

<b>MUSCLES OF FACIAL EXPRESSION</b>			
<b>MUSCLE</b>	<b>ORIGIN</b>	<b>INSERTION</b>	<b>ACTION</b>
frontalis	galea aponeurotica	skin of eyebrows and nose	raises eyebrows, wrinkles forehead skin
orbicularis oculi	frontal and maxillary bone	skin of eyelid	blinking, squinting, forceful closing of eyelids
orbicularis oris	fibers of other mouth muscles	muscles and skin at angle of the mouth	closes and protrudes lips
platysma	pectoralis and deltoid fascia	lower border of the mandible, mouth skin and muscle	depresses mandible, draws angle of mouth downward, tightens skin of the neck

<b>MUSCLES OF MASTICATION</b>			
<b>MUSCLE</b>	<b>ORIGIN</b>	<b>INSERTION</b>	<b>ACTION</b>
masseter	zygomatic arch	mandible	elevates mandible
temporalis	temporal fossa of the temporal bone	coronoid process of the mandible	elevates and retracts mandible

<b>MUSCLES OF THE NECK</b>			
<b>MUSCLE</b>	<b>ORIGIN</b>	<b>INSERTION</b>	<b>ACTION</b>
Sternocleidomastoid	manubrium of sternum and medial clavicle	mastoid process of the temporal bone	both muscles acting together flex cervical vertebral column, acting alone rotates head to the opposite side

<b>MUSCLES OF THE THORACIC WALL</b>			
<b>MUSCLE</b>	<b>ORIGIN</b>	<b>INSERTION</b>	<b>ACTION</b>
pectoralis minor	ribs 3-5	coracoid process of the scapula	depresses and pulls scapula anteriorly
external intercostals	inferior border of ribs	superior border of ribs	elevate and expand rib cage
internal intercostals	superior border of ribs	inferior border of ribs	depress rib cage
serratus anterior	ribs	vertebral border of the scapula	draws scapula forward along thoracic wall, rotates scapula

<b>MUSCLES OF THE ABDOMINAL WALL</b>			
<b>MUSCLE</b>	<b>ORIGIN</b>	<b>INSERTION</b>	<b>ACTION</b>
external abdominal oblique	lower eight ribs	linea alba, aponeurosis of the external abdominal oblique	compresses abdominal contents, assists in flexion and rotation of vertebral column
internal abdominal oblique	lumbodorsal fascia, iliac crest	linea alba, aponeurosis of internal abdominal oblique	same as external abdominal oblique
rectus abdominis	pubic crest and pubic symphysis	ribs and xiphoid process	flexes vertebral column, compresses abdominal contents

<b>MUSCLES OF THE PECTORAL GIRDLE</b>			
<b>MUSCLE</b>	<b>ORIGIN</b>	<b>INSERTION</b>	<b>ACTION</b>
trapezius	occipital bone, cervical and thoracic vertebrae	lateral 1/3 of clavicle and scapular spine and acromion	elevates, depresses, rotates, adducts scapula
deltoid	clavicle, acromion and spine of scapula	deltoid tuberosity of the humerus	abducts; flexes and medially rotates; extends and laterally rotates arm
latissimus dorsi	lumbodorsal fascia via thoracic and lumbar vertebrae, sacrum, ilium	intertubercular groove of the humerus	extends, adducts, and medially rotates arm
pectoralis major	sternum, clavicle, and ribs	greater tubercle and along intertubercular groove of the humerus	flexes, medially rotates, and adducts arm

<b>MUSCLES ASSOCIATED WITH THE SCAPULA</b>			
<b>MUSCLE</b>	<b>ORIGIN</b>	<b>INSERTION</b>	<b>ACTION</b>
levator scapula	transverse processes of cervical vertebrae	superior angle and vertebral border of the scapula	elevates scapula
rhomboid major and minor	spinous processes of thoracic vertebrae	vertebral border of the scapula	adducts, rotates scapula
supraspinatus	supraspinous fossa of the scapula	greater tubercle of the humerus	arm abduction
infraspinatus	infraspinous fossa of the scapula	greater tubercle of the humerus	laterally rotates arm
teres major	inferior angle of scapula	lesser tubercle of the humerus	adducts, extends and medially rotates arm
teres minor	lateral border of scapula	greater tubercle of the humerus	laterally rotates arm
subscapularis	subscapular fossa of the scapula	lesser tubercle of the humerus	medially rotates arm

