

第一部分 中英文对照

人体骨骼肌的按部位划分 (**Muscle Regions of the Body**)

- 头和颈部 (Head and neck)
- 躯干、前部和后部 (Trunk, front and back)
- 上臂、前臂和手 (Brachium, antebrachium & hand)
- 大腿、小腿和足部 (Thigh, leg & foot)

按字母顺序排列 (**Muscles in Alphabetical Order**)

A-E

abductor digiti minimi (in the hand)	小指展肌
abductor digiti minimi (in the foot)	小趾展肌
abductor hallucis	拇展肌
abductor pollicis longus	拇长展肌
abductor pollicis brevis	拇短展肌

adductor brevis	短收肌
adductor hallucis	拇收肌
adductor longeus	长收肌
adductor magnus	大收肌
adductor pollicis	拇收肌
anconeus	肘肌
anterior scalene	前斜角肌
articularis genus	膝关节肌
biceps brachii	肱二头肌
biceps femoris	股二头肌
brachialis	肱肌
brachioradialis	肱桡肌
buccinator	颊肌
coracobrachialis	喙肱肌
corrugator supercilii	皱眉肌
deltoid	三角肌
depressor anguli oris	降口角肌
depressor labii inferioris	降下唇肌
digastric	二腹肌
dorsal interossei(in the hand)	手骨间背侧肌
dorsal interossei(in the foot)	足骨间背侧肌
extensor carpi radialis brevis	桡侧腕短伸肌

extensor carpi radialis longus	桡侧腕长伸肌
extensor carpi ulnaris	尺侧腕伸肌
extensor digiti minimi	小指伸肌
extensor digitorum	踇指伸肌
extensor digitorum brevis	趾短伸肌
extensor digitorum longus	趾长伸肌
extensor hallucis brevis	踇短伸肌
extensor hallucis longus	踇长伸肌
extensor indicis	示指伸肌
extensor pollicis brevis	拇短伸肌
extensor pollicis longus	拇长伸肌

F-L

flexor carpi radialis	桡侧腕屈肌
flexor carpi ulnaris	尺侧腕屈肌
flexor digiti minimi brevis (in the hand)	小指短屈肌
flexor digiti minimi brevis (in the foot)	小趾短屈肌
flexor digitorum brevis	趾短屈肌
flexor digitorum longus	趾长屈肌
flexor digitorum profundus	指深屈肌
flexor digitorum superficialis	指浅屈肌
flexor hallucis brevis	踇短屈肌

flexor hallucis longus	拇长屈肌
flexor pollicis brevis	拇短屈肌
flexor pollicis longus	拇长屈肌
frontalis	额腹
gastrocnemius	腓肠肌
geniohyoid	颏舌骨肌
gluteus maximus	臀大肌
gluteus medius	臀中肌
gluteus minimus	臀小肌
gracilis	股薄肌
iliocostalis cervicis	颈髂肋肌
iliocostalis lumborum	腰髂肋肌
iliocostalis thoracis	胸髂肋肌
iliacus	髂肌
inferior gemellus	下孖肌
inferior oblique	下斜肌
inferior rectus	下直肌
infraspinatus	冈下肌
interspinalis	棘间肌
intertransversi	横突间肌
lateral pterygoid	翼外肌
lateral rectus	外直肌
latissimus dorsi	背阔肌
levator anguli oris	提口角肌
levator labii superioris	提上唇肌

levator labii superioris alaeque nasi	提上唇鼻翼肌
levator palpebrae superioris	上睑提肌
levator scapulae	肩胛提肌
long rotators	长回旋肌
longissimus capitis	头最长肌
longissimus cervicis	颈最长肌
longissimus thoracis	胸最长肌
longus capitis	头长肌
longus colli	颈长肌
lumbricals (in the hand)	手蚓状肌
lumbricals (in the foot)	足蚓状肌

