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# Muscle crossword Part 2 



## Across

1. plantar flexes foot, everts foot
2. adducts, flexes thigh, extends thigh
3. plantar flexes foot, flexes leg at knee
4. adducts thigh, flexes leg
5. supinates forearm
6. extends thigh, rotates thigh laterally
7. the calf or triceps surae
8. Pronation of forarm, flexes elbow
9. extends leg at knee
10. Hamstrings, flexes leg at knee at extends thigh
11. Connects the calf muscle to the heel bone
12. flexes leg at knee at extends thigh
13. flexes leg at knee at extends thigh

## Down

2. extends and abducts hand at wrist
3. extends and adducts hand at wrist
4. flexes and adducts hand wrist
5. flexes weakly hand
6. flexes forearm at elbow joint
7. extends digit
8. flexes and abducts hand at wrist 10. huge, extends leg at knee, Quadriceps
9. dorsiflexes foot at ankle, inverts foot
10. extends leg at knee, flexes thigh
11. medium sized, abducts thigh and medially rotates thigh

Word Bank
Palmaris longus
Semitendinosus
Calcaneal Tendon
Semimembranosus
Fibularis longus
Adductor Longus

Pronator teres<br>Gastrocnemius<br>Soleus<br>Tibialis anterior Vastus lateralis<br>Supinator

Rectus femoris
Flexor carpi ulnaris Biceps femoris Flexor carpi radialis Vastus medialis Gluteus maximus

Brachioradialis
Gracilis
Extensor digitorum
Extensor carpi ulnaris
Gluteus medius
Extensor carpi radialis longus

