magnus	one of the "hip flexor" group of muscles	large, triangular muscle from the hip bone to the femur	adducts, extends, and rotates the thigh
Biceps brachii	long, rounded muscle of the upper arm; commonly known "bicep"	connects the scapula to the radius and ulna	flexes the lower arm (brings the lower arm next to the upper arm); rotates the hand
Biceps femoris	one of the hamstring muscles	connects the pelvis and femur to the fibula and tibia	flexes and rotates the lower leg; extends the thigh; straightens the hip
Brachialis	large muscle of the upper arm	connects the humerus to the ulna	the strongest flexor of the elbow (brings the lower arm next to the upper arm)
Brachioradialis		connects the humerus to the radius	flexes and rotates the elbow (brings the lower arm next to the upper arm)
Buccinator		muscle in the wall of the cheek	causes the cheek to compress inward to aide chewing
Cardiac	striated and branched; involuntary muscle; centrally located nucleus	the heart	type of muscle fiber in the heart
Coracobrachialis		connects the scapula to the middle of the humerus	flexes and adducts the upper arm (brings the shoulder and upper arm close to the body)
Deltoid	thick, triangular muscle over the shoulder; commonly known as the "deltoids"	connects the clavicle and scapula to the humerus	abducts the upper arm (moves the upper arm away from the body)
Diaphragm	spasms cause the hiccups	dome-shaped muscle that separates the abdominal cavity from the chest (thoracic) cavity	controls breathing
Extensor carpi		connects the humerus to the hand	extends the wrist; adducts the hand
Extensor digitorum		connects the humerus to the fingers	extends the fingers, wrist, and elbow
Extensor digitorum longus		connects the tibia to the toes	extends the toes and ankle
External intercostals		between the ribs	raises the ribs; aides breathing
External oblique	commonly known as the "obliques"	large superficial muscle that connects the lower ribs to the pelvis	tenses the abdominal wall; compresses the abdomen; depresses the ribs; flexes the backbone

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Flexor carpi radialis		connects the humerus to the hand along the radius	abducts and flexes the wrist and hand
Flexor carpi ulnaris		connects the humerus to the hand along the ulna	adducts and flexes the wrist and hand
Flexor digitorum longus		connects the tibia to the toes	extends (points) the foot and toes (like a ballerina)
Flexor digitorum profundus		large muscle that connects the ulna to the palm through the carpal tunnel	used to make a fist
Flexor digitorum superficialis		large muscle connecting the humerus, ulna, and radius through the carpal tunnel to the fingers	flexes the hand and fingers
Frontalis		covers the frontal bone (forehead)	raises the eyebrows and wrinkles the forehead
Gastrocnemius	largest muscle in the calf	connects the femur to the heel	flexes the lower leg (brings the heel to the buttocks); points the foot; spasms are called "charley horse"
Gluteus maximus	largest muscle in the body	forms the buttocks	extends and rotates the thigh; acts with abdominal muscles for erect posture
Gluteus medius		connects the pelvis to the femur	abducts and rotates the thigh
Gracilis	long, strap-like muscle	connects the pubic bone to the tibia	abducts the thigh; flexes the lower leg
Iliacus	large, fan-shaped muscle	connects the lumbar vertebrae to the femur	flexes the hip and thigh
Infraspinatus	one of the rotator cuff muscles; second-most injured rotator cuff muscle	connects the scapula to the humerus	rotates the upper arm
Internal oblique	broad, thin muscle	connects the pelvis to the lower ribs	rotates the torso; flexes the backbone; reduces the volume of the chest cavity during exhalation
Lateral pterygoid		attaches the top of the jaw to the skull	the only muscle to open the jaw; causes the jaw to protrude or move side-to-side
Latissimus dorsi	largest muscle in the lower back	wide, triangular muscle from the lower back around the side and to the armpit	adducts, extends, and rotates the upper arm
Longissimus capitis	one of the deep muscles in the back	narrow band of muscle that connects the neck to the side of the head	extends, bends, and rotates the head
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Masseter	largest muscle in the cheek	thick muscle that extends from the front of the ear to the jaw	raises the jaw to close the mouth
Medial pterygoid		attaches the jaw to the skull	closes the jaw and moves the jaw side-to-side
Nasalis		small muscle on either side of the nose	opens and closes the nasal passageways
Occipitalis		covers the forehead	raises the eyebrows
Orbicularis oculi		ring-like muscle that surrounds the eye	causes the eye to close or blink
Orbicularis oris		ring-like muscle that surrounds the mouth	causes the lips to close or pucker
Palmaris longus	slender muscle on the side of the forearm	connects the upper arm to the palm	flexes the wrist
Pectoralis major	thick, fan-shaped muscle in the upper chest; commonly known as the “pecs”	connects the thorax through the armpit to the upper arm	abducts and flexes the upper arm
Pelvic floor	long, strap-like muscle on the outside of the lower leg	several muscles that support the bladder, intestines and the uterus in females	supports the pelvic organs
Peroneus		connects the tibia and fibula to the foot	points the foot; supports the arch of the foot
Platysma		thin muscle that extends from the chest to the face	pulls the mouth downward into a pout
Pronator quadratus		connects the ulna to the radius	rotates the arm
Pronator teres	short muscle	connects the humerus and ulna to the radius	rotates the arm; flexes the elbow
Psoas major	one of the “hip flexor” group of muscles	long, thick muscle that connects the lumbar vertebrae to the femur	flexes the thigh
Quadriceps femoris group		a group of four muscles along the front and sides of the thigh that connect the thigh to the tendon over the patella	extends the knee
Rectus abdominis	commonly known as the “six-pack”	connects the pubic bones to the ribs and sternum	compresses the abdomen; flexes the backbone
Rectus femoris	the major thigh muscle; one of the quadriceps group of muscles (or “quads”)	connects the pelvis to the fibia and tibia	flexes the thigh; extends the lower leg
Rhomboideus major		connects the upper thoracic vertebrae to the scapula	raises the scapula
Sartorius	one of the “hip flexor” group of muscles	passes across the front of the thigh and descends to the knee	flexes and rotates the thigh and leg

