

# A&P Key Terms

## 11 The Muscular System

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## 4. Chapter: A&P Key Terms 11 The Muscular System

### 1. A&P Key Terms 11 The Muscular System Questions

<u>abduct</u>	move away from midline in the sagittal plane
<u>abductor digiti minimi</u>	muscle that abducts the little finger
<u>abductor pollicis brevis</u>	muscle that abducts the thumb
<u>abductor pollicis longus</u>	muscle that inserts into the first metacarpal
<u>abductor</u>	moves the bone away from the midline
<u>adductor brevis</u>	muscle that adducts and medially rotates the thigh
<u>adductor longus</u>	muscle that adducts, medially rotates, and flexes the thigh
<u>adductor magnus</u>	muscle with an anterior fascicle that adducts, medially rotates and flexes the thigh, and a posterior fascicle that assists in thigh extension
<u>adductor pollicis</u>	muscle that adducts the thumb
<u>adductor</u>	moves the bone toward the midline
<u>agonist</u>	(also, prime mover) muscle whose contraction is responsible for producing a particular motion
<u>anal triangle</u>	posterior triangle of the perineum that includes the anus
<u>anconeus</u>	small muscle on the lateral posterior elbow that extends the forearm
<u>antagonist</u>	muscle that opposes the action of an agonist
<u>anterior compartment of the arm</u>	(anterior flexor compartment of the arm) the biceps brachii, brachialis, brachioradialis, and their associated blood vessels and nerves
<u>anterior compartment of the forearm</u>	(anterior flexor compartment of the forearm) deep and superficial muscles that originate on the humerus and insert into the hand
<u>anterior compartment of the leg</u>	region that includes muscles that dorsiflex the foot
<u>anterior compartment of the thigh</u>	region that includes muscles that flex the thigh and extend the leg
<u>anterior scalene</u>	a muscle anterior to the middle scalene
<u>appendicular</u>	of the arms and legs

<a href="#">axial</a>	of the trunk and head
<a href="#">belly</a>	bulky central body of a muscle
<a href="#">biceps brachii</a>	two-headed muscle that crosses the shoulder and elbow joints to flex the forearm while assisting in supinating it and flexing the arm at the shoulder
<a href="#">biceps femoris</a>	hamstring muscle
<a href="#">bipennate</a>	pennate muscle that has fascicles that are located on both sides of the tendon
<a href="#">brachialis</a>	muscle deep to the biceps brachii that provides power in flexing the forearm.
<a href="#">brachioradialis</a>	muscle that can flex the forearm quickly or help lift a load slowly
<a href="#">buccinator</a>	muscle that compresses the cheek
<a href="#">calcaneal tendon</a>	(also, Achilles tendon) strong tendon that inserts into the calcaneal bone of the ankle
<a href="#">caval opening</a>	opening in the diaphragm that allows the inferior vena cava to pass through; foramen for the vena cava
<a href="#">circular</a>	(also, sphincter) fascicles that are concentrically arranged around an opening
<a href="#">compressor urethrae</a>	deep perineal muscle in women
<a href="#">convergent</a>	fascicles that extend over a broad area and converge on a common attachment site
<a href="#">coracobrachialis</a>	muscle that flexes and adducts the arm
<a href="#">corrugator supercilii</a>	prime mover of the eyebrows
<a href="#">deep anterior compartment</a>	flexor pollicis longus, flexor digitorum profundus, and their associated blood vessels and nerves
<a href="#">deep posterior compartment of the forearm</a>	(deep posterior extensor compartment of the forearm) the abductor pollicis longus, extensor pollicis brevis, extensor pollicis longus, extensor indicis, and their associated blood vessels and nerves
<a href="#">deep transverse perineal</a>	deep perineal muscle in men
<a href="#">deglutition</a>	swallowing