<b>MUSCLES OF THE ANTERIOR COMPARTMENT OF THE ARM</b>			
<b>MUSCLE</b>	<b>ORIGIN</b>	<b>INSERTION</b>	<b>ACTION</b>
biceps brachii long head  short head	supraglenoid tubercle of the scapula  coracoid process of the scapula	radial tuberosity of the radius	flexes arm and forearm, supinates forearm
brachialis	anterior humerus	coronoid process of the ulna	flexes forearm
coracobrachialis	coracoid process of the scapula	medial humerus	flexes arm

<b>MUSCLES OF THE POSTERIOR COMPARTMENT OF THE ARM</b>			
<b>MUSCLE</b>	<b>ORIGIN</b>	<b>INSERTION</b>	<b>ACTION</b>
triceps brachii long head	infraglenoid tubercle of the scapula	olecranon process of the ulna	extends arm and forearm
lateral head	posterior humerus	olecranon process of the ulna	forearm extension
medial head	posterior humerus	olecranon process of the ulna	forearm extension

<b>MUSCLES OF THE ANTERIOR COMPARTMENT OF THE FOREARM</b>			
<b>MUSCLE</b>	<b>ORIGIN</b>	<b>INSERTION</b>	<b>ACTION</b>
pronator teres	medial epicondyle of the humerus	radius	pronates forearm
flexor carpi radialis	medial epicondyle of the humerus	metacarpals	flexes and abducts hand
palmaris longus	medial epicondyle of the humerus	palmar aponeurosis	flexes hand
flexor carpi ulnaris	medial epicondyle of the humerus	carpal and metacarpals	flexes and adducts hand
flexor digitorum superficialis	medial epicondyle of the humerus	middle phalanges 2nd to 5th digit	flexes phalanges
flexor digitorum profundus	ulna and interosseus membrane	distal phalanges 2nd to 5th digit	flexes phalanges
flexor pollicis longus	anterior radius and interosseus membrane	distal phalanx of the thumb	flexes thumb
pronator quadratus	distal and anterior ulnar shaft	distal and anterior radius	pronates forearm, hold radius and ulna together

<b>MUSCLES OF THE POSTERIOR COMPARTMENT OF THE FOREARM</b>			
<b>MUSCLE</b>	<b>ORIGIN</b>	<b>INSERTION</b>	<b>ACTION</b>
brachioradialis	lateral supracondylar ridge of the humerus	styloid process of the radius	flexes forearm
extensor carpi radialis longus	lateral supracondylar ridge of the humerus	second metacarpal bone	extends and abducts hand
extensor carpi radialis brevis	lateral epicondyle of the humerus	third metacarpal	extends and abducts hand
extensor digitorum	lateral epicondyle of the humerus	middle and distal phalanges of medial four fingers	extends fingers and hand
extensor carpi ulnaris	lateral epicondyle of the humerus	fifth metacarpal	extends and adducts hand
supinator	lateral epicondyle of the humerus	proximal end of radius	supinates forearm
abductor pollicis longus	posterior radius and posterior ulna	first metacarpal	abducts and extends thumb
extensor pollicis brevis	radius and posterior ulna	proximal phalanx of the thumb	extends thumb
extensor pollicis longus	ulna and posterior radius	distal phalanx of the thumb	extends thumb
extensor indicis	posterior ulna	extensor expansion of index finger	extends index finger
extensor digiti minimi	lateral epicondyle of the humerus	extensor expansion of the little finger	extends little finger
anconeus	lateral epicondyle of the humerus	olecranon process of ulna	abducts ulna during pronation; elbow extension

INTRINSIC MUSCLES OF THE HAND			
MUSCLE	ORIGIN	INSERTION	ACTION
abductor pollicis brevis	scaphoid, trapezium	proximal phalanx of the thumb	abducts thumb
opponens pollicis	trapezium	thumb metacarpal	rotates first metacarpal medially, i.e., opposition of the thumb
flexor pollicis brevis	trapezium, 1 <sup>st</sup> metacarpal	proximal phalanx of thumb	flexes and adducts thumb
adductor pollicis	capitate, 2 <sup>nd</sup> and 3 <sup>rd</sup> metacarpal	proximal phalanx of the thumb	adducts thumb

