

MUSCLES FACTS

zygomaticus major

abductor pollicis longus
and extensor pollicis

1st dorsal interosseous

temporalis
masseter

orbicularis
oris

extensor digitorum

gastric and sternalohyoid

extensor carpi ulnaris

sternocleidomastoid

triceps

trapezius

pectoralis major

triceps

serratus anterior

flexor carpi radialis

latissimus dorsi

brachioradialis

external oblique (abdomen)

palmis longus

rectus abdominis (in sheath)

flexor digitorum superficialis

gluteus medius

hypothenar muscles

iliopsoas

thenar muscles

pectineus

gluteus maximus

rectus femoris



UPPER TRAPEZIUS

O: Occiput - C7

I: Lateral 1/3 of Clavicle, Acromion
Process, Spine of the Scapula

A: Elevation of the Scapula, Upward
Rotation of the Scapula

MIDDLE TRAPEZIUS

O: T1 . . . T5

I: Spine of the Scapula

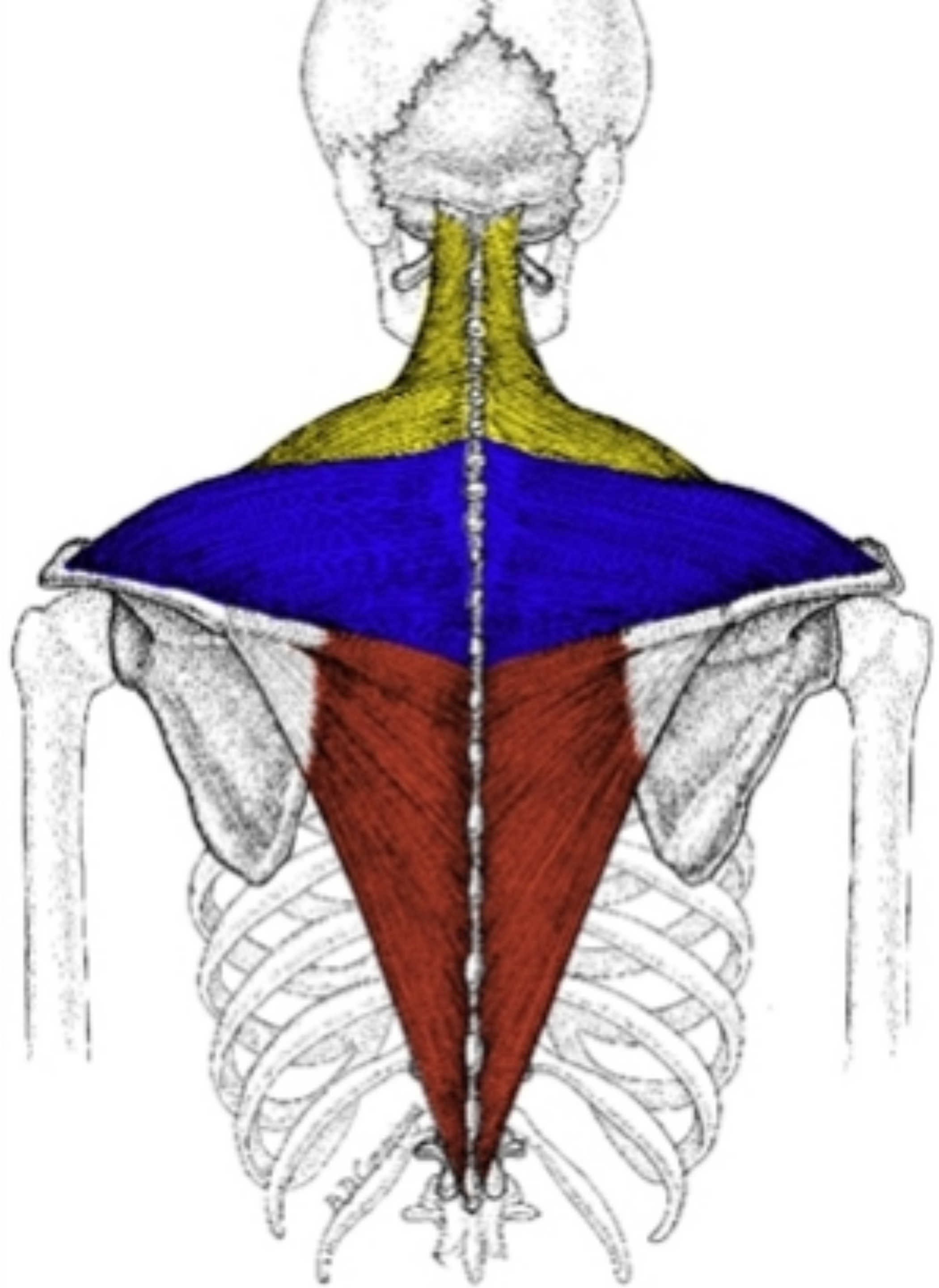
A: Retraction of the Scapula


LOWER TRAPEZIUS

O: T6 . . . T12

I: Root of the Spine of the Scapula

A: Depression of the Scapula, Upward
Rotation of the Scapula





MUSCLE SET 2
RHOMBOIDS
ERECTOR SPINAE

Side Note:
Often Overstretched

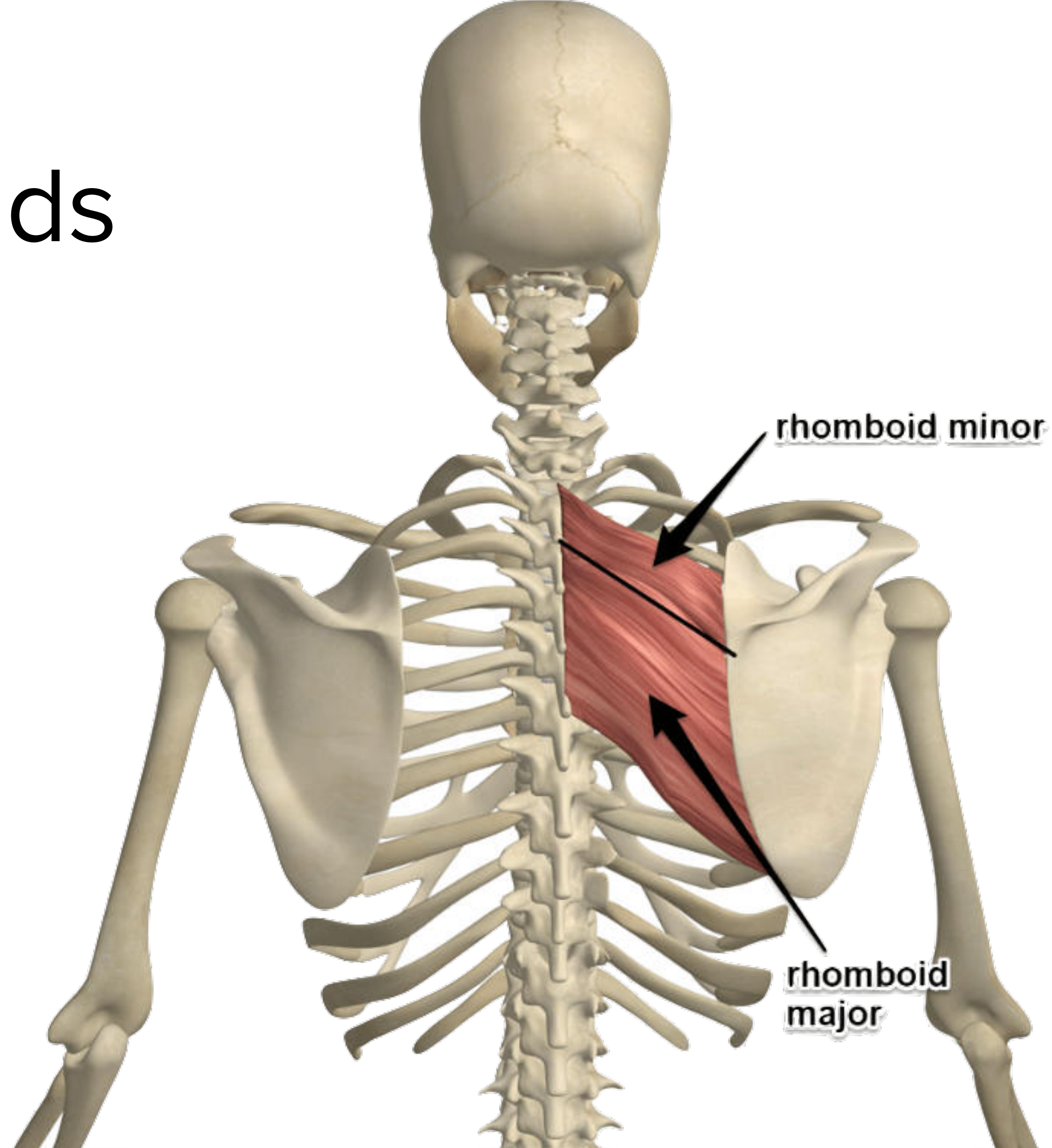
RHOMBOIDS

O: C7 . . . T5

I: Medial Border of Scapula

A: Retraction, Downward Rotation, and
Elevation of Scapula

Rhomboids



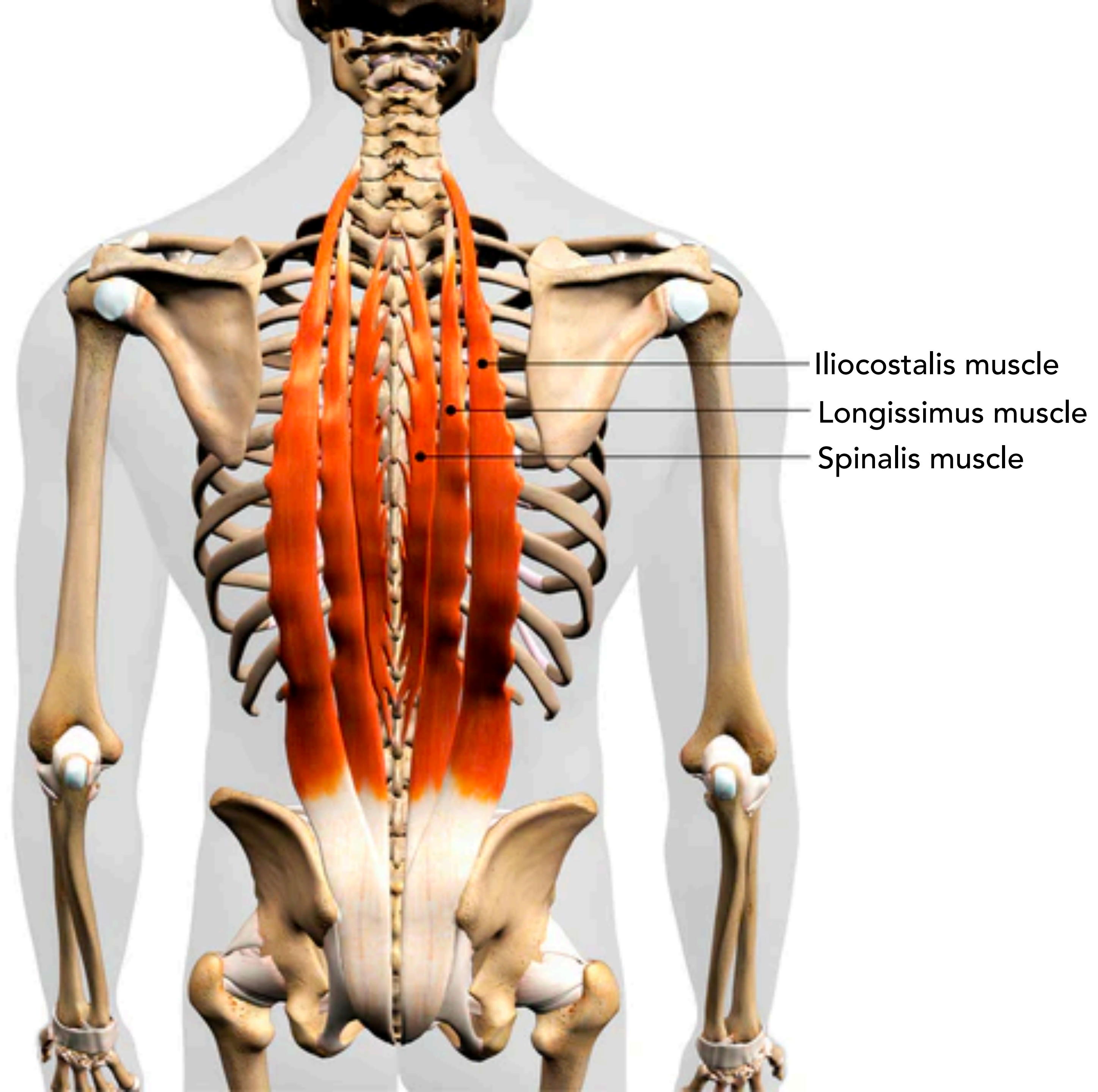
ERECTOR SPINAE

O: (*Inferior Attachment*) Sacrum via the Thoracolumbar Aponeurosis

I: (*Superior Attachment*) Occiput

A: Extension of Spine (bilateral), Lateral Flexion of Spine (unilateral)

