

Muscles of the Head, Neck, Trunk and Upper Extremity (Old Lab Manual TABLES 6.1 – 6.6)

MUSCLE	ORIGIN	INSERTION	ACTION
Masseter	Maxilla, Zygomatic Arch	Mandible	Elevates mandible
Temporalis	Parietal Bone	Mandible	Elevates and retracts mandible
Orbicularis oculi	Medial wall of orbit	Circular path around orbit	Close eye
Sternocleidomastoid	Sternum, Clavicle	Mastoid process of temporal bone	Flexes head at neck
Rectus abdominis	Pubis, Pubic symphysis	Rib cartilage, Xiphoid process	Flexes vertebral column
External oblique	Pubis	Iliac crest, Linea Alba	Lateral flexion of vertebral column
Internal oblique	Iliac crest, Inguinal ligament, Thoracolumbar fascia	Rib cartilage, Linea alba	Lateral flexion of vertebral column
Transverse abdominis	Iliac crest, Inguinal ligament, Thoracolumbar fascia, Rib cartilage	Xiphoid process, Linea Alba, Pubis	Compresses abdomen
Trapezius	Occipital bone, Cervical vertebrae, Thoracic vertebrae	Clavicle, Acromion, Spine of scapula	Adduct and rotate scapula
Pectoralis major	Clavicle, Sternum, Rib cartilage	Humerus	Adducts and medially rotates arm at shoulder
Serratus anterior (boxers muscle)	Superior aspect of 8 <sup>th</sup> & 9 <sup>th</sup> ribs	Vertebral border of scapula	Abduct & rotate the scapula
Latissimus dorsi	Thoracic vertebrae, lumbar vertebrae, Sacrum, Ilium, Ribs	Humerus	Extends and adducts arm at shoulder
Deltoid	Acromial end of clavicle, Acromion, Spine of scapula	Deltoid tuberosity of humerus	Abduct and flex arm at shoulder
Biceps brachii	Tubercle superior to the glenoid cavity, Coracoid process of scapula	Radial tuberosity of radius	Flexes forearm at elbow
Brachioradialis	Distal end of humerus	Styloid process of radius	Flex forearm at elbow
Triceps brachii	1 location on scapula, 2 locations on humerus	Olecranon process of ulna	Extends forearm at elbow

**Muscles of the Hip and Lower Extremity (Old Lab Manual TABLES 6.7 – 6.9)**

<b>MUSCLE</b>	<b>ORIGIN</b>	<b>INSERTION</b>	<b>ACTION</b>
<b>Gluteus maximus</b>	<b>Iliac crest, Sacrum, Coccyx</b>	<b>Linea aspera of femur</b>	<b>Extends thigh at hip</b>
<b>Gluteus medius</b>	<b>Ilium</b>	<b>Greater trochanter of femur</b>	<b>Abducts thigh at hip</b>
<b>Gracilis</b>	<b>Pubic symphysis, pubis</b>	<b>Tibia</b>	<b>Adducts thigh at hip</b>
<b>Quadriceps femoris</b> (4 heads of origin listed below)			
- <b>Rectus Femoris</b>	<b>Ilium</b>	<b>Patella, Tibial tuberosity</b>	<b>Extend leg at knee</b>
- <b>Vastus lateralis</b>	<b>Greater tochanter and linea aspera of femur</b>	<b>Patella, Tibial tuberosity</b>	<b>Extend leg at knee</b>
- <b>Vastus medialis</b>	<b>Linea aspera of femur</b>	<b>Patella, Tibial tuberosity</b>	<b>Extend leg at knee</b>
- <b>Vastus intermedius</b>	<b>Body (shaft) of femur</b>	<b>Patella, Tibial tuberosity</b>	<b>Extend leg at knee</b>
<b>Sartorius</b>	<b>Ilium</b>	<b>Body (shaft) of tibia</b>	<b>Flexes, abducts, and rotates thigh at hip</b>
<b>Tibialis anterior</b>	<b>lateral condyle of tibia, Border of tibia</b>	<b>1<sup>st</sup> Metatarsal, Cuneform</b>	<b>Dorsiflex foot at ankle</b>
<b>Hamstrings</b> (collective designation for the 3 muscle listed below)			
- <b>Biceps femoris</b>	<b>Ischial tuberosity of ischium, linea aspera of femur</b>	<b>Fibula, lateral condyle of tibia</b>	<b>Flexes leg at knee</b>
- <b>Semitendinosus</b>	<b>Ischial tuberosity of ischium</b>	<b>Body (shaft) of tibia</b>	<b>Flexes leg at knee</b>
- <b>Semimembranous</b>	<b>Ischial tuberosity of ischium</b>	<b>Medial condyle of tibia</b>	<b>Flexes leg at knee</b>
<b>Gastrocnemius</b>			<b>Plantar flexes foot at ankle</b>
<b>Soleus</b>	<b>Head of fibula, Medial border of tibia</b>	<b>Calcaneus by calcaneal sheath</b>	<b>Plantar flexion of foot and toes at ankle</b>