

# MUSCULAR SYSTEM CHECKLIST

Anatomy & Physiology | Nursing Clinical Prep

Date: \_\_\_\_\_ | Student ID: \_\_\_\_\_

## Head, Neck & Trunk

MUSCLE NAME	ACTION	MASTERED
Orbicularis Oculi	Closes eye / Blinking	
Masseter	Elevates mandible (Chewing)	
Sternocleidomastoid	Flexes neck / Rotates head	
Rectus Abdominis	Flexes vertebral column	

## Upper Extremities & Intramuscular (IM) Sites

MUSCLE NAME	ACTION	MASTERED
Deltoid (IM Site)	Abduction of arm	
Biceps Brachii	Flexes elbow	
Triceps Brachii	Extends elbow	

## Lower Extremities

MUSCLE NAME	ACTION	MASTERED
Vastus Lateralis (IM Site)	Extends knee	

MUSCLE NAME	ACTION	MASTERED
Gluteus Medius (IM Site)	Abducts thigh	
Gastrocnemius	Plantar flexion	
Sartorius	Flexes, abducts, rotates hip	

## **Clinical Notes & Observations**

Educational Template Only – Not for Clinical Assessment