Erector Spinae





MUSCLE SET 3

LATISSIMUS DORSI
TERES MAJOR
SERRATUS ANTERIOR

LATISSIMUS DORSI

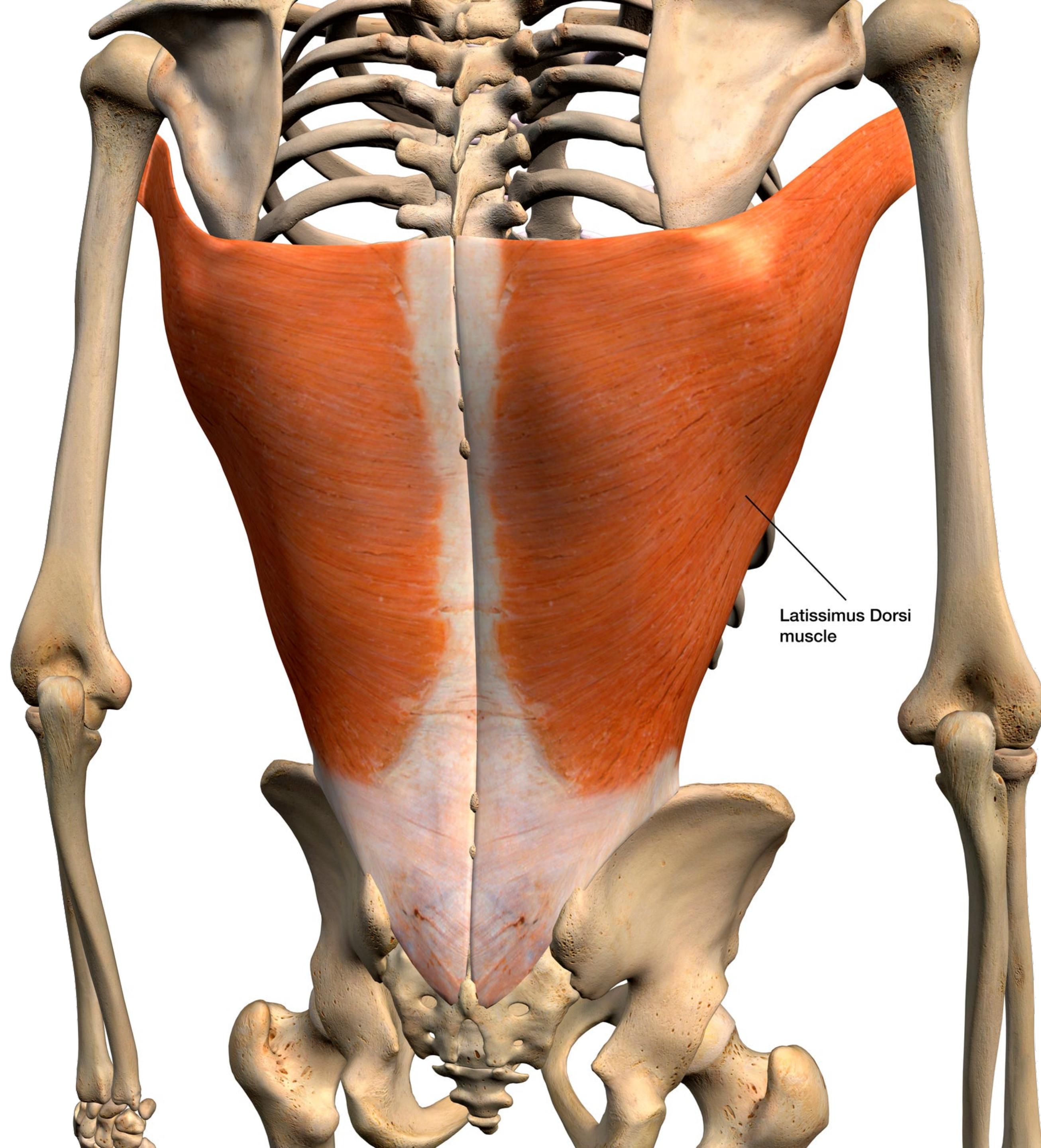
Side Note: Broad

O: Thoracolumbar Aponeurosis

I: Bicipital Groove of the Humerus
(medial lip)

A: Adduction of the Humerus, Extension
of the Humerus, Medial Rotation of
Humerus

Lattisimus Dorsi



Latissimus Dorsi
muscle

Side Note: Tight

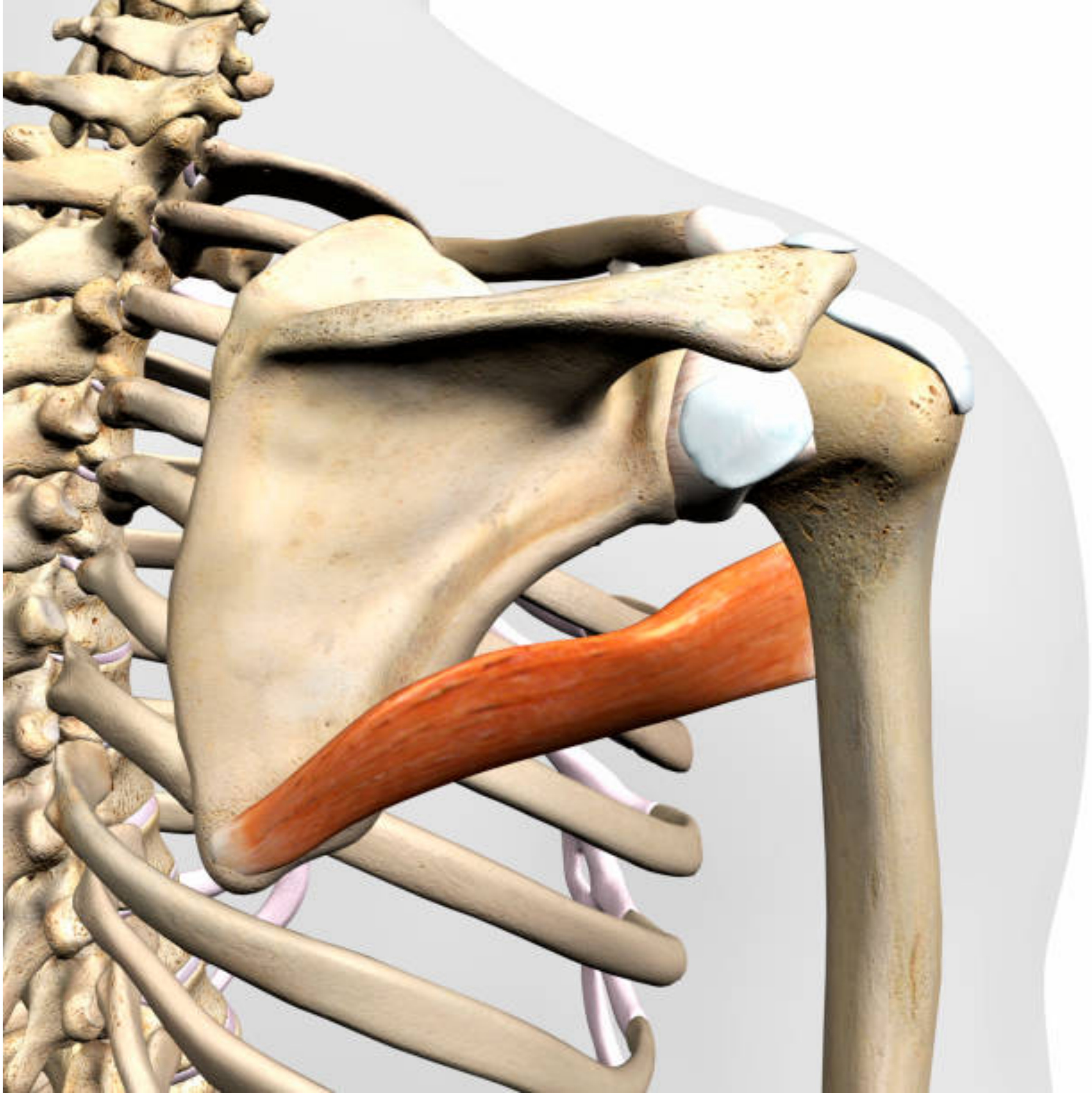
TERES MAJOR

O: Lateral Border of Scapula

I: Bicipital Groove of Humerus
(medial lip)

A: Adduction of Humerus, Extension of
Humerus, Medial Rotation of Humerus

Teres Major



**Side Note: Strongest
Protraction Muscle; Tight**

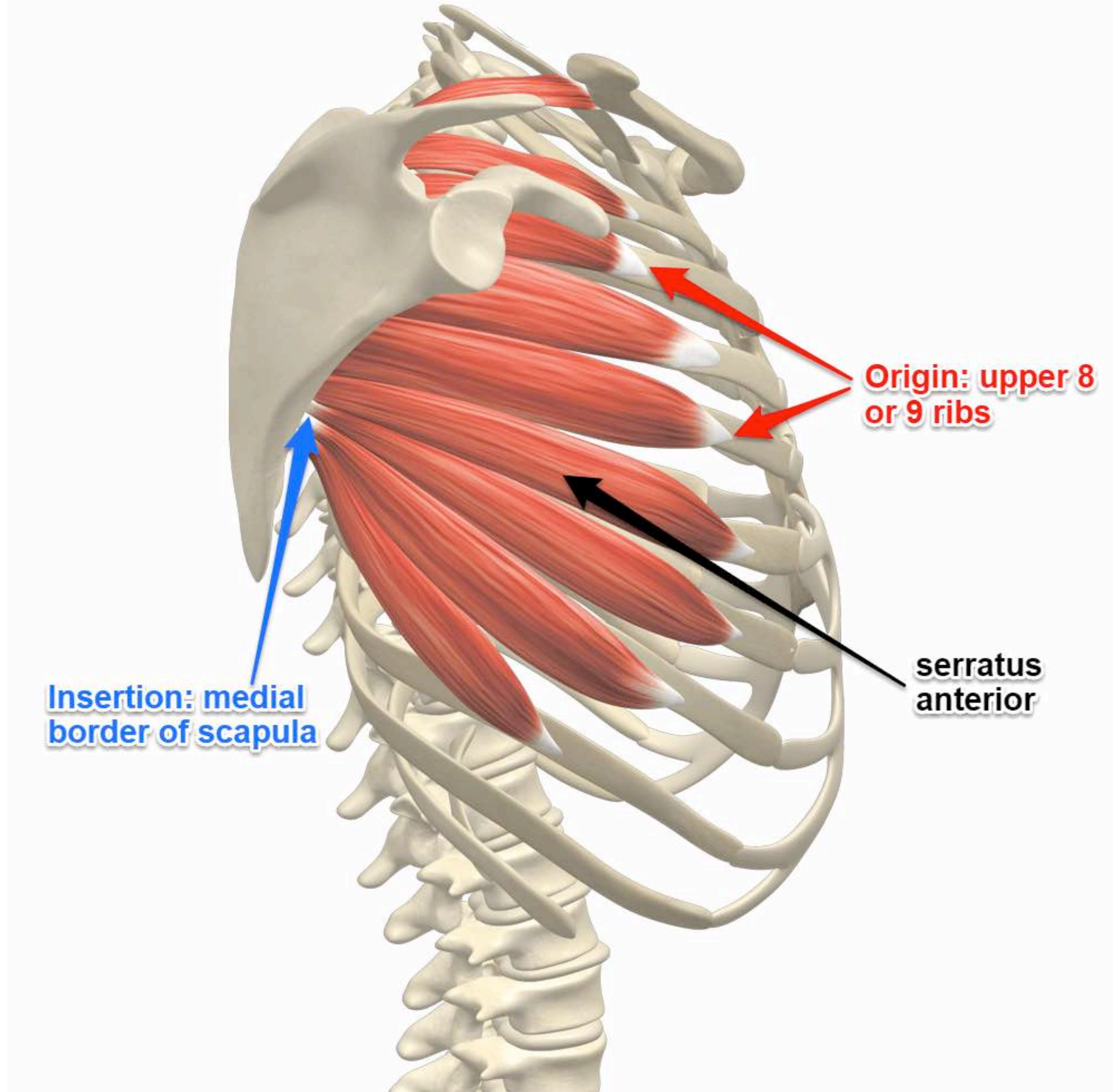
SERRATUS ANTERIOR

O: First 8 Ribs

I: Medial Border of Scapula
(anterior side)

