

Vocabulary #412 Cosmetic Injectables & Muscular System

Auricularis Posterior - Muscle behind the ear that draws the ear backward. One of the three extrinsic muscles of the ear.

Benefit: muscle that draws ear backwards.

Fact: They are inserted into the lower part of the cranial surface of the concha.

Auricularis Superior - Muscle above the ear that draws the ear upward. A thin fan shaped muscle that is one of 3 extrinsic muscles of the ear.

Benefit: muscle that draws ear upward.

Fact: thin and fan-shaped.

Belly (Muscle) - Middle part of a muscle. The sum of all the muscle fibers in any given muscle

Benefit: middle part.

Fact: muscle belly means that the muscle attaches high on the tendon

Bicep - Muscle producing the contour of the front and inner side of the upper arm. A muscle with two heads or points of origin.

Benefit: contour of front and inner side of upper arm

Fact: When the biceps contracts, it pulls the forearm up and rotates it outward.

Buccinator - Thin, flat muscle of the cheek between the upper and lower jaw that compresses the cheeks and expels air between the lips. A thin quadrilateral muscle, occupying the interval between the maxilla and the mandible at the side of the face.

Benefit: thin flat muscle between upper and lower jaw.

Fact: It forms the anterior part of the cheek or the lateral wall of the oral cavity.

Cardiac Muscle - The involuntary muscle that makes up the heart. A type of muscle tissue that is found only in the heart and is distinguishable from the two other forms of muscle and skeletal muscle

Benefit: makes up the heart

Fact: Cardiac muscle is one of three major types of muscle, the others being skeletal and smooth muscle.

Auricularis Anterior - Muscle in front of the ear. Facial muscle of the external ear.

Benefit: front of ear.

Fact: The auricularis anterior arises from the temporal fascia

Corrugator Muscle - Facial muscle that draws eyebrows down and wrinkles the forehead vertically. It is located at the medial end of the eyebrow, beneath the frontalis and just above orbicularis oculi muscle

Benefit: draws eyebrows down

Fact: It arises from the medial end of the super ciliary arch

Deltoid - Large, triangular muscle covering the shoulder joint that allows the arm to extend outward and to the side of the body. Each of the 3 parts of a deltoid muscle, attached at the front, side, and rear of the shoulder.

Benefit: muscle covering shoulder joint.

Fact: It is called so because it is in the shape of the Greek capital letter delta (Δ).

Depressor Labii Inferioris - Muscle surrounding the lower lip; depresses the lower lip and draws it to one side; also known as quadratus labii inferioris. Is a facial muscle that helps lower the bottom lip.

Benefit: surrounding lower lip

Fact: yellow fat is intermingled with the fibers of this muscle.

Diaphragm - Muscular wall that separates the thorax from the abdominal region and helps control breathing. The diaphragm is the dome shaped sheet of muscle and tendon that serves as the main muscle of respiration and plays a vital role in the breathing process. Benefit: helps control breathing.

Fact: found along the lumbar vertebrae of the spine and the inferior border of the ribs and sternum.

Epicranius - Broad muscle that covers the top of the skull; also called occipito-frontalis. Pulls the scalp back so that the eyebrows are lifted and the forehead can wrinkle. Benefit: covers the top of skull.

Fact: Blunt trauma or other damage to the epicranial muscle can cause facial paralysis.

Flexors - Extensor muscles of the wrist, involved in flexing the wrist. And of a number of specific muscles in the arm, hand, leg, or foot.

Benefit: flexes the wrist.

Fact: A muscle that flexes a joint is called a flexor.

Frontalis - Anterior or front portion of the epicranius the muscle of the scalp. It is located on the front of the head. The muscle has no bony attachments.

Benefit: muscle of the scalp.

Fact: It is broader than the occipitalis and its fibers are longer and paler in color.

Heart - Muscular cone-shaped organ that keeps the blood moving within the circulatory system. The heart is an organ that pumps blood throughout the body via the circulatory system.