M-R

masseter	咬肌
medial pterygoid	翼内肌
medial rectus	内直肌
middle scalene	中斜角肌
multifidus	多裂肌
mylohyoid	下颌舌骨肌
obliquus capitis inferior	头下斜肌
obliquus capitis superior	头上斜肌
obliquus externus abdominis	腹外斜肌
obliquus internus abdominis	腹内斜肌
obturator externus	闭孔外肌

obturator internus	闭孔内肌
occipitalis	枕腹
omohyoid	肩胛舌骨肌
opponens digiti minimi	小指对掌肌
opponens pollicis	拇对掌肌
orbicularis oculi	眼轮匝肌
orbicularis oris	口轮匝肌
palmar interossei	骨间掌侧肌
palmaris brevis	掌短肌
palmaris longus	掌长肌
pectineus	耻骨肌
pectoralis major	胸大肌
pectoralis minor	胸小肌
peroneus brevis	腓骨短肌
peroneus longus	腓骨长肌
peroneus tertius	第三腓骨肌
piriformis	梨状肌
plantar interossei	骨间足底肌
plantaris	跖肌
platysma	颈阔肌
popliteus	腘肌
posterior scalene	后斜角肌
pronator quadratus	旋前方肌
pronator teres	旋前圆肌
psoas major	腰大肌

pyramidalis	椎状肌
quadratus femoris	股方肌
quadratus lumborum	腰方肌
quadratus plantae	足底方肌
rectus abdominis	腹直肌
rectus capitis anterior	头前直肌
rectus capitis lateralis	头外侧直肌
rectus capitis posterior major	头后大直肌
rectus capitis posterior minor	头后小直肌
rectus femoris	股直肌
rhomboid major	大菱形肌
rhomboid minor	小菱形肌
risorius	笑肌

S-Z

sartorius	缝匠肌
scalenus minimus	小斜角肌
semimembranosus	半膜肌
semispinalis capitis	头半棘肌
semispinalis cervicis	颈半棘肌
semispinalis thoracis	胸半棘肌
semitendinosus	半腱肌
serratus anterior	前锯肌
short rotators	短回旋肌
soleus	比目鱼肌

spinalis capitis	头棘肌
spinalis cervicis	颈棘肌
spinalis thoracis	胸棘肌
splenius capitis	头夹肌
splenius cervicis	颈夹肌
sternocleidomastoid	胸锁乳突肌
sternohyoid	胸骨舌骨肌
sternothyroid	胸骨甲状肌
stylohyoid	茎突舌骨肌
subclavius	锁骨下肌
subscapularis	肩胛下肌
superior gemellus	上孖肌
superior oblique	上斜肌
superior rectus	上直肌
supinator	旋后肌
supraspinatus	冈上肌
temporalis	颞肌
tensor fascia lata	阔筋膜张肌
teres major	大圆肌
teres minor	小圆肌
thyrohyoid	甲状舌骨肌
tibialis anterior	胫骨前肌
tibialis posterior	胫骨后肌
transversus abdominis	腹横肌
trapezius	斜方肌

triceps brachii	肱三头肌
vastus intermedius	股中间肌
vastus lateralis	股外侧肌
vastus medialis	股内侧肌
zygomaticus major	颧大肌
zygomaticus minor	颧小肌

头颈部肌肉

Head and Neck Musculature

本部位的肌群 (**Muscle Groups within this Region**) :

- 枕下肌(Suboccipital)
- 椎前肌(Prevertebral)
- 颈前外侧肌(Anterolateral Neck)
- 颈浅肌(Superficial Neck)
- 颈前肌(Anterior Neck)
- 头部肌肉(Epicranial)
- 面部表情肌 (Muscles of Facial Expression)
- 咀嚼肌(Muscles of Mastication)
- 眼球外肌(Extraocular)
- 喉肌(Laryngeal)

枕 下 肌

Suboccipital Musculature

头下斜肌

起自 枢椎的棘突 (第 2 颈椎)

止于 寰椎的横突 (第 1 颈椎)

作用：使头旋转至对侧

血液血供：椎动脉的肌支

神经支配 枕下神经 (第 1 颈神经的背支)

Obliquus capitis inferior

- Origin: spinous process of axis (C2)
- Insertion: transverse process of atlas (C1)
- Action: rotates the head to the contracted

side

- Blood: muscular branches of vertebral artery
- Nerve: suboccipital nerve (dorsal rami C1)

头上斜肌

起自 寰椎的横突 (第 1 颈椎)

止于：枕骨粗隆线的上下

作用：

1. 双侧收缩可使头后伸
2. 单侧收缩可使头向对侧屈

血液供应：椎动脉肌支

神经支配 枕下神经 第 1 颈神经的后支)

Obliquus capitis superior

- Origin; transverse process of atlas (C1)
- Insertion; between superior and inferior nuchal line of occiput
- Action;
 1. bilaterally extends the head
 2. laterally flexes to the contracted side
- Blood; muscular branches of vertebral artery
- Nerve; suboccipital nerve(dorsal rami C1)

头后大直肌

起自 枢椎棘突(第 2 颈椎棘突)