A: Protraction of Scapula

Serratus Anterior





MUSCLE SET 4

Supraspinatus

Infraspinatus

Teres Minor

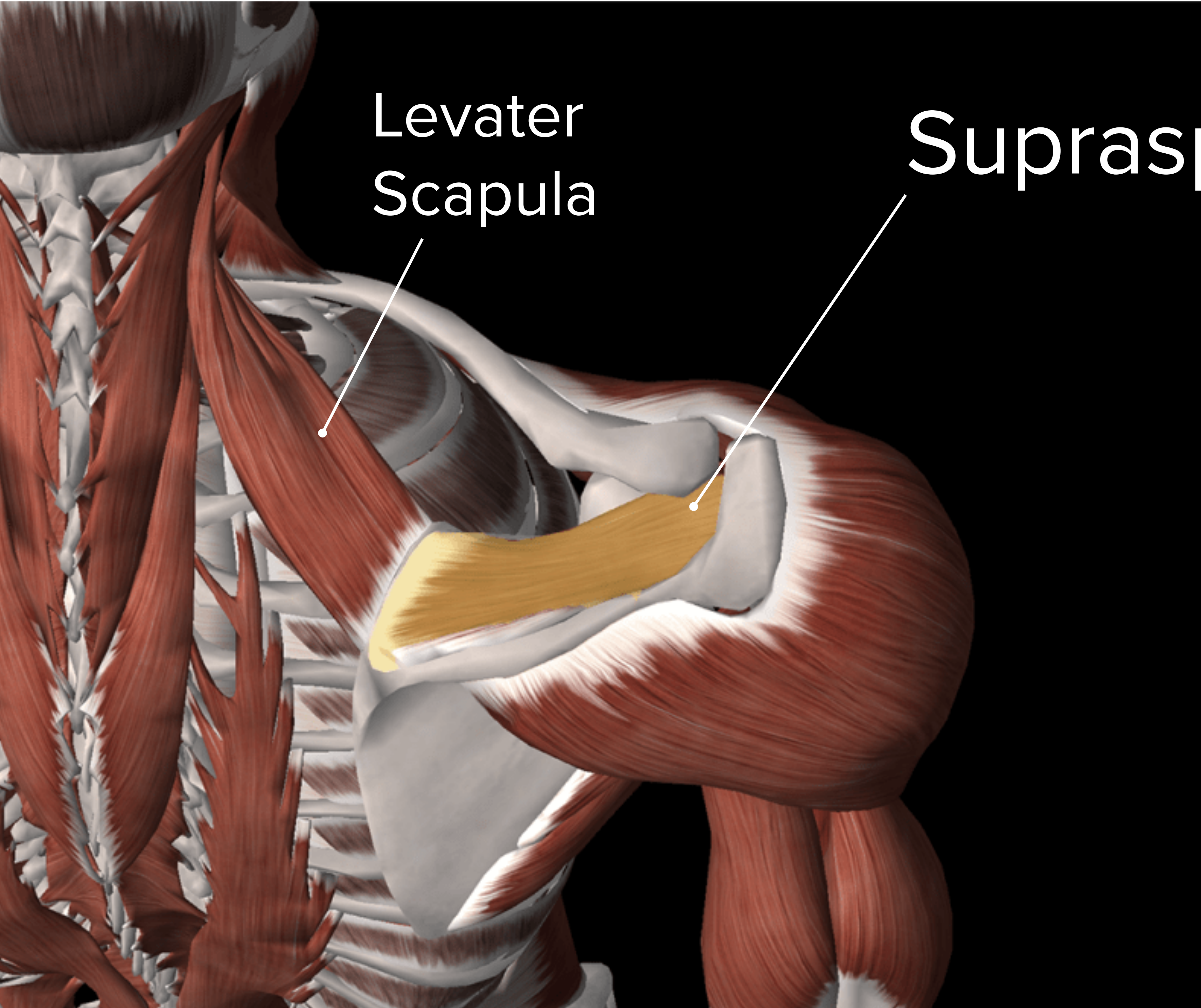
Subscapularis

SUPRASPINATUS

O: Subscapular Fossa

I: Greater Tubercle of Humerus

A: Abduction of Humerus, stabilizes scapula and humeral head



Levater
Scapula

Supras

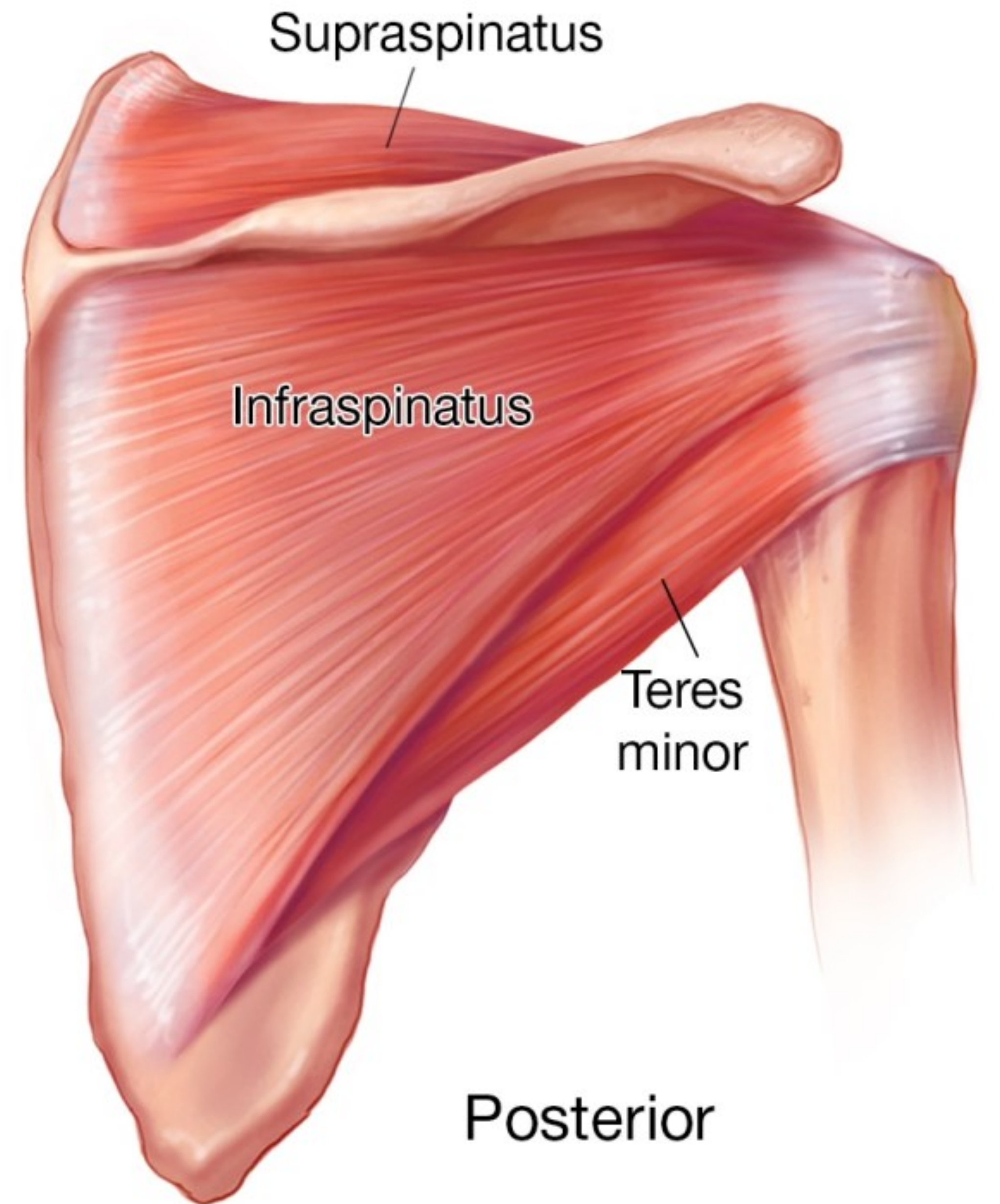
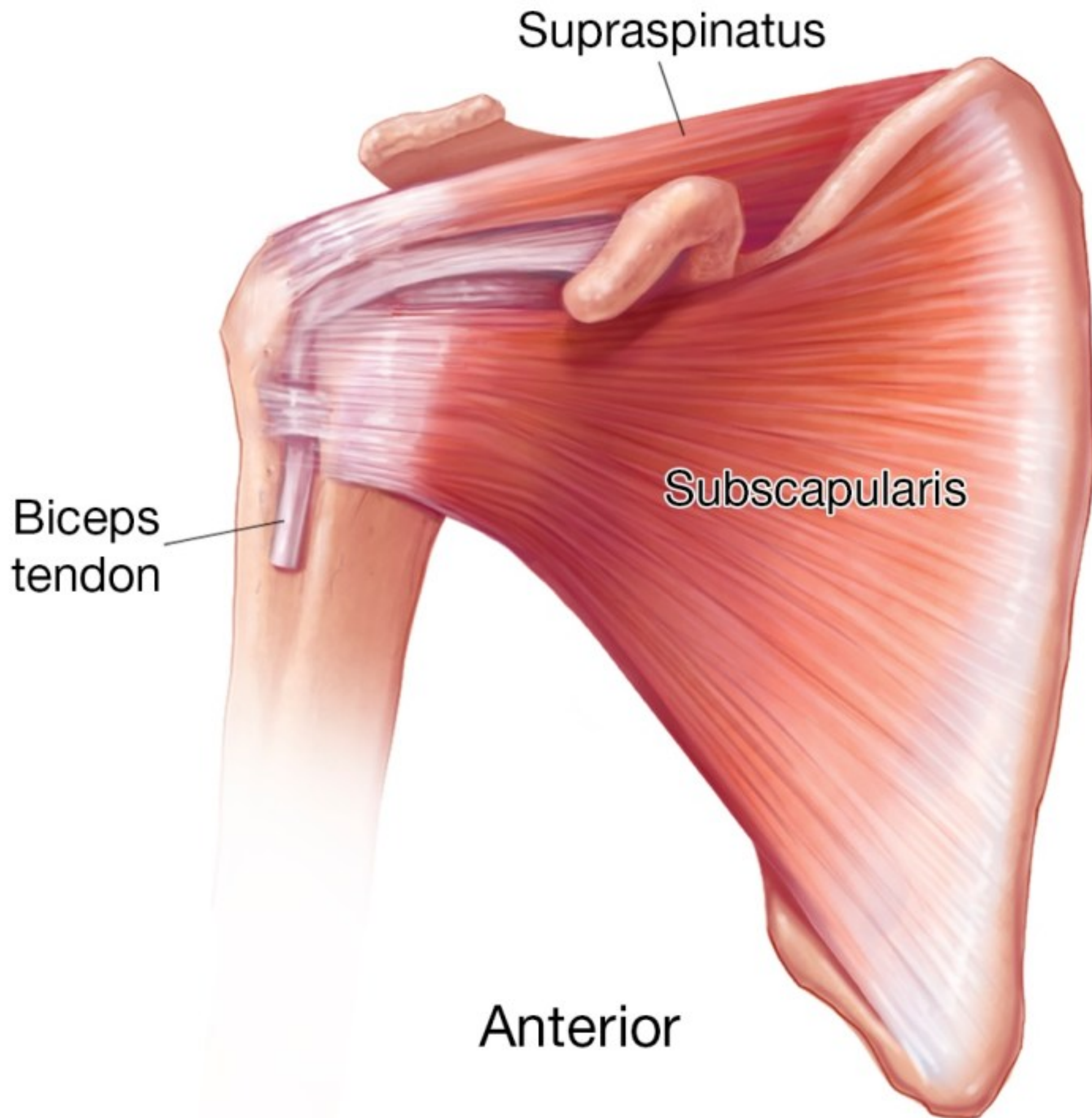
INFRASPINATUS

