

ANATOMY I
MUSCLE ANATOMY

MUSCLE	ORIGIN	INSERTION	ACTION
Trapezius	Occipital bone, vertebrae	Clavicle, scapula	Rotates scapula
Latissimus dorsi	Spines of vertebrae & iliac crest	humerus	Extends and adducts arm & rotates inwardly
Serratus anterior	upper ribs	scapula	pulls scapula anterior & down
external oblique	lower ribs	iliac crest	compresses abdomen, flexes laterally
internal oblique	iliac crest	lower ribs	compresses abdomen, flexes laterally
Rectus abdominis	pubic symphysis	xiphoid process of sternum	compresses & flexes trunk

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

Deltoid	scapula & clavicle	deltoid tuberosity of humerus	abducts extends & flexes arm
Biceps brachii	scapula	radial tuberosity of radius	flexes forearm at elbow
Triceps brachii	Scapula, humerus	olecranon process of ulna	extends forearm at elbow
Brachioradialis	distal lateral humerus	radius	Flexes forearm at elbow
Supinator	humerus & ulna	radius	supinates forearm
Pronator teres	humerus & ulna	radius	pronates forearm
Flexors of the wrist and hand	anterior forearm		flexes hand and wrist
Extensors of the wrist and hand	Posterior forearm		extend wrist and hand

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Quadriceps:			
Rectus femoris	ilium	Patella and tibial tuberosity by patellar tendon	extends leg at knee
Vastus lateralis	gtr trochanter & femur	Patella and tibial tuberosity by patellar tendon	extends leg at knee
Vastus medialis	femur	Patella and tibial tuberosity by patellar tendon	extends leg at knee
Vastus intermedius	femur	Patella and tibial tuberosity by patellar tendon	extends leg at knee
Hamstrings:			
Biceps femoris	ischial tuberosity & femur	fibula & lateral condyle of tibia	flexes & rotates leg laterally, extends thigh
semitendinosus	ischial tuberosity	medial tibia	flexes & rotates leg medially, extends thigh
Semimembranosus	ischial tuberosity	medial condyle of tibia	flexes & rotates leg medially, extends thigh
Adductors			
Gracilis	pubic symphysis	tibia	adducts thigh
Adductor magnus, longus, brevis	pubis	posterior femur	adducts thigh & rotates laterally
Sartorius	ASIS	medial tibia	flexes leg & thigh, abducts thigh, rotates thigh laterally rotates leg medially (tailor's muscle)
Gluteus maximus, medius, minimus	Sacrum coccyx, ilium	femur	abducts & rotates medially
Gastrocnemius	condyles of femur	calcaneus	plantar flexion & flexion of leg

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Soleus	fibula & posterior tibia	calcaneus	plantar flexion
Peroneus	lateral tibia & fibula	tarsals & metatarsals	plantar flexion & eversion of foot
Tibialis anterior	lateral condyle of tibia	tarsals	dorsiflexion & inversion of foot

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Pubococcygeal			supports pelvic viscera, provides sphincterlike action in anal canal, vagina, urethra
Levator ani			supports pelvic viscera, provides sphincterlike action in anal canal, vagina, urethra