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Semimembranosus	one of the hamstring muscles	muscle on the back of the thigh; connects the pelvis to the tibia;	extends the hip and thigh; bends the knee
Semispinalis capitis		sheet-like muscle extending upward from the vertebrae in the neck to the skull	extends, bends, or rotates the head
Semitendinosus	one of the hamstring muscles	long, band-like muscle on the back of the thigh	extends the hip and thigh; bends the knee
Serratus	called the “boxer’s muscle”	broad curved muscle located on the side of the chest	moves the scapula forward and helps to raise the arm
Skeletal	long, striated muscle fibers; multiple nuclei located at the edge of the muscle fiber	attached to bones	voluntary muscle
Smooth	short, non-striated muscle fiber; single, centrally located nucleus	internal organs	involuntary muscle
Soleus	part of the calf	connects the fibula and tibia to the heel	points the foot; assists in walking and standing
Splenius capitis		strap-like muscle located in the back of the neck; connects the base of the skull to the vertebrae in the neck	rotates and bends the head; holds the head upright
Sternocleidomastoid		long muscle on the side of the neck from the thorax to the base of the skull behind the ear	flexes and rotates the head
Subscapularis	one of the rotator cuff muscles	large, triangular muscle that connects the scapula to the humerus	rotates the upper arm forward and downward
Supinator	short muscle	connects the ulna and humerus to the radius	rotates the forearm until the hand is in the supine position
Supraspinatus	one of the rotator cuff muscles; most often injured rotator cuff muscle	connects the scapula to the upper arm	abducts the upper arm
Temporalis		fan-shaped muscle that extends from the side of the skull above the ear to the front of the ear	raises and pulls the jaw backward, closing the jaw
Tensor fasciae	flat muscle; one of the “hip flexor” group of muscles	connects the pelvis to the thigh	abducts, flexes and rotates the thigh

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Teres major		connects the scapula to the humerus	pulls the upper arm backward and downward; rotates the upper arm
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Teres minor	one of the rotator cuff muscles	small muscle connects the scapula to the upper arm	rotates the upper arm
Tibialis anterior	elongated muscle on the shin	connects the tibia to the ankle	flexes the foot; stabilizes the ankle while walking
Tibialis posterior	deepest muscle of the calf	connects the tibia and fibula to the ankle and foot	points the foot; stabilizes the leg while walking
Transversus abdominis	major muscle of the core abdominal muscles	muscle with fibers that run perpendicular to the obliques	tenses the abdominal wall; compresses the abdomen
Trapezius		large, triangular muscle in the upper back	rotates the scapula; moves the shoulder; extends the head; functions during a shrug
Triceps brachii	only muscle on the back of the upper arm; also called the "tricep"	connects the humerus and scapula to the ulna	extends the lower arm
Vastus	with the rectus femorus, compose the quadriceps group of muscles (or "quads")	group of three muscles that make up the top of the thigh	flex the thigh
Zygomaticus		connects the zygomatic arch to the corner of the mouth	causes the mouth to smile