<u>deltoid</u>	shoulder muscle that abducts the arm as well as flexes and medially rotates it, and extends and laterally rotates it
<u>diaphragm</u>	skeletal muscle that separates the thoracic and abdominal cavities and is dome-shaped at rest
<u>digastric</u>	muscle that has anterior and posterior bellies and elevates the hyoid bone and larynx when one swallows; it also depresses the mandible
<u>dorsal group</u>	region that includes the extensor digitorum brevis
<u>dorsal interossei</u>	muscles that abduct and flex the three middle fingers at the metacarpophalangeal joints and extend them at the interphalangeal joints
<u>epicranial aponeurosis</u>	(also, galea aponeurosis) flat broad tendon that connects the frontalis and occipitalis
<u>erector spinae group</u>	large muscle mass of the back; primary extensor of the vertebral column
<u>extensor carpi radialis brevis</u>	muscle that extends and abducts the hand at the wrist
<u>extensor carpi ulnaris</u>	muscle that extends and adducts the hand
<u>extensor digiti minimi</u>	muscle that extends the little finger
<u>extensor digitorum brevis</u>	muscle that extends the toes
<u>extensor digitorum longus</u>	muscle that is lateral to the tibialis anterior
<u>extensor digitorum</u>	muscle that extends the hand at the wrist and the phalanges
<u>extensor hallucis longus</u>	muscle that is partly deep to the tibialis anterior and extensor digitorum longus
<u>extensor indicis</u>	muscle that inserts onto the tendon of the extensor digitorum of the index finger
<u>extensor pollicis brevis</u>	muscle that inserts onto the base of the proximal phalanx of the thumb
<u>extensor pollicis longus</u>	muscle that inserts onto the base of the distal phalanx of the thumb
<u>extensor radialis longus</u>	muscle that extends and abducts the hand at the wrist



<u>extensor retinaculum</u>	band of connective tissue that extends over the dorsal surface of the hand
<u>extensor</u>	muscle that increases the angle at the joint
<u>external intercostal</u>	superficial intercostal muscles that raise the rib cage
<u>external oblique</u>	superficial abdominal muscle with fascicles that extend inferiorly and medially
<u>extrinsic eye muscles</u>	originate outside the eye and insert onto the outer surface of the white of the eye, and create eyeball movement
<u>extrinsic muscles of the hand</u>	muscles that move the wrists, hands, and fingers and originate on the arm
<u>fascicle</u>	muscle fibers bundled by perimysium into a unit
<u>femoral triangle</u>	region formed at the junction between the hip and the leg and includes the pectineus, femoral nerve, femoral artery, femoral vein, and deep inguinal lymph nodes
<u>fibularis brevis</u>	(also, peroneus brevis) muscle that plantar flexes the foot at the ankle and everts it at the intertarsal joints
<u>fibularis longus</u>	(also, peroneus longus) muscle that plantar flexes the foot at the ankle and everts it at the intertarsal joints
<u>fibularis tertius</u>	small muscle that is associated with the extensor digitorum longus
<u>fixator</u>	synergist that assists an agonist by preventing or reducing movement at another joint, thereby stabilizing the origin of the agonist
<u>flexion</u>	movement that decreases the angle of a joint
<u>flexor carpi radialis</u>	muscle that flexes and abducts the hand at the wrist
<u>flexor carpi ulnaris</u>	muscle that flexes and adducts the hand at the wrist
<u>flexor digiti minimi brevis</u>	muscle that flexes the little finger
<u>flexor digitorum longus</u>	muscle that flexes the four small toes
<u>flexor digitorum profundus</u>	muscle that flexes the phalanges of the fingers and the hand at the wrist