Benefit: pumps blood

Fact: the heart is located between the lungs, in the middle compartment of the chest.

Latissimus Dorsi - Broad, flat superficial largest muscle covering the middle region of the back. It controls the extension, abduction, and internal rotation of the shoulder joint. Muscle connecting the upper extremity to the vertebral column.

Benefit: controls the shoulder blade

Fact: an important muscle in many exercises such as pull-ups, chin-ups, lateral pulldowns, and swimming.

Levator Anguli Oris - Muscle that raises the angle of the mouth and draws it inward; also known as caninus. Is a facial muscle of the mouth.

Benefit: muscle of the mouth.

Fact: the levator anguli oris is innervated by the buccal branches of the facial nerve.

Levator Labii Superioris - Muscle surrounding the upper lip; elevates the upper lip and dilates the nostrils, as in expressing distaste; also known as quadratus labii superioris. It is a muscle of the human body used in facial expressions.

Benefit: surrounds the upper lip.

Fact: used in facial expression.

Masseter - One of the muscles of the jaw used in mastication (chewing). Is a facial muscle that plays a major role in the chewing of solid foods.

Benefit: chewing

Fact: Found only in mammals.

Mentalis - Muscle that elevates the lower lip and raises and wrinkles the skin of the chin. Is a paired muscle located at the lower end of the chin

Benefit: wrinkles the skin of the chin.

Fact: muscle originates from the mandible, and provides stability to the lower lip to allow it to pout.

Extensors – Muscles that straighten the wrist, hand, and fingers to form a straight line. A muscle whose contraction extends or straightens a limb or other part of the body.

Benefit: straighten the wrist hand and fingers.

Fact: If the head is tilted all the way back, the neck is said to be extended.

Muscular System - Body system that covers, shapes, and supports skeleton tissue; contracts and moves various parts of the body. Is an organ system consisting of skeletal, smooth and cardiac muscles.

Benefit: supports skeleton tissue

Fact: Muscle tissue is also found inside of the heart, digestive organs, and blood vessels.

Muscular Tissue - Tissue that contracts and moves various parts of the body. There are 3 types of muscle tissue, cardiac, skeletal and smooth

Benefit: moves various parts of the body.

Fact: The functions of muscle tissues depend on the type of muscle tissues and their locations in the body.

Non-Striated Muscles - Also called involuntary, visceral, or smooth muscles, muscles that function automatically, without conscious will. A thin muscle that isn't controlled voluntarily.

Benefit: is not controlled voluntarily.

Fact: An example of a nonstriated muscle is the bladder.

Occipitalis - Back of the epicranial muscle that draws the scalp backward. Is a muscle that covers parts of the skull.

Benefit: muscle that draws scalp backward.

Fact: The muscle receives blood from the occipital artery.

Orbicularis Oculi - The ring muscle of the eye socket; closes the eyelid. Is a muscle in the face that closes the eyelids.

Benefit: ring muscle around eye

Fact: There are at least 3 clearly defined sections of the orbicularis muscle.

Orbicularis Oris - Flat band around the upper and lower lips that compresses, contracts, puckers, and wrinkles the lips. Is a muscle in the lips that encircles the mouth.

Benefit: wrinkles the lips

Fact: This muscle closes the mouth and puckers the lips when it contracts.

Origin - Part of the muscle that does not move; it is attached to the skeleton and is usually part of a skeletal muscle. Is the point at which a muscle is attached to a fixed bone.

Benefit: point where muscle attaches to bone.

Fact: can be described relative to the joint or the body part moved.

Pectoralis Major and Minor - Muscles of the chest that assists the swinging movements of the arm. Is a major muscle in the upper chest, fanning across the chest from the shoulder.

Benefit: major muscle in upper chest.

Fact: the pectoral muscles may colloquially be referred to as "pecs."

Platysma - Broad muscle extending from the chest and shoulder muscles to the side of the chin. Skin over lower neck and upper lateral chest.

Benefit: skin over lower neck and upper chest.