止于：枕骨的下项线（头后大直肌的外侧）

作用：

1. 两侧同时收缩，使头后仰
2. 一侧收缩，使头向同侧旋转

血液供应：椎动脉的肌支

神经支配 枕下神经 第 1 颈神经后支)

Rectus capitis posterior major

- Origin; spinous process of axis (C2)
- Insertion; inferior nuchal line (lateral to minor)
- Action;
 1. bilaterally extends the head
 2. rotates the head to the contracted side
- Blood; muscular branches of vertebral artery
- Nerve; suboccipital nerve(dorsal rami C1)

头后小直肌

起自 寰椎后结节 (第 1 颈椎)

止于：枕骨下项线靠近中线处

作用 两侧同时收缩 使头后仰

血液供应：椎动脉的肌支

神经支配 枕下神经 (第 1 颈神经后支)

Rectus capitis posterior minor

- Origin; posterior tubercle of atlas (C1)
- Insertion; inferior nuchal line (adjacent to midline)
- Action; bilaterally extends the head
- Blood; muscular branches of vertebral ar-

tery

- Nerve; suboccipital nerve(dorsal rami C1)

椎 前 肌

Prevertebral Musculature

颈长肌

起自：下位椎体 上位 3 个胸椎体和下位 3 个颈椎体) 的前部及横突

止于：上位颈椎体的前部及横突

作用：屈曲头部及颈部

血供：主动脉的肌支

神经支配 第 3 和第 8 颈神经的前支

Longus colli

- Origin; lower anterior vertebral bodies and transverse processes

- Insertion; anterior vertebral bodies and transverse processes several segments above

- Action; flexes the head and neck

- Blood; muscular branches of the aorta

- Nerve; ventral rami C3, C8

头长肌

起自：上位颈椎体的前部和横突

止于 枕骨底部

作用：屈曲头部和颈部

血液供应：主动脉的肌支

神经支配 第 1 和第 6 颈神经的前支

Longus capitis

- Origin; upper anterior vertebral bodies and transverse processes

- Insertion; fundal portion of the occipital bone

- Action; flexes the head and neck

- Blood; muscular branches of the aorta

- Nerve; ventral rami C1, C6

头前直肌

起自：寰椎横突根部的前方

止于：枕骨大孔的前方

作用 屈曲头部

血液供应：主动脉的肌支

神经支配 第 1 和第 6 颈神经的前支

Rectus capitis anterior

- Origin; anterior base of the transverse process of the atlas

- Insertion; occipital bone anterior to foramen magnum

- Action; flexes the head

- Blood; muscular branches of the aorta

- Nerve; ventral rami C1, C6

头外侧直肌

起自 寰椎的横突

止于：枕骨的颈静脉突

作用 使头侧倾

血液供应：主动脉的肌支

神经支配 第 1 和第 6 颈神经的前支

Rectus capitis lateralis

- Origin; transverse process of the atlas

- Insertion; jugular process of the occipital bone

- Action; bends the head laterally

- Blood; muscular branches of the aorta

- Nerve; ventral rami C1, C6

颈前外侧肌

Anterolateral Neck Musculature

前斜角肌

起自 第 3 至第 6 颈椎横突的前结节

止于 第 1 肋骨

作用：

如果固定横突，则：

1. 可以上提肋骨，协助呼吸

如果固定肋骨，则：

2. 使颈转向对侧
3. 使颈向同侧屈
4. 左右侧屈颈部

血液供应：甲状腺下动脉

神经支配 第 5 至第 7 颈神经前支

Anterior scalene

- **Origin:** anterior tubercles of transverse processes of C3-C6

- **Insertion :** 1st rib

- **Action:**

if transverse process fixed:

1. elevates the ribs for respiration

if ribs fixed:

2. rotates to side opposite of contraction
3. laterally flexes to the contracted side
4. bilaterally flexes the neck

- Blood: inferior thyroid artery
- Nerve: ventral rami C5-C7

小斜角肌 (时有缺如)

起自 第 6 和第 7 颈椎横突的前结节

止于 第 1 肋骨

作用:

如果固定横突, 则:

1. 可以上提肋骨, 协助呼吸

如果固定肋骨, 则:

2. 使颈转向对侧
3. 使颈向同侧屈
4. 左右侧屈颈部

血液供应: 颈升动脉

神经支配: 有变异 (颈丛和臂丛)

Scalenus minimus (may be absent)

- Origin: anterior tubercles of transverse processes of C6 & C7

- Insertion: 1st rib

- Action: