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Muscle crossword Part 2

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| **Across****1.** plantar flexes foot, everts foot**6.** adducts, flexes thigh, extends thigh**11.** plantar flexes foot, flexes leg at knee**12.** adducts thigh, flexes leg**15.** supinates forearm**17.** extends thigh, rotates thigh laterally**18.** the calf or triceps surae**19.** Pronation of forarm, flexes elbow**20.** extends leg at knee**21.** Hamstrings, flexes leg at knee at extends thigh**22.** Connects the calf muscle to the heel bone**23.**  flexes leg at knee at extends thigh**24.** 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**7.** flexes forearm at elbow joint**8.** extends digit**9.** flexes and abducts hand at wrist**10.** huge, extends leg at knee, Quadriceps**13.** dorsiflexes foot at ankle, inverts foot**14.** extends leg at knee, flexes thigh**16.** medium sized, abducts thigh and medially rotates thigh |

   Brachioradialis       Flexor carpi radialis       Flexor carpi ulnaris       Extensor carpi radialis longus       Extensor carpi ulnaris       Extensor digitorum       Palmaris longus       Pronator teres        Supinator       Adductor Longus        Gracilis       Gluteus maximus       Rectus femoris       Vastus lateralis       Fibularis longus       Vastus medialis       Semimembranosus       Semitendinosus       Gluteus medius       Tibialis anterior       Biceps femoris       Soleus       Gastrocnemius       Calcaneal Tendon