

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) _____