<u><a href="#">flexor digitorum superficialis</a></u>	muscle that flexes the hand and the digits
<u><a href="#">flexor hallucis longus</a></u>	muscle that flexes the big toe
<u><a href="#">flexor pollicis brevis</a></u>	muscle that flexes the thumb
<u><a href="#">flexor pollicis longus</a></u>	muscle that flexes the distal phalanx of the thumb
<u><a href="#">flexor retinaculum</a></u>	band of connective tissue that extends over the palmar surface of the hand
<u><a href="#">flexor</a></u>	muscle that decreases the angle at the joint
<u><a href="#">frontalis</a></u>	front part of the occipitofrontalis muscle
<u><a href="#">fusiform</a></u>	muscle that has fascicles that are spindle-shaped to create large bellies
<u><a href="#">gastrocnemius</a></u>	most superficial muscle of the calf
<u><a href="#">genioglossus</a></u>	muscle that originates on the mandible and allows the tongue to move downward and forward
<u><a href="#">geniohyoid</a></u>	muscle that depresses the mandible, and raises and pulls the hyoid bone anteriorly
<u><a href="#">gluteal group</a></u>	muscle group that extends, flexes, rotates, adducts, and abducts the femur
<u><a href="#">gluteus maximus</a></u>	largest of the gluteus muscles that extends the femur
<u><a href="#">gluteus medius</a></u>	muscle deep to the gluteus maximus that abducts the femur at the hip
<u><a href="#">gluteus minimus</a></u>	smallest of the gluteal muscles and deep to the gluteus medius
<u><a href="#">gracilis</a></u>	muscle that adducts the thigh and flexes the leg at the knee
<u><a href="#">hamstring group</a></u>	three long muscles on the back of the leg
<u><a href="#">hyoglossus</a></u>	muscle that originates on the hyoid bone to move the tongue downward and flatten it
<u><a href="#">hypothenar eminence</a></u>	rounded contour of muscle at the base of the little finger
<u><a href="#">hypothenar</a></u>	group of muscles on the medial aspect of the palm

<a href="#">iliacus</a>	muscle that, along with the psoas major, makes up the iliopsoas
<a href="#">iliococcygeus</a>	muscle that makes up the levator ani along with the pubococcygeus
<a href="#">iliocostalis cervicis</a>	muscle of the iliocostalis group associated with the cervical region
<a href="#">iliocostalis</a>	group laterally placed muscles of the erector spinae
<a href="#">iliocostalis lumborum</a>	muscle of the iliocostalis group associated with the lumbar region
<a href="#">iliocostalis thoracis</a>	muscle of the iliocostalis group associated with the thoracic region
<a href="#">iliopsoas group</a>	muscle group consisting of iliacus and psoas major muscles, that flexes the thigh at the hip, rotates it laterally, and flexes the trunk of the body onto the hip
<a href="#">iliotibial tract</a>	muscle that inserts onto the tibia; made up of the gluteus maximus and connective tissues of the tensor fasciae latae
<a href="#">inferior extensor retinaculum</a>	cruciate ligament of the ankle
<a href="#">inferior gemellus</a>	muscle deep to the gluteus maximus on the lateral surface of the thigh that laterally rotates the femur at the hip
<a href="#">infrahyoid muscles</a>	anterior neck muscles that are attached to, and inferior to the hyoid bone
<a href="#">infraspinatus</a>	muscle that laterally rotates the arm
<a href="#">innermost intercostal</a>	the deepest intercostal muscles that draw the ribs together
<a href="#">insertion</a>	end of a skeletal muscle that is attached to the structure (usually a bone) that is moved when the muscle contracts
<a href="#">intercostal muscles</a>	muscles that span the spaces between the ribs
<a href="#">intermediate</a>	group of midpalmar muscles
<a href="#">internal intercostal</a>	muscles the intermediate intercostal muscles that draw the ribs together
<a href="#">internal oblique</a>	flat, intermediate abdominal muscle with fascicles that

