

## MUSCULAR SYSTEM WORKSHEETS

NAME : \_\_\_\_\_ PERIOD \_\_\_\_\_

### LOWER BODY

#### Lower Limb-Gluteal Region :

The Gluteal muscles are in 3 Layers : most superficial is the \_\_\_\_\_, \_\_\_\_\_ intermediately is the \_\_\_\_\_ + the deepest layer is the \_\_\_\_\_.

The \_\_\_\_\_ tract, a thickening of the deep fascia (Fascia lata) of the thigh helps stabilize the \_\_\_\_\_ joint laterally.

The muscle \_\_\_\_\_ ( flexor & medial rotator of the \_\_\_\_\_ ) inserts into this fibrous band, tensing it:

#### Lower Limb-Posterior Thigh:

The 3 muscles that make up the Hamstrings are the: ( lateral to medial )

i) \_\_\_\_\_ ii) \_\_\_\_\_ iii) \_\_\_\_\_

The Hamstrings are active during normal \_\_\_\_\_. In relaxed standing, the hamstrings & gluteus maximus are \_\_\_\_\_.

The Hamstrings are \_\_\_\_\_ of the knee joint and \_\_\_\_\_ of the hip joint.

#### Lower Limb - Medial Thigh:

The medial thigh muscles consist mainly of the hip joint \_\_\_\_\_.

List the 5 adductor muscles of the medial thigh: ( lateral to medial )

i) \_\_\_\_\_ iv) \_\_\_\_\_  
ii) \_\_\_\_\_ v) \_\_\_\_\_  
iii) \_\_\_\_\_