O: Infraspinatus Fossa

I: Greater Tubercle of Humerus

A: Lateral Rotation & Extension of
Humerus

Infraspinatus



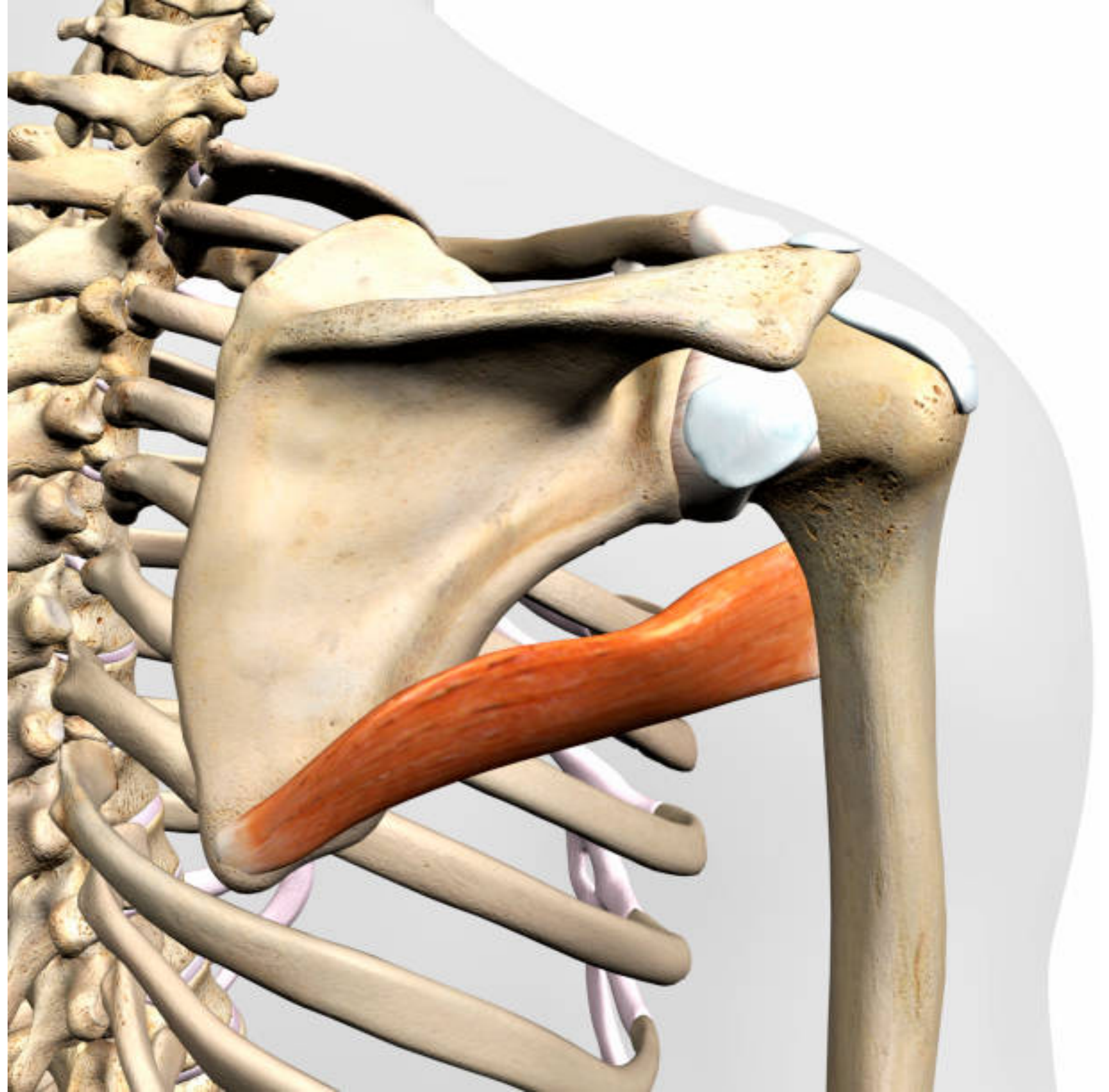
TERES MINOR

O: Lateral Border of Scapula

I: Greater Tubercle of Humerus

A: Lateral Rotation & Extension of
Humerus

Teres Minor



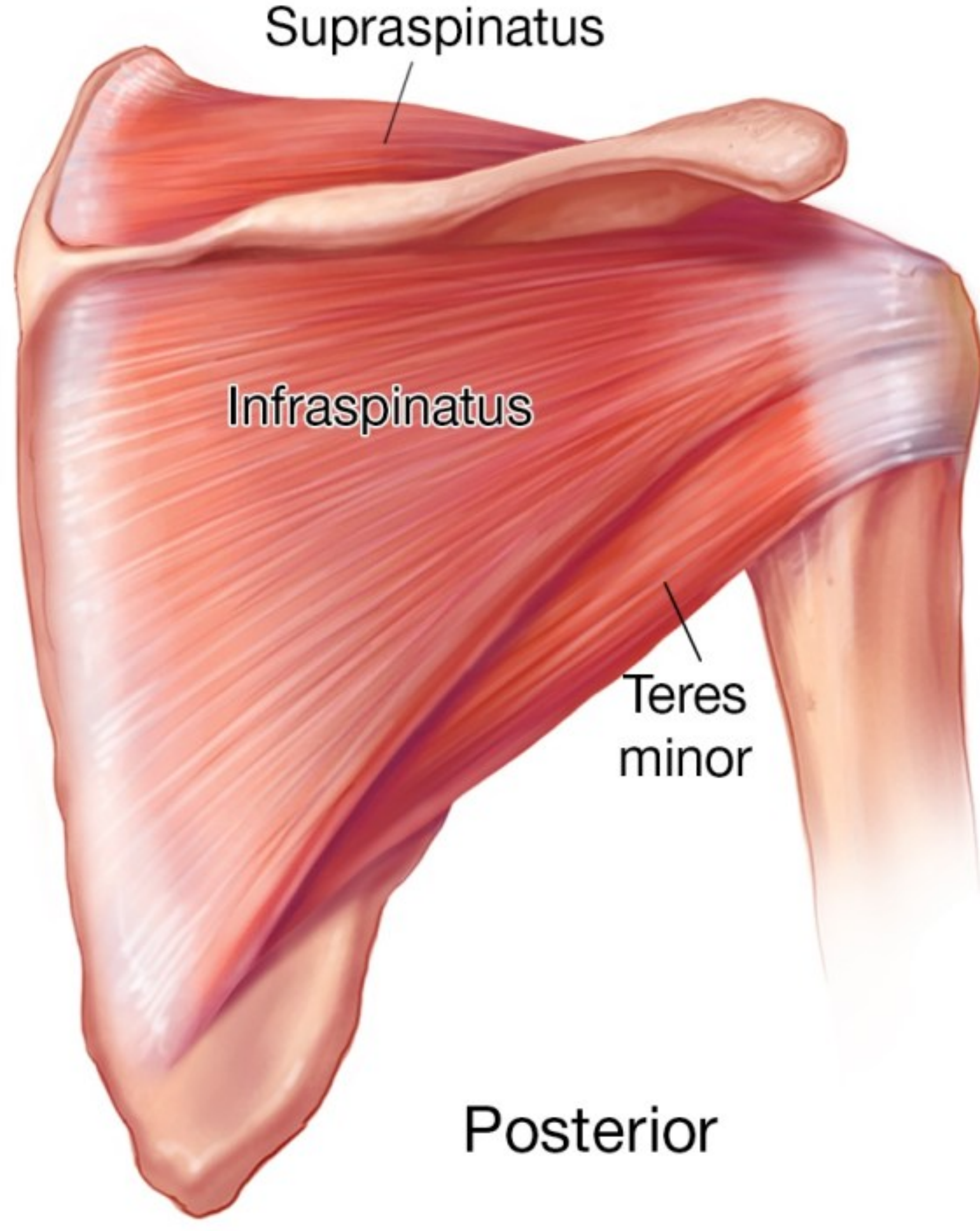
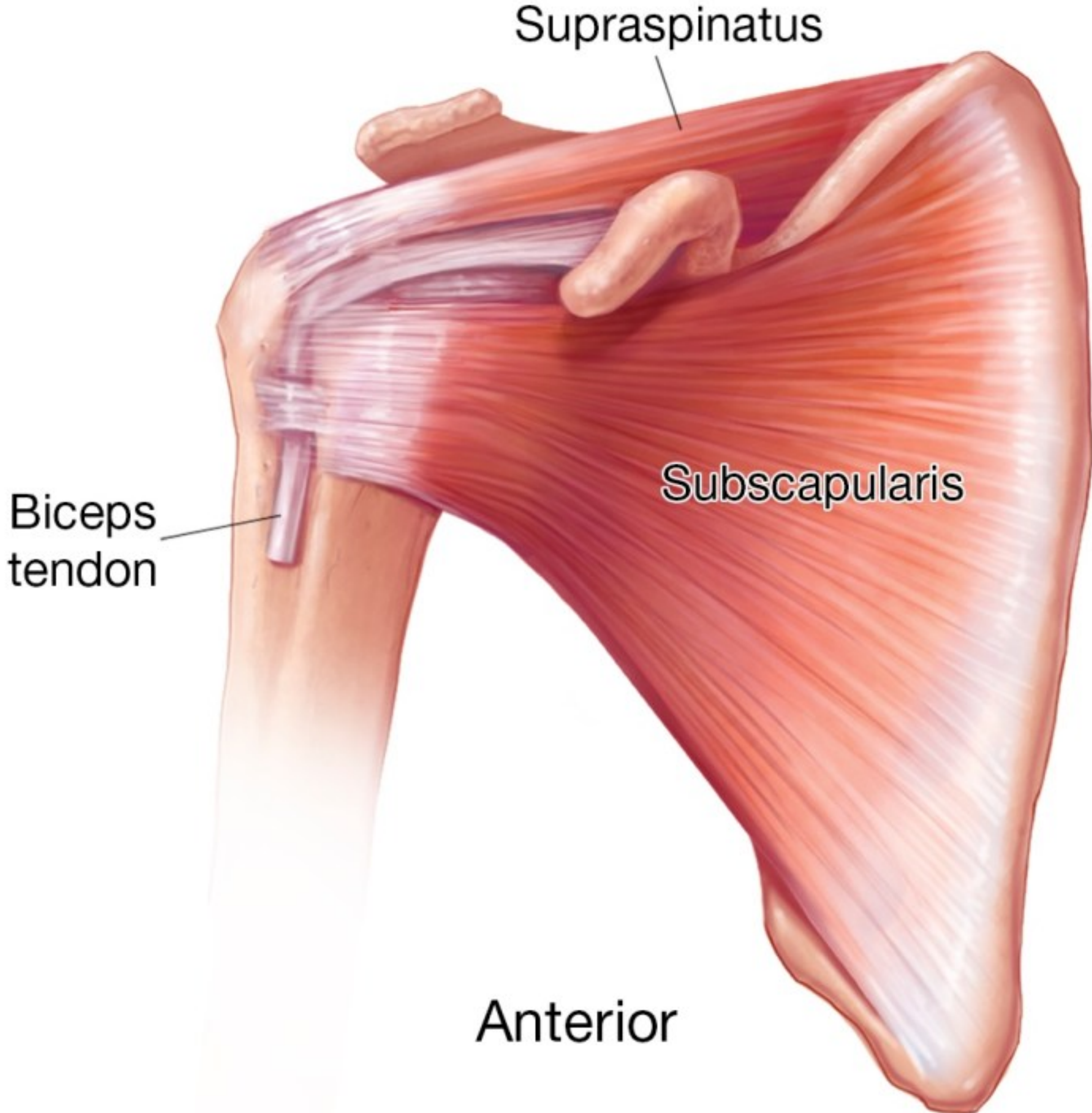
SUBSCAPULARIS

O: Subscapular Fossa

I: Lesser Tubercle

A: Medial Rotation of Humerus

Subscapularis



An anatomical illustration of the human back, showing the ribcage, spine, and pelvic region. The quadratus lumborum muscle is highlighted in a reddish-orange color. It is a broad, flat muscle that originates from the lumbar vertebrae and extends upwards to the ribs. The text 'MUSCLES SET 5' is written in white, uppercase letters in the upper right quadrant of the image.

MUSCLES SET 5

QUADRATUS LUMBORUM

QUADRATUS LUMBORUM (QL)