	run perpendicular to those of the external oblique
<u>intrinsic muscles of the hand</u>	muscles that move the wrists, hands, and fingers and originate in the palm
<u>ischiococcygeus</u>	muscle that assists the levator ani and pulls the coccyx anteriorly
<u>lateral compartment of the leg</u>	region that includes the fibularis (peroneus) longus and the fibularis (peroneus) brevis and their associated blood vessels and nerves
<u>lateral pterygoid</u>	muscle that moves the mandible from side to side
<u>lateralis</u>	to the outside
<u>latissimus dorsi</u>	broad, triangular axial muscle located on the inferior part of the back
<u>levator ani</u>	pelvic muscle that resists intra-abdominal pressure and supports the pelvic viscera
<u>linea alba</u>	white, fibrous band that runs along the midline of the trunk
<u>longissimus capitis</u>	muscle of the longissimus group associated with the head region
<u>longissimus cervicis</u>	muscle of the longissimus group associated with the cervical region
<u>longissimus group</u>	intermediately placed muscles of the erector spinae
<u>longissimus thoracis</u>	muscle of the longissimus group associated with the thoracic region
<u>lumbrical</u>	muscle that flexes each finger at the metacarpophalangeal joints and extend each finger at the interphalangeal joints
<u>masseter</u>	main muscle for chewing that elevates the mandible to close the mouth
<u>mastication</u>	chewing
<u>medial compartment of the thigh</u>	a region that includes the adductor longus, adductor brevis, adductor magnus, pectineus, gracilis, and their associated blood vessels and nerves
<u>medial pterygoid</u>	muscle that moves the mandible from side to side

<u>medialis</u>	to the inside
<u>middle scalene</u>	longest scalene muscle, located between the anterior and posterior scalenes
<u>multifidus</u>	muscle of the lumbar region that helps extend and laterally flex the vertebral column
<u>multipennate</u>	pennate muscle that has a tendon branching within it
<u>mylohyoid</u>	muscle that lifts the hyoid bone and helps press the tongue to the top of the mouth
<u>obturator externus</u>	muscle deep to the gluteus maximus on the lateral surface of the thigh that laterally rotates the femur at the hip
<u>obturator internus</u>	muscle deep to the gluteus maximus on the lateral surface of the thigh that laterally rotates the femur at the hip
<u>occipitalis</u>	posterior part of the occipitofrontalis muscle
<u>occipitofrontalis</u>	muscle that makes up the scalp with a frontal belly and an occipital belly
<u>omohyoid</u>	muscle that has superior and inferior bellies and depresses the hyoid bone
<u>opponens digiti minimi</u>	muscle that brings the little finger across the palm to meet the thumb
<u>opponens pollicis</u>	muscle that moves the thumb across the palm to meet another finger
<u>orbicularis oculi</u>	circular muscle that closes the eye
<u>orbicularis oris</u>	circular muscle that moves the lips
<u>origin</u>	end of a skeletal muscle that is attached to another structure (usually a bone) in a fixed position
<u>palatoglossus</u>	muscle that originates on the soft palate to elevate the back of the tongue
<u>palmar interossei</u>	muscles that abduct and flex each finger at the metacarpophalangeal joints and extend each finger at the interphalangeal joints
<u>palmaris longus</u>	muscle that provides weak flexion of the hand at the wrist