Fact: its fibers cross the clavicle, and proceed obliquely upward and medially along the side of the neck.

Procerus - Muscle that covers the bridge of the nose, depresses the eyebrows, and causes wrinkles across the bridge of the nose. Facial muscle that arises from the nasal bone and a cartilage in the side of the nose and that inserts into the skin.

Benefit: covers the bridge of the nose.

Fact: The procerus helps to pull that part of the skin between the eyebrows downwards, which assists in flaring the nostrils.

Pronators - Muscles that turn the hand inward so that the palm faces downward. Is a movement that can be performed by the lower-arm/wrist and also by the ankle/foot

Benefit: turns the hand inward

Fact: The pronator teres has two heads humeral and ulnar.

Risorius - Muscle of the mouth that draws the corner of the mouth out and back, as in grinning. This muscle is responsible for creating facial expressions.

Benefit: muscle draws corner of the mouth, smile.

Fact: The risorius begins around the parotid gland, a salivary gland in the back of the jaw, and wraps around the platysma muscle.

Serratus Anterior - Muscle of the chest that assists in breathing and in raising the arm. A thin muscle of the chest wall extending from the ribs under the arm to the scapula.

Benefit: muscle of the chest that helps breathing.

Fact: originates on the surface of the 1st to 8th ribs at the side of the chest

Sternocleidomastoideus - Muscle of the neck that depresses and rotates the head. Each of a pair of long muscles that connect the sternum, clavicle and mastoid process of the temporal bone and serve to turn and nod the head.

Benefit: turns the head

Fact: It is given the name sternocleidomastoid because it originates at the manubrium of the sternum and the clavicle

Striated Muscles - Also called voluntary or skeletal muscles; muscles that are controlled by the will. Muscles of this type are attached to the skeleton by tendons and are under voluntary control

Benefit: muscles controlled by will.

Fact: There are 3 types of specific striated muscles

Supinator - Muscle of the forearm that rotates the radius outward and the palm upward. A muscle whose contraction produces or assists in the supination of a limb or part of a limb

Benefit: rotates palm upward.

Fact: Supinator consists of two planes of fibers, between which the deep branch of the radial nerve ls.

Temporalis - Temporal muscle; one of the muscles involved in mastication (chewing). It is a broad fan shaped muscle on each side of the head that fills the temporal fossa.

Benefit: chewing muscle.

Fact: The muscle is accessible on the temples, and can be seen and felt contracting while the jaw is clenching and unclenching.

Trapezius - Muscle that covers the back of the neck and upper and middle region of the back; rotates and controls swinging movements of arm. Large triangular muscles extending over the back of the neck and shoulders and moving the head and shoulder blade.

Benefit: controls swinging movements of arms.

Fact: The trapezius has three functional regions the superior region, the intermediate region, and the inferior region

Triangularis - Muscle extending alongside the chin that pulls down the corner of the mouth. It is a facial muscle associated with frowning.

Benefit: pulls down corner of mouth.

Fact: The muscle is innervated by the marginal mandibular branch of the facial nerve and receives its blood supply from the facial artery.

Triceps - Large muscle that covers the entire back of the upper arm and extends the forearm. Any of several muscles having 3 points of attachment at one end

Benefit: extends forearm

Fact: It extends distally anterior to the teres minor and posterior to the teres major.

Zygomaticus Major and Minor - Muscles extending from the zygomatic bone to the angle of the mouth; elevate the lip, as in laughing. A muscle responsible for smiling.

Benefit: muscle responsible for laughing and smiling.

Fact: Like all muscles of facial expression, the zygomatic major is innervated by the facial nerve

Dorsiflexion - Upward or backward flexion of a body part. Is a backward flexion or bending the hand and foot

Benefit: backward flexion of body part.

Fact: This can also be described as bending in the direction of the dorsum. (

Elasticity - The ability to change length, size, and shape, and then return to the original form; both muscle and skin have this property. The ability of an object or material to resume its normal shape after being stretched or compressed

Benefit: The ability to change shape and return to original form.

