

ANATOMY I  
MUSCLE ANATOMY EXERCISE

Check how well you've learned these muscles by filling in the missing information from memory.

MUSCLE	ORIGIN	INSERTION	ACTION
Trapezius			Rotates scapula
Latissimus dorsi		humerus	Extends and adducts arm & rotates inwardly
Serratus anterior	upper ribs		pulls scapula anterior & down
external oblique	lower ribs	iliac crest	
	iliac crest	lower ribs	compresses abdomen, flexes laterally
Rectus abdominis			compresses & flexes trunk

Pectoralis major	Clavicle, sternum & cartilages	humerus	
	Sternum, clavicle	Mastoid process	Pulls head to one side, depresses head, elevates shoulders
Infraspinatus			

	scapula & clavicle	deltoid tuberosity of humerus	
	scapula	radial tuberosity of radius	flexes forearm at elbow
Triceps brachii			extends forearm at elbow
Brachioradialis	distal lateral humerus	radius	
	humerus & ulna	radius	supinates forearm
	humerus & ulna	radius	pronates forearm
Flexors of the wrist and hand			flexes hand and wrist
Extensors of the wrist and hand			extend wrist and hand

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<b>MUSCLE</b>	<b>ORIGIN</b>	<b>INSERTION</b>	<b>ACTION</b>
Quadriceps:			
	ilium	Patella and tibial tuberosity by patellar tendon	extends leg at knee
	gtr trochanter & femur	Patella and tibial tuberosity by patellar tendon	extends leg at knee
	femur	Patella and tibial tuberosity by patellar tendon	extends leg at knee
	femur	Patella and tibial tuberosity by patellar tendon	extends leg at knee
Hamstrings:			
Biceps femoris	ischial tuberosity & femur	fibula & lateral condyle of tibia	
semitendinosus	ischial tuberosity	medial tibia	
Semimembranosus	ischial tuberosity	medial condyle of tibia	
Adductors			
Gracilis			adducts thigh
	pubis	posterior femur	adducts thigh & rotates laterally
Sartorius	ASIS	medial tibia	
Gluteus maximus, medius, minimus			abducts & rotates medially
Gastrocnemius	condyles of femur	calcaneus	
Soleus			plantar flexion
	lateral tibia & fibula	tarsals & metatarsals	plantar flexion & eversion of foot
Tibialis anterior	lateral condyle of tibia	tarsals	

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MUSCLE	ORIGIN	INSERTION	ACTION
			supports pelvic viscera, provides sphincterlike action in anal canal, vagina, urethra
Levator ani			