<a href="#">parallel</a>	fascicles that extend in the same direction as the long axis of the muscle
<a href="#">patellar ligament</a>	extension of the quadriceps tendon below the patella
<a href="#">pectineus</a>	muscle that abducts and flexes the femur at the hip
<a href="#">pectoral girdle</a>	shoulder girdle, made up of the clavicle and scapula
<a href="#">pectoralis major</a>	thick, fan-shaped axial muscle that covers much of the superior thorax
<a href="#">pectoralis minor</a>	muscle that moves the scapula and assists in inhalation
<a href="#">pelvic diaphragm</a>	muscular sheet that comprises the levator ani and the ischiococcygeus
<a href="#">pelvic girdle</a>	hips, a foundation for the lower limb
<a href="#">pennate</a>	fascicles that are arranged differently based on their angles to the tendon
<a href="#">perineum</a>	diamond-shaped region between the pubic symphysis, coccyx, and ischial tuberosities
<a href="#">piriformis</a>	muscle deep to the gluteus maximus on the lateral surface of the thigh that laterally rotates the femur at the hip
<a href="#">plantar aponeurosis</a>	muscle that supports the longitudinal arch of the foot
<a href="#">plantar group</a>	four-layered group of intrinsic foot muscles
<a href="#">plantaris</a>	muscle that runs obliquely between the gastrocnemius and the soleus
<a href="#">popliteal fossa</a>	diamond-shaped space at the back of the knee
<a href="#">popliteus</a>	muscle that flexes the leg at the knee and creates the floor of the popliteal fossa
<a href="#">posterior compartment of the leg</a>	region that includes the superficial gastrocnemius, soleus, and plantaris, and the deep popliteus, flexor digitorum longus, flexor hallucis longus, and tibialis posterior
<a href="#">posterior compartment of the thigh</a>	region that includes muscles that flex the leg and extend the thigh
<a href="#">posterior scalene</a>	smallest scalene muscle, located posterior to the middle scalene

	scalene
<u>prime mover</u>	(also, agonist) principle muscle involved in an action
<u>pronator quadratus</u>	pronator that originates on the ulna and inserts on the radius
<u>pronator teres</u>	pronator that originates on the humerus and inserts on the radius
<u>psoas major</u>	muscle that, along with the iliacus, makes up the iliopsoas
<u>pubococcygeus</u>	muscle that makes up the levator ani along with the iliococcygeus
<u>quadratus femoris</u>	muscle deep to the gluteus maximus on the lateral surface of the thigh that laterally rotates the femur at the hip
<u>quadratus lumborum</u>	posterior part of the abdominal wall that helps with posture and stabilization of the body
<u>quadriceps femoris group</u>	four muscles, that extend and stabilize the knee
<u>quadriceps tendon</u>	(also, patellar tendon) tendon common to all four quadriceps muscles, inserts into the patella
<u>rectus abdominis</u>	long, linear muscle that extends along the middle of the trunk
<u>rectus femoris</u>	quadricep muscle on the anterior aspect of the thigh
<u>rectus sheaths</u>	tissue that makes up the linea alba
<u>retinacula</u>	fibrous bands that sheath the tendons at the wrist
<u>rhomboid major</u>	muscle that attaches the vertebral border of the scapula to the spinous process of the thoracic vertebrae
<u>rhomboid minor</u>	muscle that attaches the vertebral border of the scapula to the spinous process of the thoracic vertebrae
<u>rotator cuff</u>	(also, musculotendinous cuff) the circle of tendons around the shoulder joint
<u>sartorius</u>	band-like muscle that flexes, abducts, and laterally rotates the leg at the hip
<u>scalene muscles</u>	flex, laterally flex, and rotate the head; contribute to deep inhalation

	deep inhalation
<u>segmental muscle group</u>	interspinales and intertransversarii muscles that bring together the spinous and transverse processes of each consecutive vertebra
<u>semimembranosus</u>	hamstring muscle
<u>semispinalis capitis</u>	transversospinales muscle associated with the head region
<u>semispinalis cervicis</u>	transversospinales muscle associated with the cervical region
<u>semispinalis thoracis</u>	transversospinales muscle associated with the thoracic region
<u>semitendinosus</u>	hamstring muscle
<u>serratus anterior</u>	large and flat muscle that originates on the ribs and inserts onto the scapula
<u>soleus</u>	wide, flat muscle deep to the gastrocnemius
<u>sphincter urethrovaginalis</u>	deep perineal muscle in women
<u>spinalis capitis</u>	muscle of the spinalis group associated with the head region
<u>spinalis cervicis</u>	muscle of the spinalis group associated with the cervical region
<u>spinalis group</u>	medially placed muscles of the erector spinae
<u>spinalis thoracis</u>	muscle of the spinalis group associated with the thoracic region
<u>splenius capitis</u>	neck muscle that inserts into the head region
<u>splenius cervicis</u>	neck muscle that inserts into the cervical region
<u>splenius</u>	posterior neck muscles; includes the splenius capitis and splenius cervicis
<u>sternocleidomastoid</u>	major muscle that laterally flexes and rotates the head
<u>sternohyoid</u>	muscle that depresses the hyoid bone
<u>sternothyroid</u>	muscle that depresses the larynx's thyroid cartilage