Fact: the ability of something to change and adapt; adaptability.

Epimysium - The connective tissue sheath that surrounds skeletal muscle. A sheath of fibrous elastic tissue surrounding a muscle

Benefit: fibrous tissue surrounding a muscle.

Fact: It is also continuous with tendons, where it becomes thicker and collagenous.

Erector Spinae - A set of three muscles that run along either side of the spinal column. Is a large muscle that originates near the sacrum and extends vertically up the length of the back

Benefit: 3 muscles that run along the side the spinal column.

Fact: The erector spinae is not just one muscle, but a bundle of muscles and tendons.

Eversion - Turning outward or inside out, as in turning the foot outward at the ankle. Is the process of turning inside-out

Benefit: process of turning inside out.

Fact: the foot being turned or rotated outward

Excitability - The property of a cell that enables it to react to a stimulus. The property of a cell that enables it to react to irritation or stimulation, such as the ability of a nerve or muscle cell to react to an electric stimulus

Benefit: property of cell that enables it to react to stimulus.

Fact: Excitability means that muscle responds to stimulation by nerves and hormones.

Abduction - Moving a limb away from the center of the body. The movement of a limb or other part away from the midline of the body or from another part

Benefit: moving limb away from body

Fact: The center of the body is defined as the midsagittal plane.

Acetylcholine (ACh) - A neurotransmitter widely found in body tissues; its primary function is to mediate synaptic activity of the nervous system and skeletal muscles. Is an organic chemical that functions in the brain.

Benefit: mediates synaptic activity of nervous system

Fact: Substances that interfere with acetylcholine activity are called anticholinergics.

Adduction - Moving a limb toward the center of the body. Is the movement of a body part toward the body's midline

Benefit: moving limb to center of body

Fact: Dropping the arms to the sides, and bringing the knees together are examples of adduction.

Ala - The flaring cartilaginous expansion on each side of the nasalis. Is the wing of the nose.

Benefit: flaring the nose

Fact: It is elevated by the levator labii superioris muscle

Antagonist - It is something that opposes the action of another. Hostile to someone or something

Benefit: It opposes action of another

Fact: an antagonist is a person or a group of people who opposes a protagonist.

Anterior - Front. Situated in the front of the body or nearer to the head

Benefit: front of body

Fact: opposite of the posterior.

Aponeurosis - Strong, thick, and flat connective tissue that serves as fascia to bind muscles together or as tendon to attach muscle to bone. A sheet of pearly white fibrous tissue that takes the place of a tendon in sheet-like muscles having a wide area of attachment

Benefit: connective tissue that binds muscles together

Fact: Their primary function is to join muscles and the body parts the muscles act upon, whether it be bone or muscle.

Biceps Brachial - The muscle of the upper arm; its name literally means "two heads," because it originates from two heads attached to the scapula (collarbone) and the humerus. Is a two-headed muscle that lies on the upper arm.

Benefit: muscle of upper arm

Fact: its main function is at the elbow where it flexes the forearm and supinates the forearm.

Brachialis - An important muscle for the arm's ability to flex at the elbow. It lies deeper than the biceps brachii.

Benefit: Flex at elbow.

Fact: it actually generates about 50% more power and is thus the prime mover of elbow flexion.

Cardiac - Pertaining to the heart. Relating to the heart or cardiac disease.

Benefit: relating to heart

Fact: a person with heart disease.

Conductivity - The ability to transmit sound, heat, light, or energy. The degree to which a specified material conducts electricity.

Benefit: transmit sound heat light or energy

Fact: a measure of a material's ability to conduct an electric current

Extension - Moving a joint in such a way as to increase the angle of the joint. Instance of extending, lengthening, stretching out

Benefit: lengthening

Fact: the state of being extended, lengthened, or stretched out.

Extensor Digitorum - A thin long muscle that runs the length of the side of the tibialis anterior muscle. Is a muscle of the posterior fore arm.