MUSCLES ASSOCIATED WITH THE ANTERIOR COMPARTMENT OF THE THIGH			
MUSCLE	ORIGIN	INSERTION	ACTION
iliopsoas	iliac fossa, transverse processes of lumbar vertebrae	lesser trochanter of the femur	flexes hip
sartorius	anterior superior iliac spine	medial tibia	flexes, laterally rotates thigh; flexes and medially rotates leg at the knee
quadriceps femoris rectus femoris vastus lateralis vastus medialis vastus intermedius	anterior inferior iliac spine greater trochanter of the femur linea aspera shaft of the femur	all four: via quadriceps tendon into patella, then ligamentum patellae onto tibial tuberosity of the tibia	<b>rectus femoris only</b> - flexes thigh at hip <b>all four</b> - extends leg at knee
pectineus	superior ramus of pubis	linea aspera of femur	flexes, adducts thigh
tensor fascia latae	anterior superior iliac spine, iliac crest	iliotibial tract	flexes and abducts thigh

<b>MUSCLES ASSOCIATED WITH THE MEDIAL COMPARTMENT OF THE THIGH</b>			
<b>MUSCLE</b>	<b>ORIGIN</b>	<b>INSERTION</b>	<b>ACTION</b>
gracilis	inferior ramus and body of the pubis	medial surface of tibia	adducts thigh at hip; flexes leg at knee
adductor longus	pubis	linea aspera of femur	adducts and flexes thigh at hip
adductor brevis	body and inferior ramus of the pubis	lineas aspera of femur	adducts thigh at hip
adductor magnus	inferior ramus of pubis and ischium, ischial tuberosity	lineas aspera of femur	adducts and flexes thigh at hip

<b>MUSCLES ASSOCIATED WITH THE GLUTEAL REGION AND POSTERIOR COMPARTMENT OF THE THIGH</b>			
<b>MUSCLE</b>	<b>ORIGIN</b>	<b>INSERTION</b>	<b>ACTION</b>
gluteus maximus	posterior ilium, sacrum, and coccyx	iliotibial tract, gluteal tuberosity of femur	extends and laterally rotates hip
gluteus medius	lateral ilium	greater trochanter of the femur	abducts thigh at hip
biceps femoris long head short head	ischial tuberosity linea aspera	head of fibula, lateral condyle of tibia	flexes and laterally rotates leg at knee <b>long head only</b> - extends thigh at hip
semitendinosus	ischial tuberosity	medial tibia	extends thigh at hip; flexes and medially rotates leg at knee
semimembranosus	ischial tuberosity	medial condyle of tibia	extends thigh at hip; flexes and medially rotates leg at knee
gluteus minimis	external surface of ilium	greater trochanter of femur	abducts and medially rotates thigh
piriformis	lateral surface of ilium	greater trochanter of femur	rotates and extends thigh laterally, abducts thigh
quadratus femoris	ischial tuberosity	intertrochanteric crest of femur	rotates thigh laterally

<b>MUSCLES ASSOCIATED WITH THE ANTERIOR COMPARTMENT OF THE LEG</b>			
<b>MUSCLE</b>	<b>ORIGIN</b>	<b>INSERTION</b>	<b>ACTION</b>
tibialis anterior	lateral condyle of tibia	cuneiform and base of 1st metatarsal	dorsiflexes and inverts the foot; extends toe
extensor hallucis longus	anterior fibula, interosseous membrane	distal phalanx of great toe	dorsiflexes and inverts foot; extends big toe
extensor digitorum longus	lateral condyle of tibia, proximal fibula, interosseous membrane	phalanges of toes 2-5	dorsiflexes foot and extends toes
fibularis (peroneus) tertius	anterior fibula, interosseous membrane	fifth metatarsal	dorsiflexes and everts foot

<b>MUSCLES ASSOCIATED WITH THE LATERAL COMPARTMENT OF THE LEG</b>			
<b>MUSCLE</b>	<b>ORIGIN</b>	<b>INSERTION</b>	<b>ACTION</b>
fibularis (peroneus) longus	head of fibula	cuneiform, base of 1st metatarsal	plantar flexes and everts foot
fibularis (peroneus) brevis	distal fibula	fifth metatarsal	plantar flexes and everts foot

<b>MUSCLES ASSOCIATED WITH THE POSTERIOR COMPARTMENT OF THE LEG</b>			
<b>MUSCLE</b>	<b>ORIGIN</b>	<b>INSERTION</b>	<b>ACTION</b>
gastrocnemius	lateral and medial condyle of the femur	calcaneus	plantar flexes the foot, weak flexor of leg at knee
soleus	proximal tibia, proximal fibula, interosseous membrane	calcaneus	plantar flexes the foot
flexor digitorum longus	posterior tibia	distal phalanges lateral four toes	plantar flexes and inverts foot; flexes toes
flexor hallucis longus	middle shaft of fibula	distal phalanx great toe	plantar flexes and inverts foot; flexes great toe
tibialis posterior	tibia and fibula	navicular bone	plantar flexes and inverts foot