<a href="#">styloglossus</a>	muscle that originates on the styloid bone, and allows upward and backward motion of the tongue
<a href="#">stylohyoid</a>	muscle that elevates the hyoid bone posteriorly
<a href="#">subclavius</a>	muscle that stabilizes the clavicle during movement
<a href="#">subscapularis</a>	muscle that originates on the anterior scapula and medially rotates the arm
<a href="#">superficial anterior compartment of the forearm</a>	flexor carpi radialis, palmaris longus, flexor carpi ulnaris, flexor digitorum superficialis, and their associated blood vessels and nerves
<a href="#">superficial posterior compartment of the forearm</a>	extensor radialis longus, extensor carpi radialis brevis, extensor digitorum, extensor digiti minimi, extensor carpi ulnaris, and their associated blood vessels and nerves
<a href="#">superior extensor retinaculum</a>	transverse ligament of the ankle
<a href="#">superior gemellus</a>	muscle deep to the gluteus maximus on the lateral surface of the thigh that laterally rotates the femur at the hip
<a href="#">supinator</a>	muscle that moves the palm and forearm anteriorly
<a href="#">suprahyoid muscles</a>	neck muscles that are superior to the hyoid bone
<a href="#">supraspinatus</a>	muscle that abducts the arm
<a href="#">synergist</a>	muscle whose contraction helps a prime mover in an action
<a href="#">temporalis</a>	muscle that retracts the mandible
<a href="#">tendinous intersections</a>	three transverse bands of collagen fibers that divide the rectus abdominis into segments
<a href="#">tensor fascia lata</a>	muscle that flexes and abducts the thigh
<a href="#">teres major</a>	muscle that extends the arm and assists in adduction and medial rotation of it
<a href="#">teres minor</a>	muscle that laterally rotates and extends the arm thenar eminence rounded contour of muscle at the base of the thumb
<a href="#">thenar</a>	group of muscles on the lateral aspect of the palm

<u><a href="#">thyrohyoid</a></u>	muscle that depresses the hyoid bone and elevates the larynx's thyroid cartilage
<u><a href="#">tibialis anterior</a></u>	muscle located on the lateral surface of the tibia
<u><a href="#">tibialis posterior</a></u>	muscle that plantar flexes and inverts the foot
<u><a href="#">transversospinales</a></u>	muscles that originate at the transverse processes and insert at the spinous processes of the vertebrae
<u><a href="#">transversus abdominis</a></u>	deep layer of the abdomen that has fascicles arranged transversely around the abdomen
<u><a href="#">trapezius</a></u>	muscle that stabilizes the upper part of the back
<u><a href="#">triceps brachii</a></u>	three-headed muscle that extends the forearm tri three
<u><a href="#">unipennate</a></u>	pennate muscle that has fascicles located on one side of the tendon
<u><a href="#">urogenital triangle</a></u>	anterior triangle of the perineum that includes the external genitals
<u><a href="#">vastus intermedius</a></u>	quadricep muscle that is between the vastus lateralis and vastus medialis and is deep to the rectus femoris
<u><a href="#">vastus lateralis</a></u>	quadricep muscle on the lateral aspect of the thigh
<u><a href="#">vastus medialis</a></u>	quadricep muscle on the medial aspect of the thigh