Benefit: thin muscle that runs the side of the tibialis anterior

Fact: It extends the medial four digits of the hand.

External Obliques - Muscles responsible for the movement of the vertebrae and rotation of the torso. Muscle is one of the largest parts of the trunk area.

Benefit: movement of vertebrae and rotation of torso

Fact: best known for their lateral flexion and rotation of the trunk known as a side bend.

Fascia - A fibrous connective membrane that covers, supports, and separates muscles. It varies in thickness and density and in the amounts of fat, collagenous fiber, elastic fiber, and tissue fluid it contains. A thin sheath of fibrous tissue enclosing a muscle or other organ.

Benefit: covers supports and separates muscles

Fact: fibrous tissue enclosing a muscle or other organ.

Flexion - A movement allowed by certain joints that decreases the angle between two adjoining bones, such as bending the elbow. The action of bending or the condition of being bent.

Benefit: bending the elbow

Fact: a bending movement around a joint in a limb such as the knee or elbow.

Hyperextension - Moving a joint to a position beyond its normal limits of extension. Is an exercise that works the lower back as well as the mid and upper back

Benefit: moving joint past normal limits.

Fact: The extension of a limb or other body part beyond its normal range of movement

Inferior - Situated below or lower than a given point of reference; for example, the hands are inferior to the arms. Low or lower in position.

Benefit: situated below given point of reference

Fact: in the anatomical position the most superior part of the human body is the head, and the most inferior is the feet.

Innervation - The distribution or supply of nerves or nerve impulses in a particular body part. The supply of nerves to a part.

Benefit: supply of nerves.

Fact: It also means to stimulate or to supply with energy.

Intercostal Muscles - Muscles situated between the ribs. Are several groups of muscles that run between the ribs and help form and move the chest wall

Benefit: muscles between ribs.

Fact: The muscles are broken down into three layers, and are primarily used to assist with the breathing process.

Internal Obliques - The middle layer of abdominal muscles. Is a muscle in the abdominal wall that lies below the external obliques.

Benefit: middle layer of ab muscles.

Fact: The internal oblique is an abdominal muscle located beneath the external abdominal oblique.

Inversion - Turning inward, as in turning the soles of the feet toward each other. The action of something being inverted, turning in.

Benefit: turning inward

Fact: Inversion is the movement of the sole towards the median plane.

Lateral - To the side of, or on the side. Proceeding from side to side, a lateral view

Benefit: on the side

Fact: a side part of something

Ligament - A strong fibrous connective tissue that connects bone to bone . A membranous fold that supports an organ and keeps it in position

Benefit: connects bone to bone

Fact: a membranous fold that supports an organ and keeps it in position.

Muscle Fibers - Another term for muscle cells. Is composed of many fibrils which gives cells its striated appearance.

Benefit: muscle cells

Fact: People have two general types of skeletal muscle fibers slow-twitch type 1 and fast-twitch type 2.

Myocardium - A thick layer of muscle fibers that forms the bulk of the heart wall. The middle muscular layer of the heart.

Benefit: forms heart wall.

Fact: the middle and thickest layer of the heart wall

Myofilaments - Threadlike structures found in striated muscle that are responsible for its contractile properties. Any of the ultramicroscopic threadlike structures composing the myofibrils of striated muscle fibers

Benefit: threadlike structures for contractile properties

Fact: filaments of myofibrils, constructed from proteins, principally myosin or actin.

Nare - Nostril. The pair of openings of the nose or nasal cavity.

Benefit: opening to nose

Fact: a single nostril

Neuromuscular Junction - The region surrounding the point of contact between two neurons, across which nerve impulses are transmitted. Is a chemical synapse formed by the contact between a motor neuron and a muscle fiber

Benefit: around point of contact between 2 neurons.

Fact: It is at the neuromuscular junction that a motor neuron is able to transmit a signal to the muscle fiber, causing muscle contraction.

Neurotransmitter - A chemical that modifies or causes the transmission of nerve impulses across synapses to act on or inhibit a target cell. Causes the transfer of the impulse to another nerve fiber, a muscle fiber, or some other structure.

Benefit: causes transmission of nerve impulses.

Fact: Neurotransmitters are released from synaptic vesicles in synapses into the synaptic cleft, where they are received by receptors on the target cells.

Opposition - A special movement of the hand in which the thumb is touched to the fingertips. Most frequent movement is that in which the thumb swings so that it comes "face to face" with one or another of the finger

Benefit: thumb touches fingertips.

Fact: the act of opposing, or the state of being opposed by way of comparison or contrast.

Palpebral - Pertaining to the eyelids. Relating to the eyelids

Benefit: relating to eyelids.

Fact: Pertaining to the eyelids.

Proximal - Situated toward the point of origin or attachment, as in a tendon or bone.

Situated nearer to the center of the body or the point of attachment

Benefit: situated near the center of the body.

Fact: next to or nearest the point of attachment or origin, a central point, or the point of view

Quadriceps - A large extensor muscle consisting of four parts that covers the front and sides of the femur; its function is to extend the leg. The large muscle at the front of the thigh which is divided into 4 distinct portions and acts to extend the leg

Benefit: large muscle that covers the front and sides of the femur.

Fact: The Latin translation of "quadriceps" is "four headed," as the group contains four separate muscles.

Rectus Abdominis - The outermost layer of the abdominal muscle. Each of a pair of long flat muscles at the front of the abdomen.

Benefit: outer layer of ab muscle

Fact: There are two parallel muscles, separated by a midline band of connective tissue called the linea alba.

Rotation - Turning on an axis, as in ball-and-socket joints. The action of rotating around an axis or center

Benefit: turning on an axis

Fact: the action of rotating around an axis or center.

Stimulus - Anything that excites or incites an organ or other part to function. A thing or event that evokes a specific functional reaction in an organ or tissue

Benefit: excites organ to function

Fact: a thing or event that evokes a specific functional reaction in an organ or tissue.

Superficial - Pertaining to the surface; being at, on or near the surface. Situated or occurring on the skin or beneath it

Benefit: surface.

Fact: situated or occurring on the skin or immediately beneath it.

Synapse - The transmission of nerve impulses across a synaptic gap. A junction between two nerve cells consisting of a minute gap across which impulses pass by diffusion of a transmitter

Benefit: transmission of nerve impulses across a gap.

Fact: permits a neuron or nerve cell to pass an electrical or chemical signal to another neuron.

Supination - Rotation of the arm palm upward. Rotation of the forearm and hand so that the palm faces forward or upward

Benefit: rotation of the arm palm upward

Fact: opposite of pronation and refers to the outward roll of the foot during normal motion.

Synaptic Gap - See neuromuscular junction. The minute space between the cell membrane of an axon terminal and of the target cell with which it synapses

Benefit: minute space between cell membranes of axon terminal

Fact: Also called synaptic cleft.

Tendons - Bands of strong fibrous connective tissue that attach muscle to bone. A flexible but inelastic cord of strong fibrous collagen tissue attaching a muscle to a bone
Benefit: strong fibrous connective tissue.

Fact: Tendons are similar to ligaments both are made of collagen.

Tibialis Anterior - A muscle vital to dorsiflexion of the foot. Is a muscle that originates in the upper two-thirds of the lateral surface of the tibia and inserts into the medial cuneiform and first metatarsal bones of the foot.

Benefit: vital to flexion of the foot.

Fact: it is thick and fleshy above, tendinous below.

Transverse - Lying or extending across, or in a cross direction. Situated or extending across something.

Benefit: extending across

Fact: situated or extending across something.

Transverse Abdominals - The deepest of the abdominal muscles, lying under the internal obliques. Is a muscle layer of the anterior and lateral abdominal wall which is deep to the internal oblique muscles.

Benefit: deepest abdominal muscles.

Fact: It is thought by most fitness instructors to be a significant component of the core.

