

Medical Terminology: Naming Muscles

- **Rectus:** parallel to midline.
- **Transverse:** perpendicular to midline.
- **Oblique:** diagonal to midline.
- **Maximus:** largest.
- **Medius:** intermediate.
- **Minimus:** smallest.
- **Longus:** long.
- **Brevis:** short.
- **Latissimus:** widest.
- **Longissimus:** longest.
- **Magnus:** large.
- **Major:** larger.
- **Minor:** smaller.
- **Vastus:** huge.
- **Deltoid:** triangular.
- **Trapezius:** trapezoidal.
- **Serratus:** saw-toothed, serrated like knives.
- **Rhomboid:** diamond-shaped.
- **Orbicularis:** circular.
- **Pectinate:** comblike.
- **Piriformis:** pear-shaped.
- **Platys:** flat.
- **Quadratus:** square, 4-sided.
- **Gracilis:** slender.
- **Flexor:** decreases joint angle.
- **Extensor:** increases joint angle.
- **Abductor:** move away from midline.
- **Adductor:** bring toward midline.
- **Levator:** elevate, raise.
- **Depressor:** depresses, lowers.
- **Supinator:** to rotate to supine position.
- **Pronator:** to rotate to prone position.
- **Sphincter:** to decrease size of an opening.
- **Tensor:** make more rigid.
- **Rotator:** to rotate.
- **Biceps:** 2 origins.
- **Triceps:** 3 origins.
- **Quadriceps:** 4 origins

Reference

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