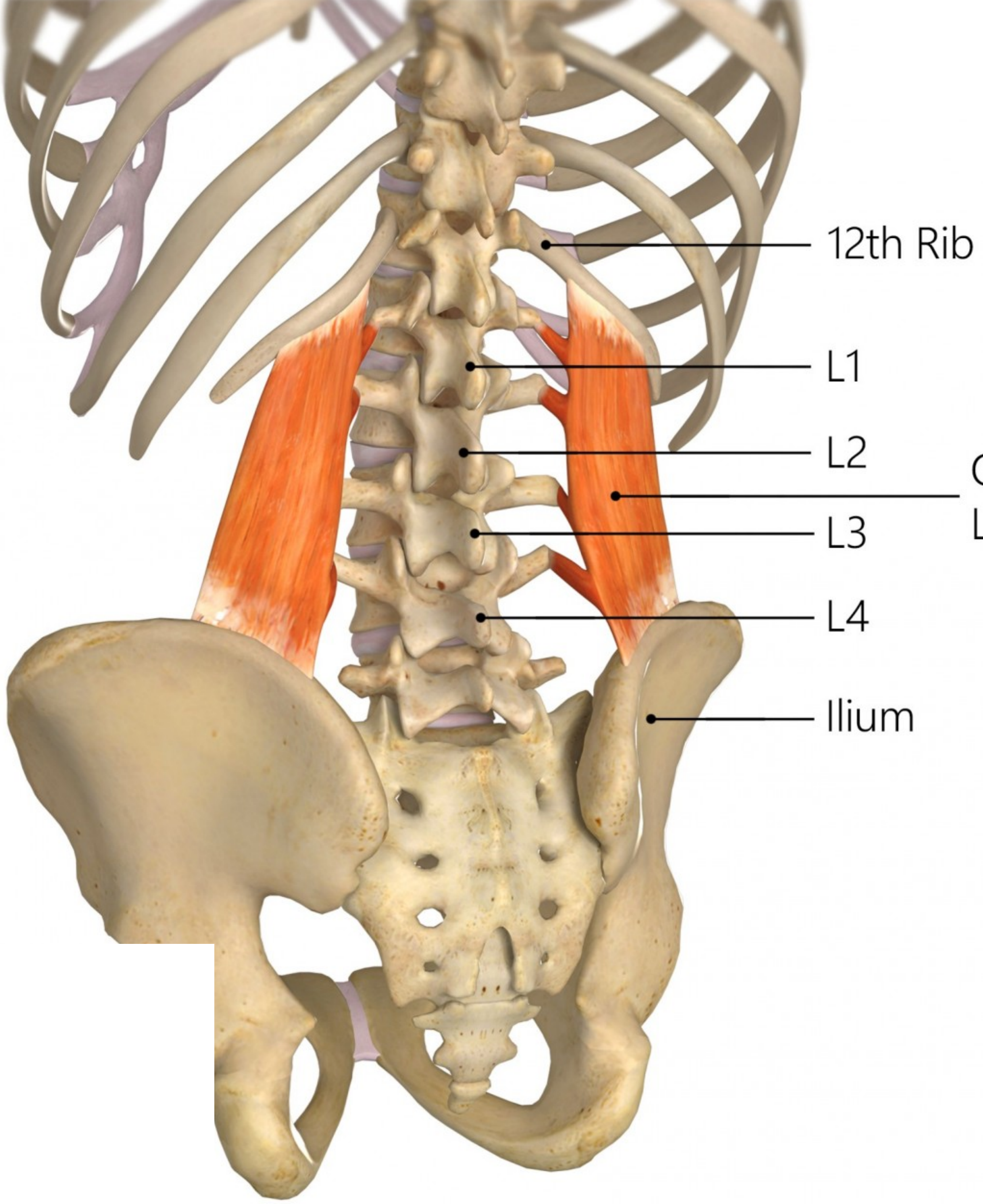
O: - Iliac Crest

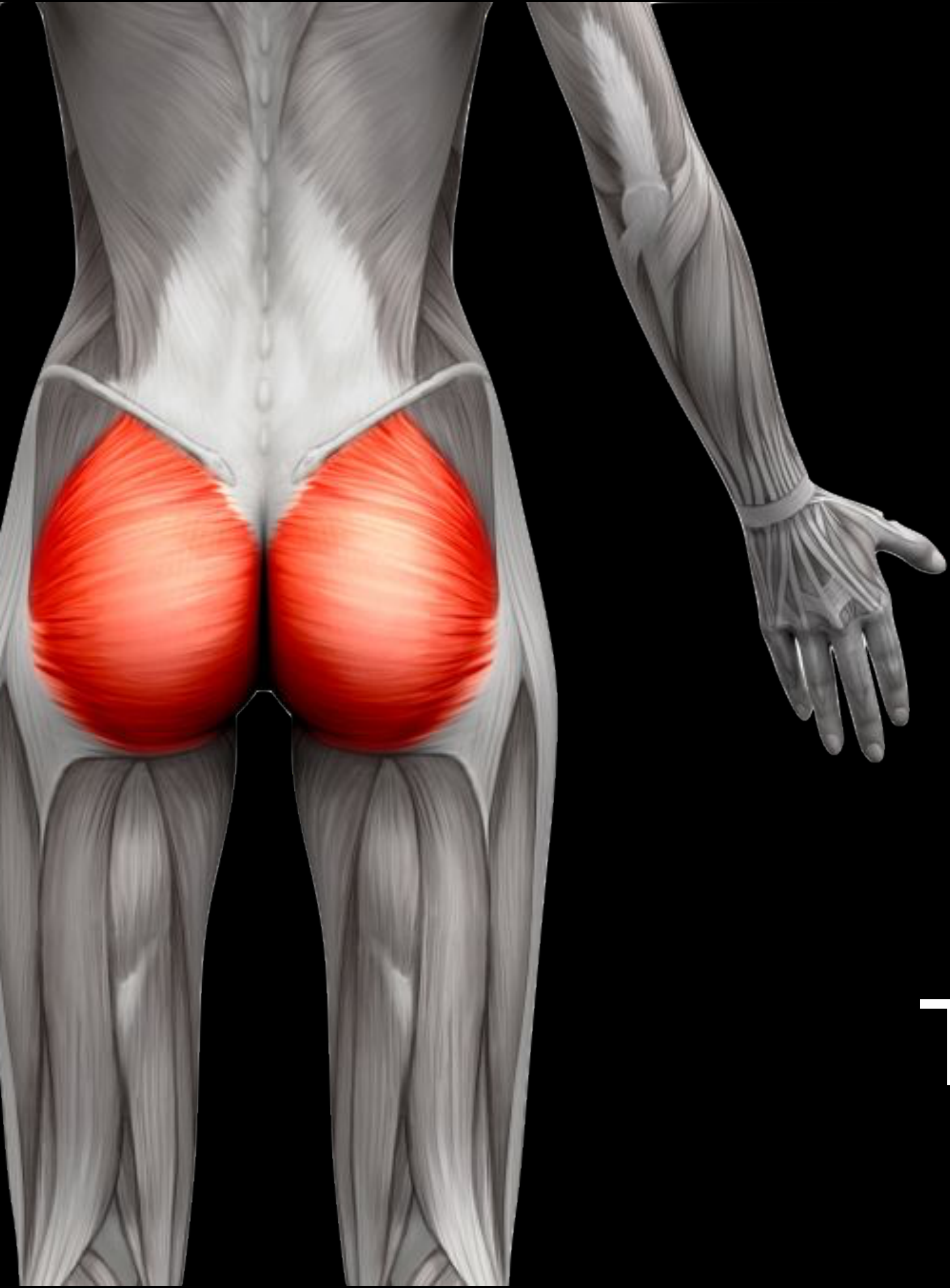
I: - 12th Rib

A: - Lateral Flexion of Lumbar Spine
- Elevation of the hip

Side Notes:
- AKA: Hip Hiker

QUADRATUS LUMBORUM





MUSCLES SET 6

GLUTEUS MAXIMUS

GLUTEUS MEDIUS

GLUTEUS MINIMUS

PIRIFORMIS

TENSOR FASCIA LATAE

Side Note: Fibers run down
and to the side (lateral)

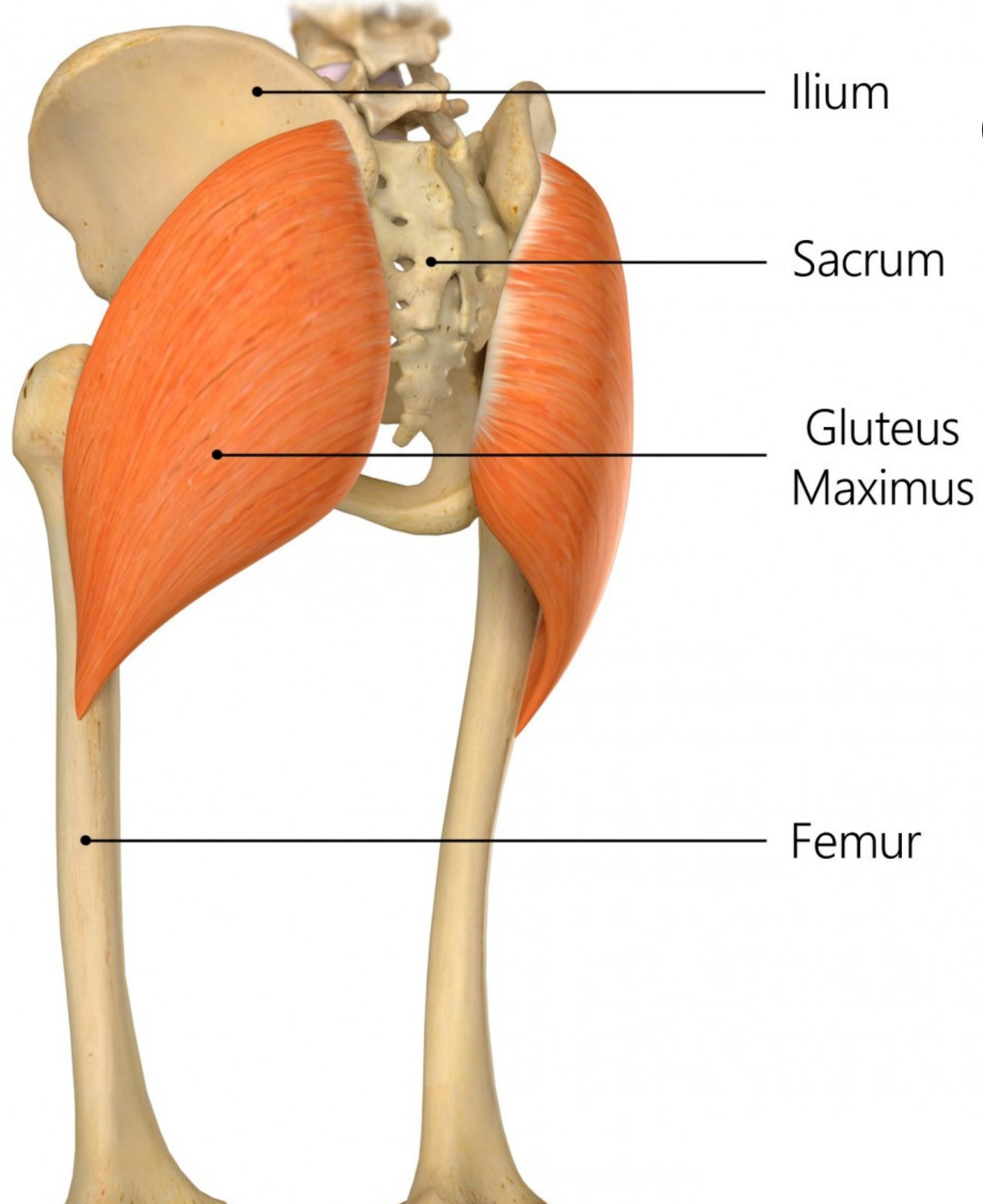
GLUTEUS MAXIMUS “rump”

O: Lateral Sacrum, Iliac Crest

I: Iliotibial Band (ITB)

A: Forceful extension of hip (from flexed position); Lateral rotation of femur

Gluteus Maximus



Side Note:
Commonly sore

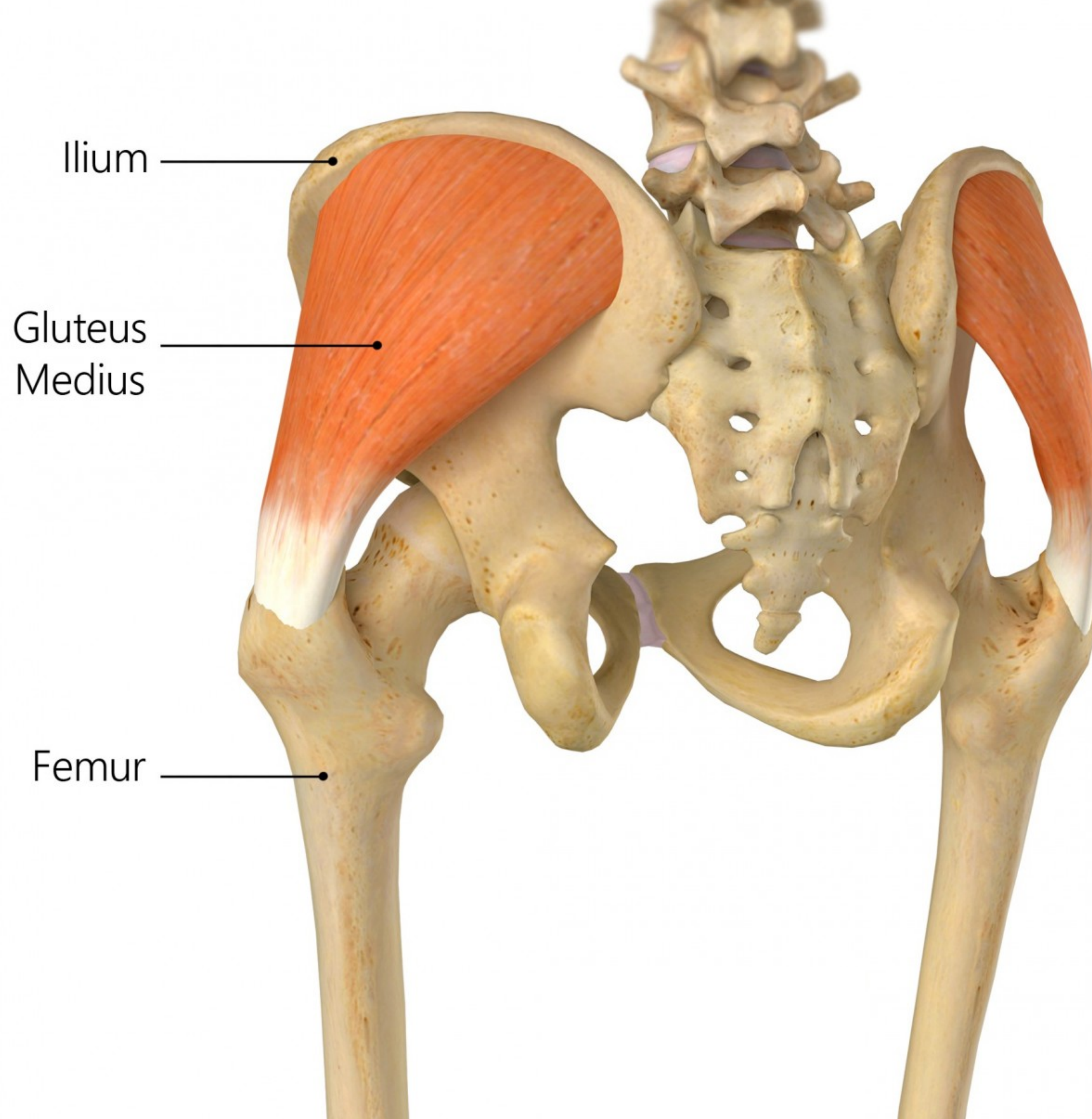
GLUTEUS MEDIUS & GLUTEUS MINIMUS

O: Posterior Ilium

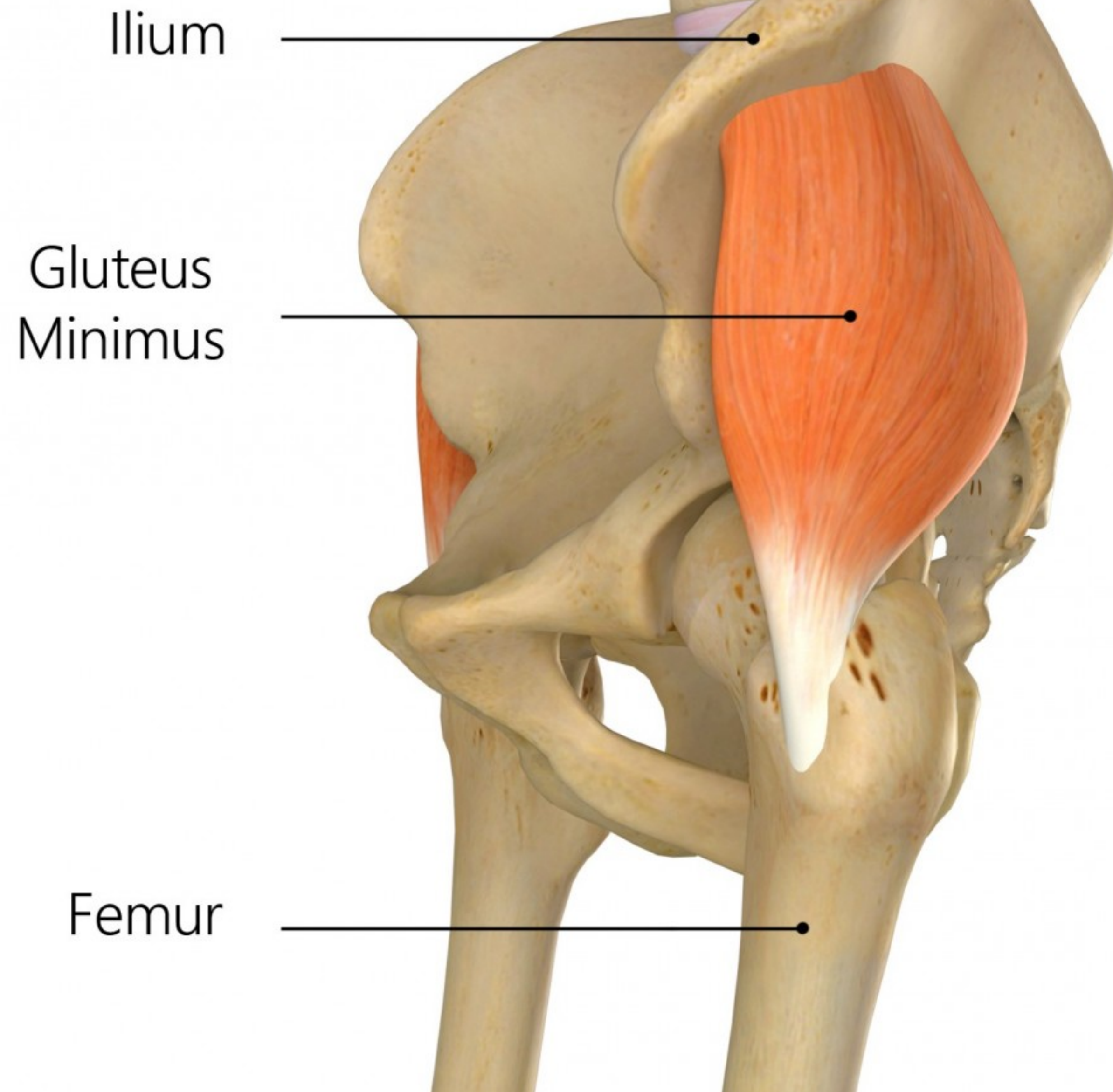
I: Greater Trochanter

A: Medial Rotation, Abduction and
Extension of Femur

Gluteus Medius



Gluteus Minimus



Side Note: Commonly
tight/short.

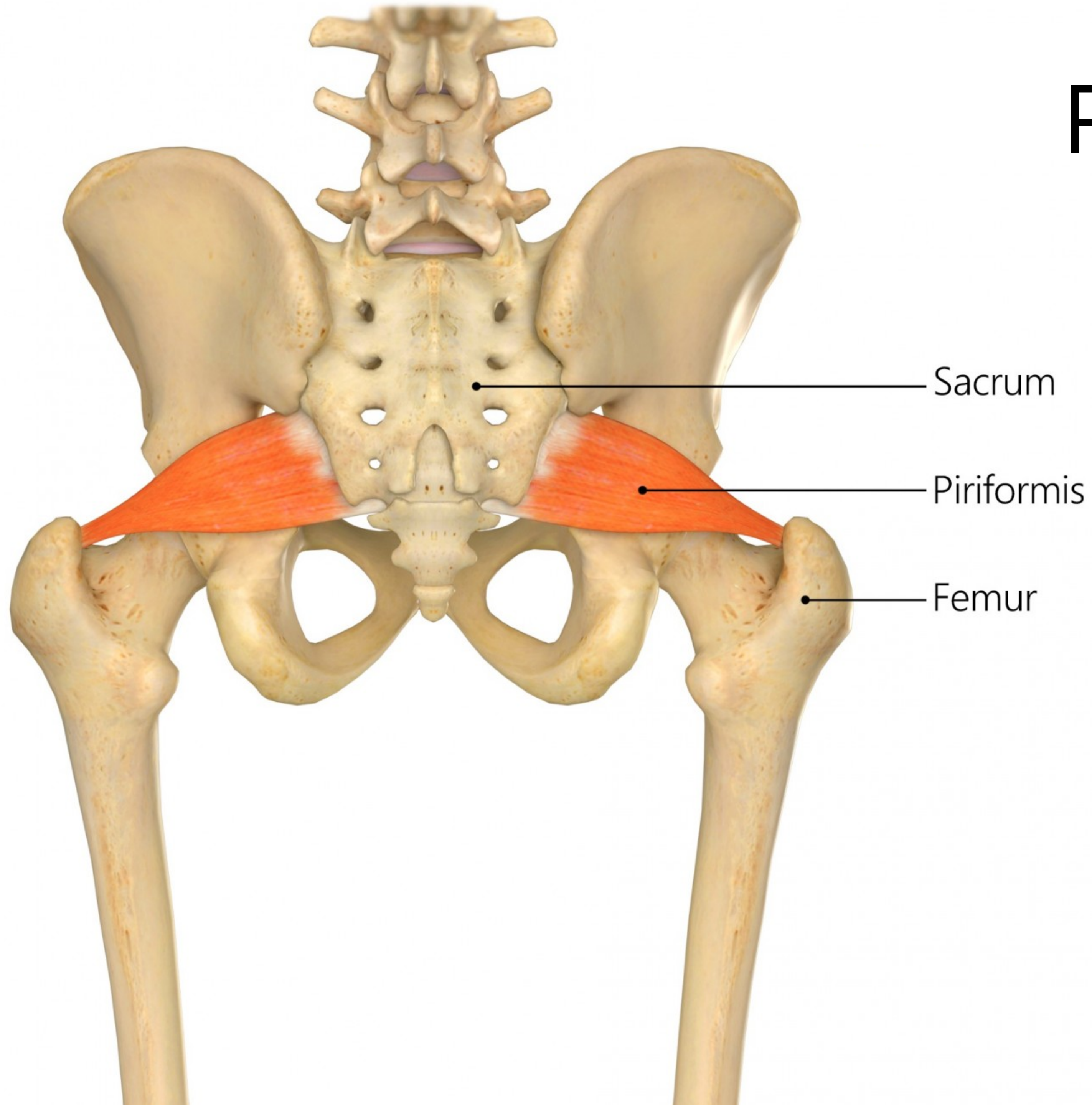
PIRIFORMIS

O: Anterior Sacrum

I: Greater Trochanter

A: Lateral Rotation & Abduction of
Femur

Piriformis



**Side Note: Most
lateral hip muscles;
Tight on Runners**

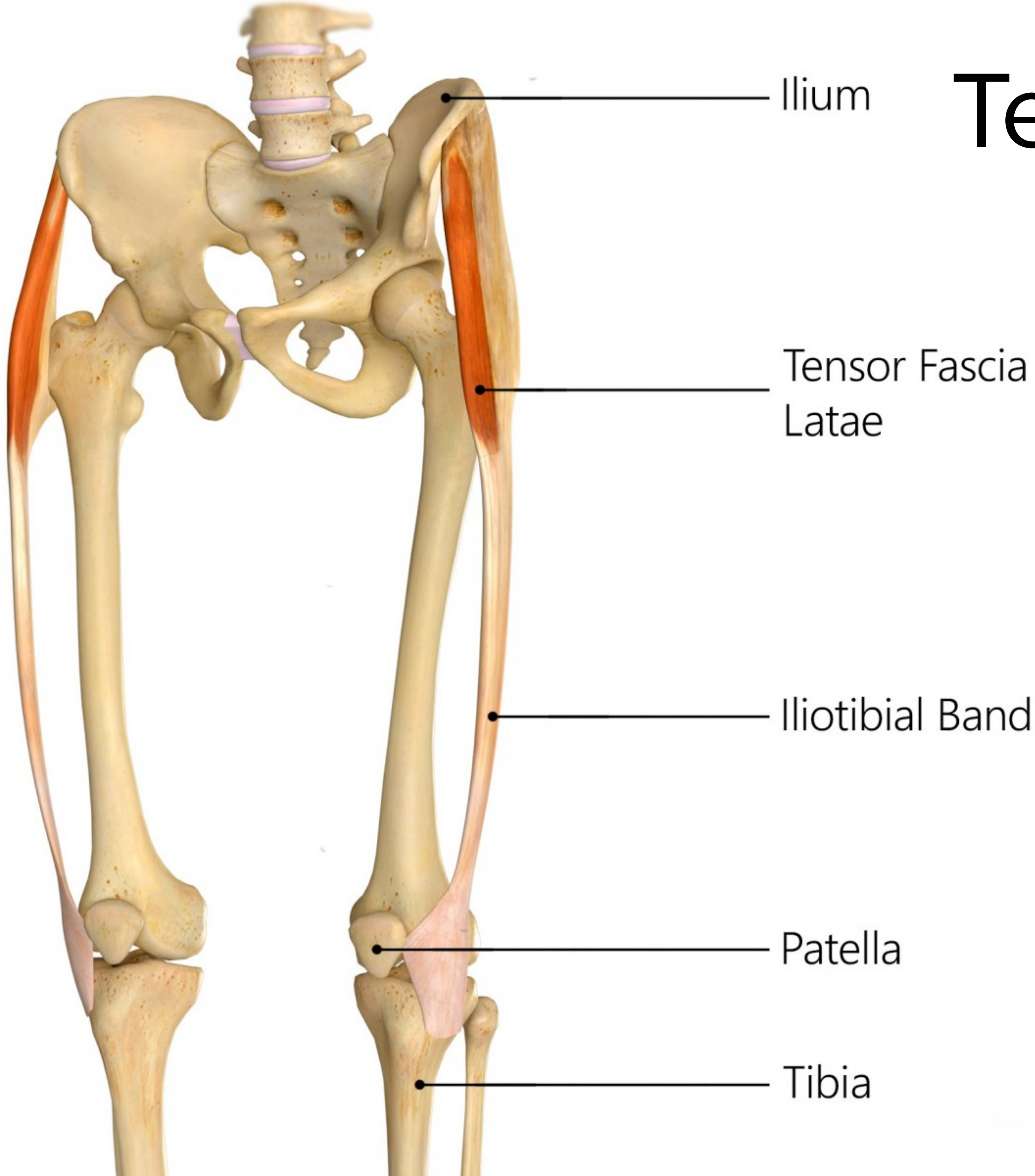
TENSOR FASCIA LATAE (TFL)

O: Iliac Crest (Posterior to Anterior Superior Iliac Spine—ASIS)

I: Tibial Condyle via Iliotibial Band (ITB)

A: Abduction & Medial Rotation of Femur,
Flexion at Hip, Stabilizes Knee

Tensor Fascia Latae





MUSCLES SET 7

HAMSTRINGS:

BICEPS FEMORIS

SEMIMEMBRANOSUS

SEMITENDINOSUS

ADDUCTOR MAGNUS

GRACILIS

BICEPS FEMORIS

O: Longhead - Ischial Tuberosity

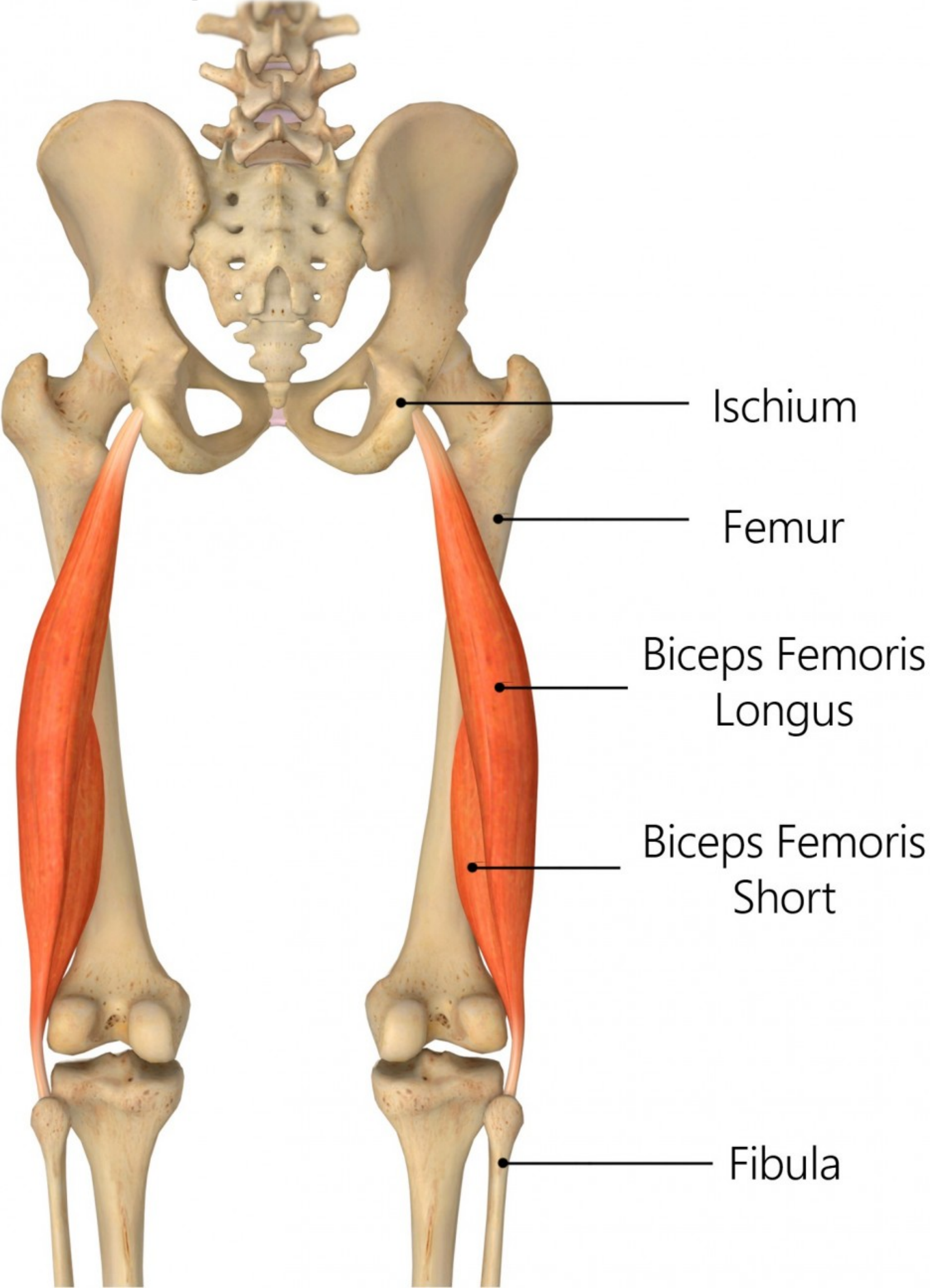
Shorthead - Linea Aspera

I: Head of the Fibula

A: Flexion of the knee; Extension of hip

Lateral rotation of hip

Biceps Femoris



SEMIMEMBRANOSUS (Most Medial)

SEMITENDINOSUS

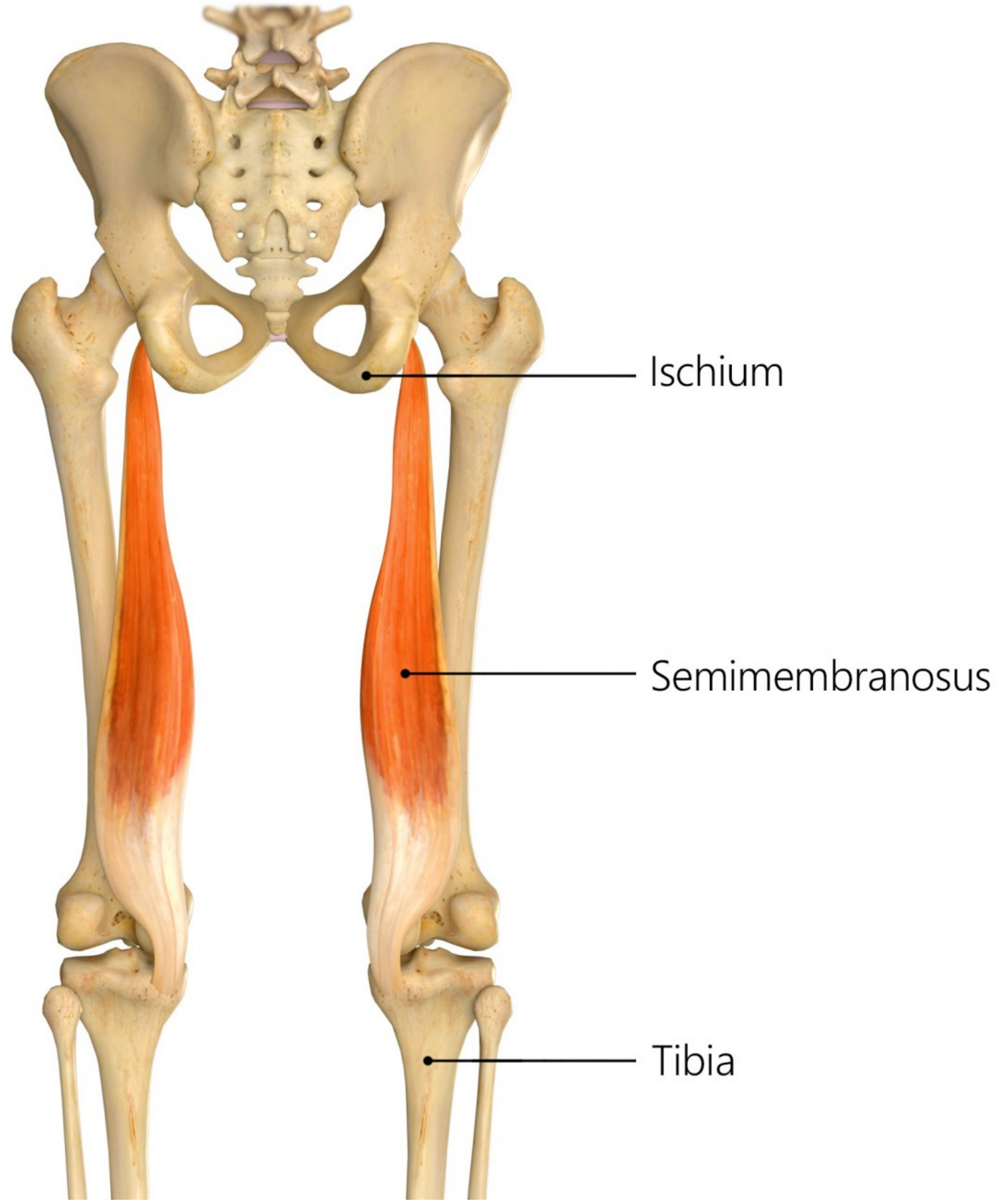
O: Ischial Tuberosity

I: Tibial Condyle

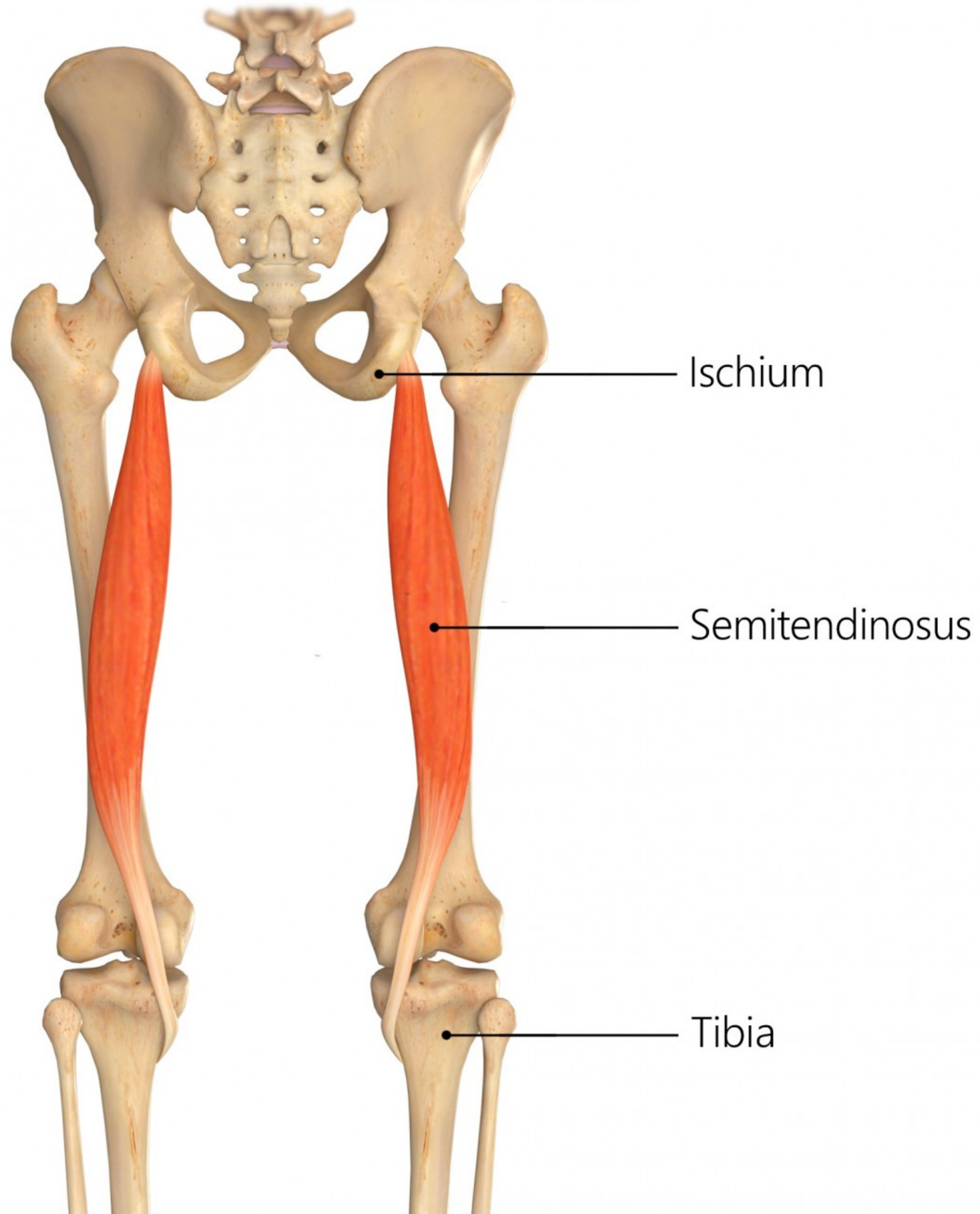
A: Flexion of knee; Extension of hip

Medial rotation of hip

Semimembranosus



Semitendinosus

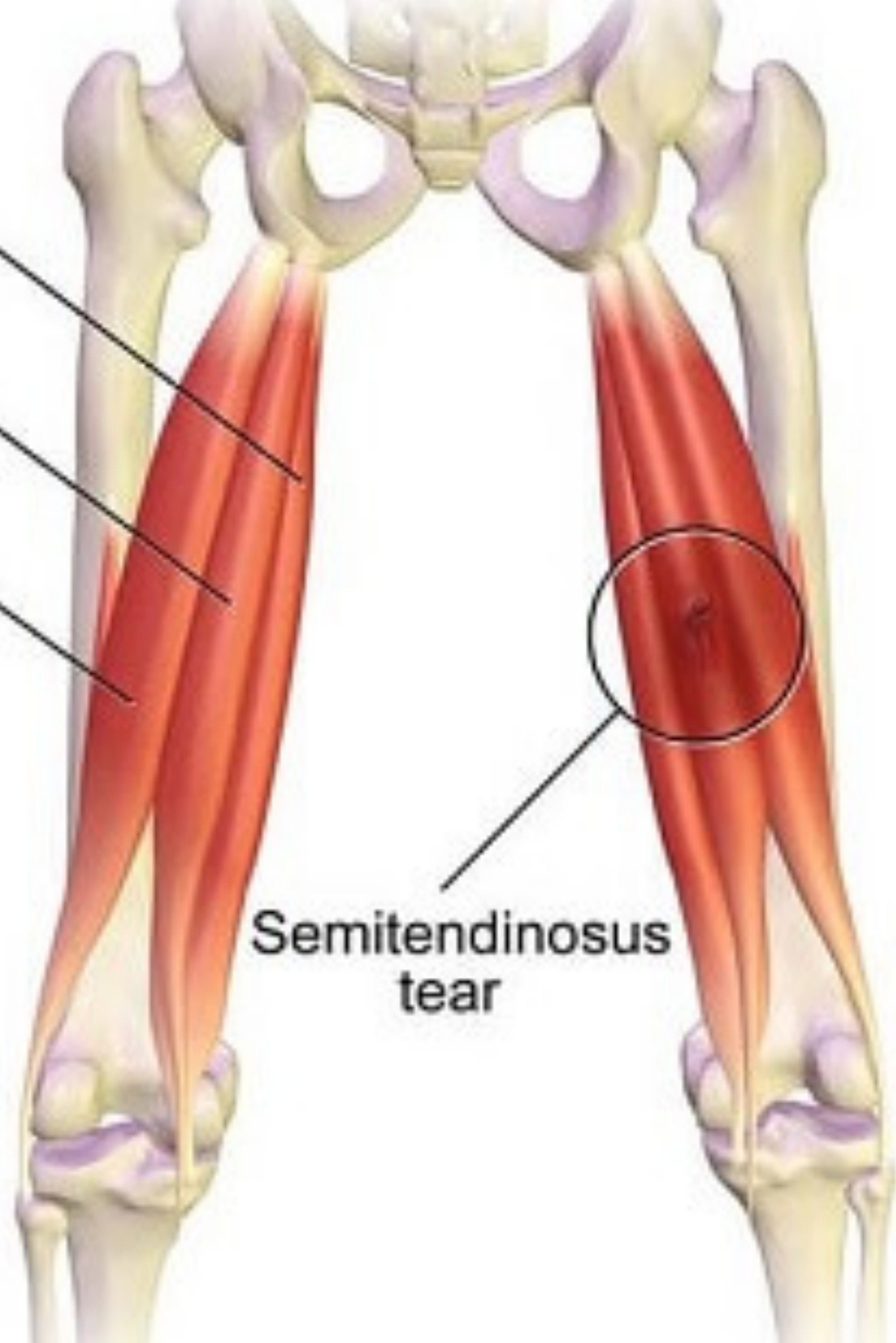


Semimembranosus

Semitendinosus

Biceps Femoris

Semitendinosus
tear



ADDUCTOR MAGNUS (PRIMARY STUDY NOTES)

O: -Hamstring part: Ischial tuberosity

I: -Hamstring part: Adductor tubercle of femur

A: Hamstring part:

-Hip adduction

-Hip extension

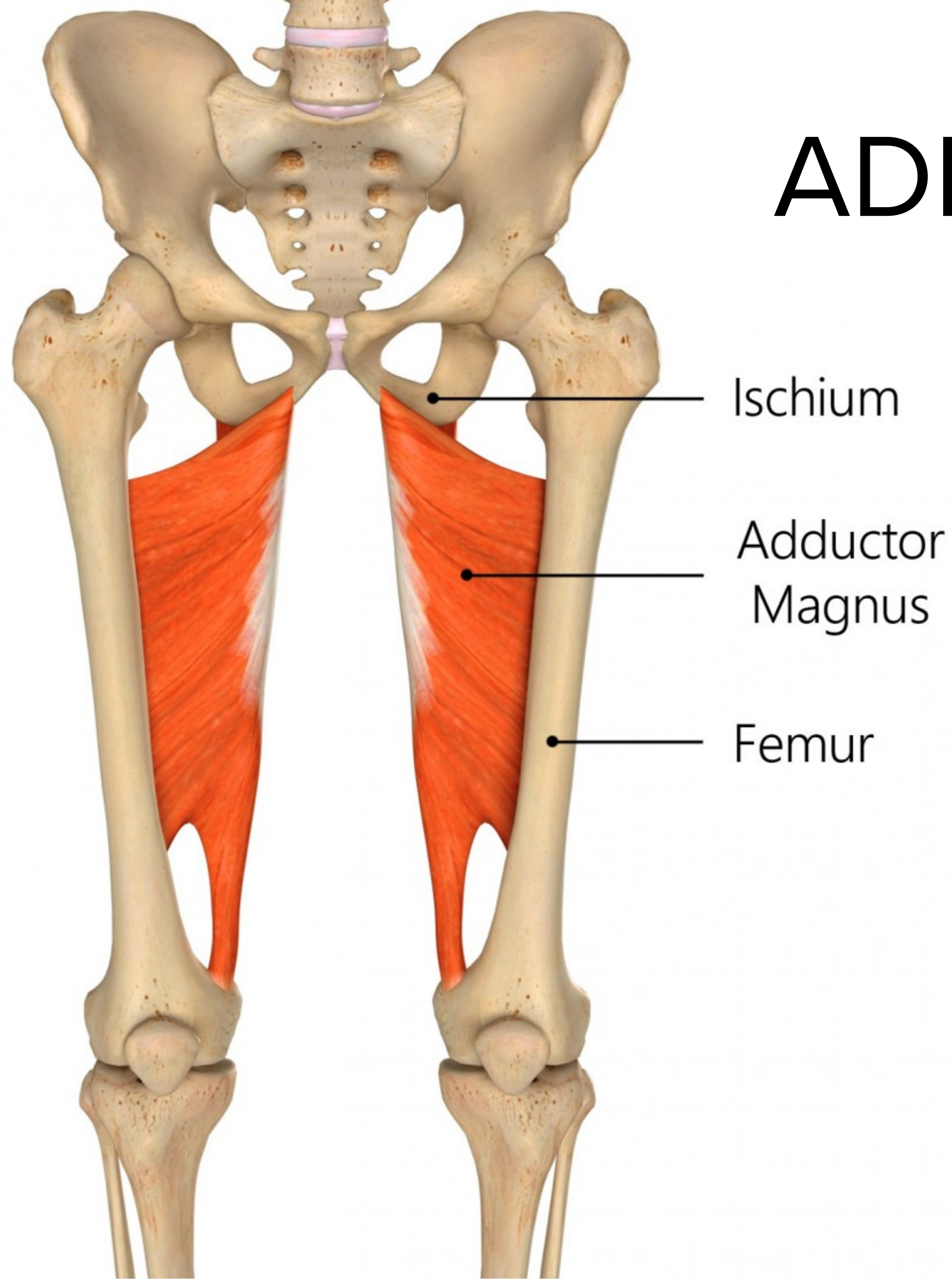
ADDUCTOR MAGNUS' OTHER DIMENSION

O: -Adductor part: Inferior pubic ramus
& ischial ramus

I: -Adductor part: Linea aspera & medial
supracondylar line of femur

A: Adductor Hip adduction & Hip flexion

ADDUCTOR MAGNUS



GRACILIS

O: -Lower margin of pubic bone

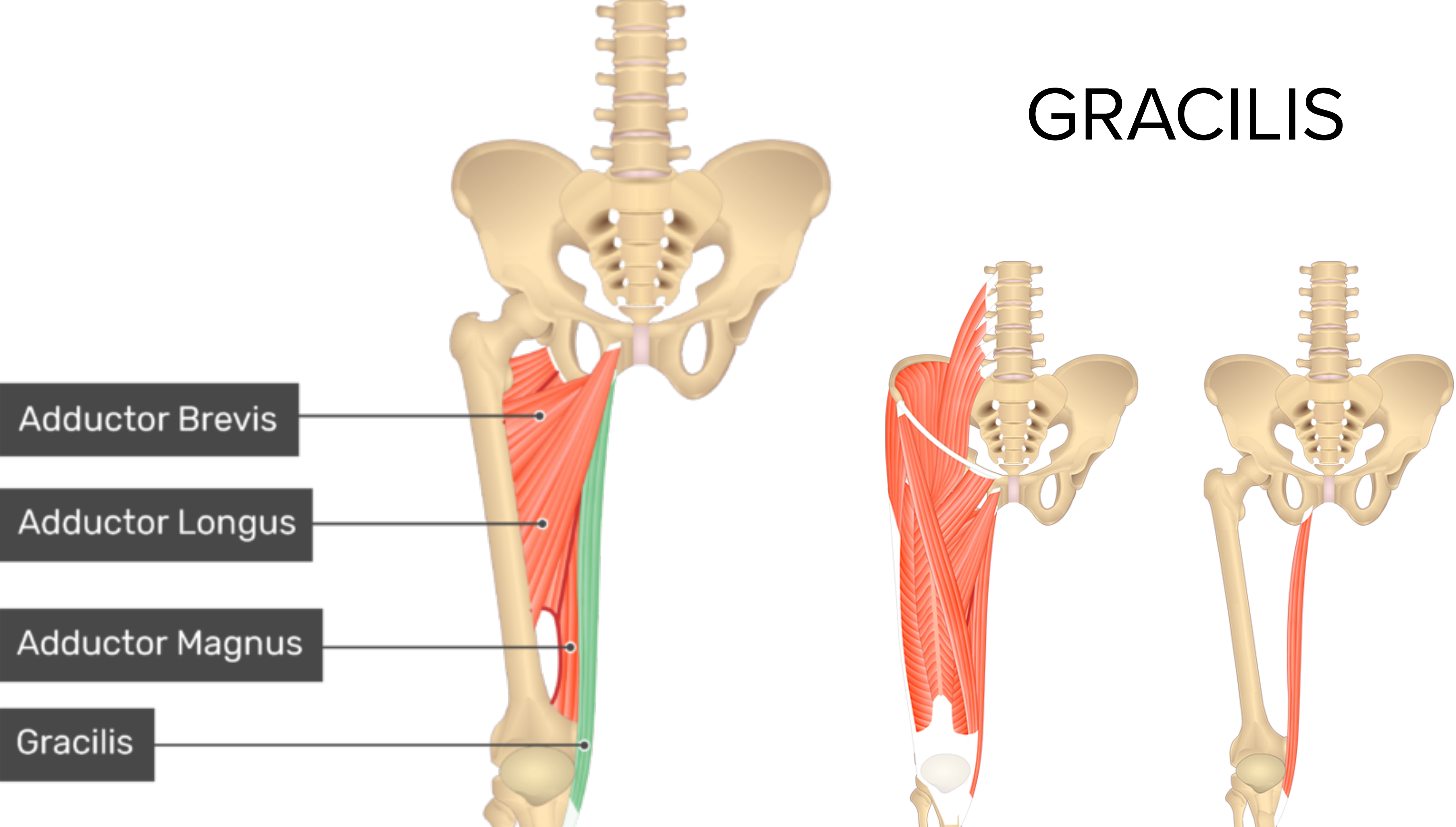
I: -Superomedial shaft of tibia in between the sartorius and semitendinosus insertions.

A: Adducts hip

-Flexes knee

-Medially rotates knee when flexed

GRACILIS



Adductor Brevis

Adductor Longus

Adductor Magnus

Gracilis



MUSCLES SET 8

GASTROCNEMIUS

SOLEUS

TIBIALIS POSTERIOR

PERONEUS LONGUS

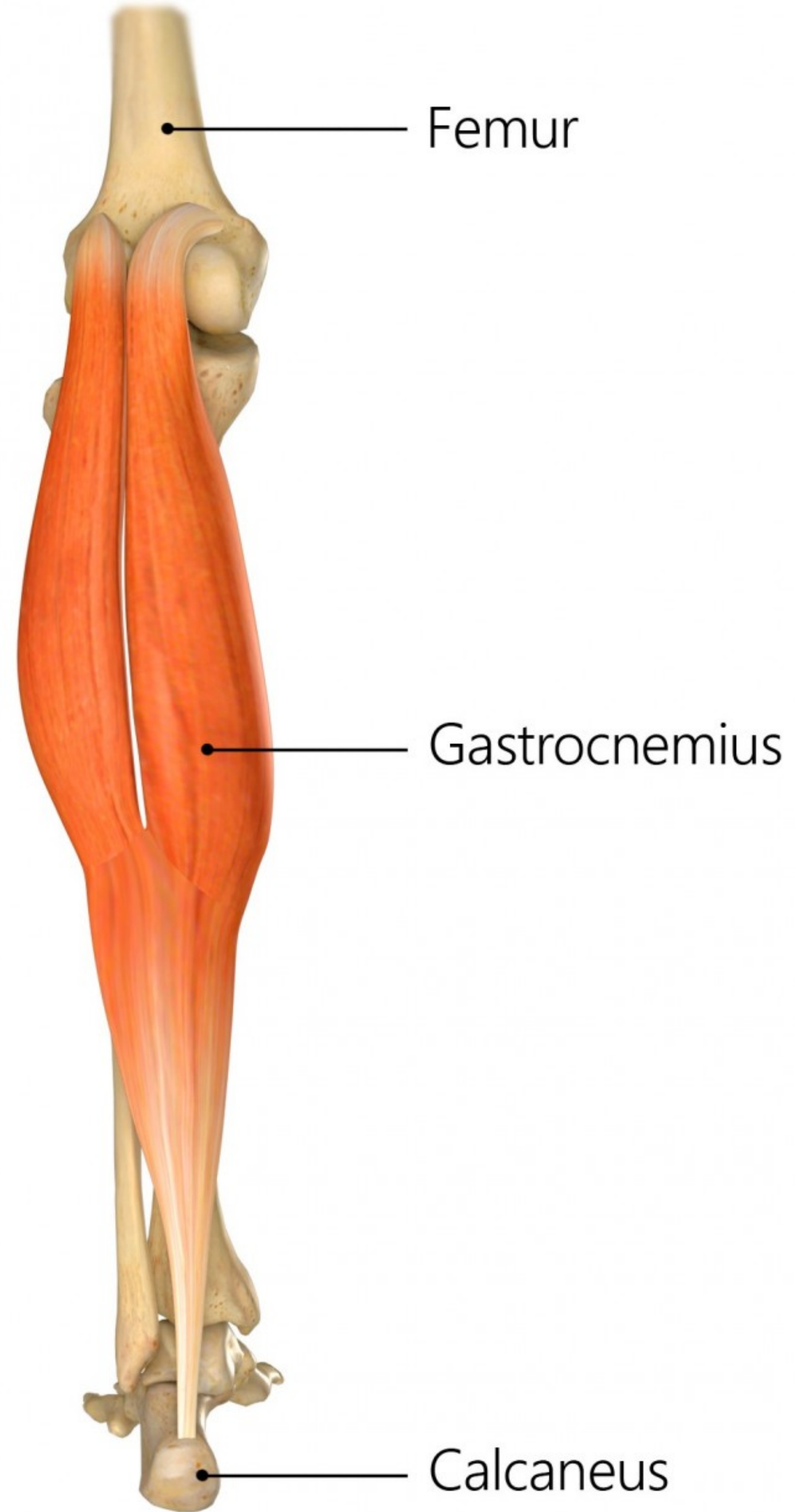
**Side Note: Most
Superficial calf muscle**

GASTROCNEMIUS

O: Medial & Lateral Epicondyles of Femur

I: Calcaneus via Achilles Tendon

A: Plantar Flexion of Ankle OR Flexion of Knee



Gastrocnemius

**Side Note: Biggest &
Strongest Leg Muscle**

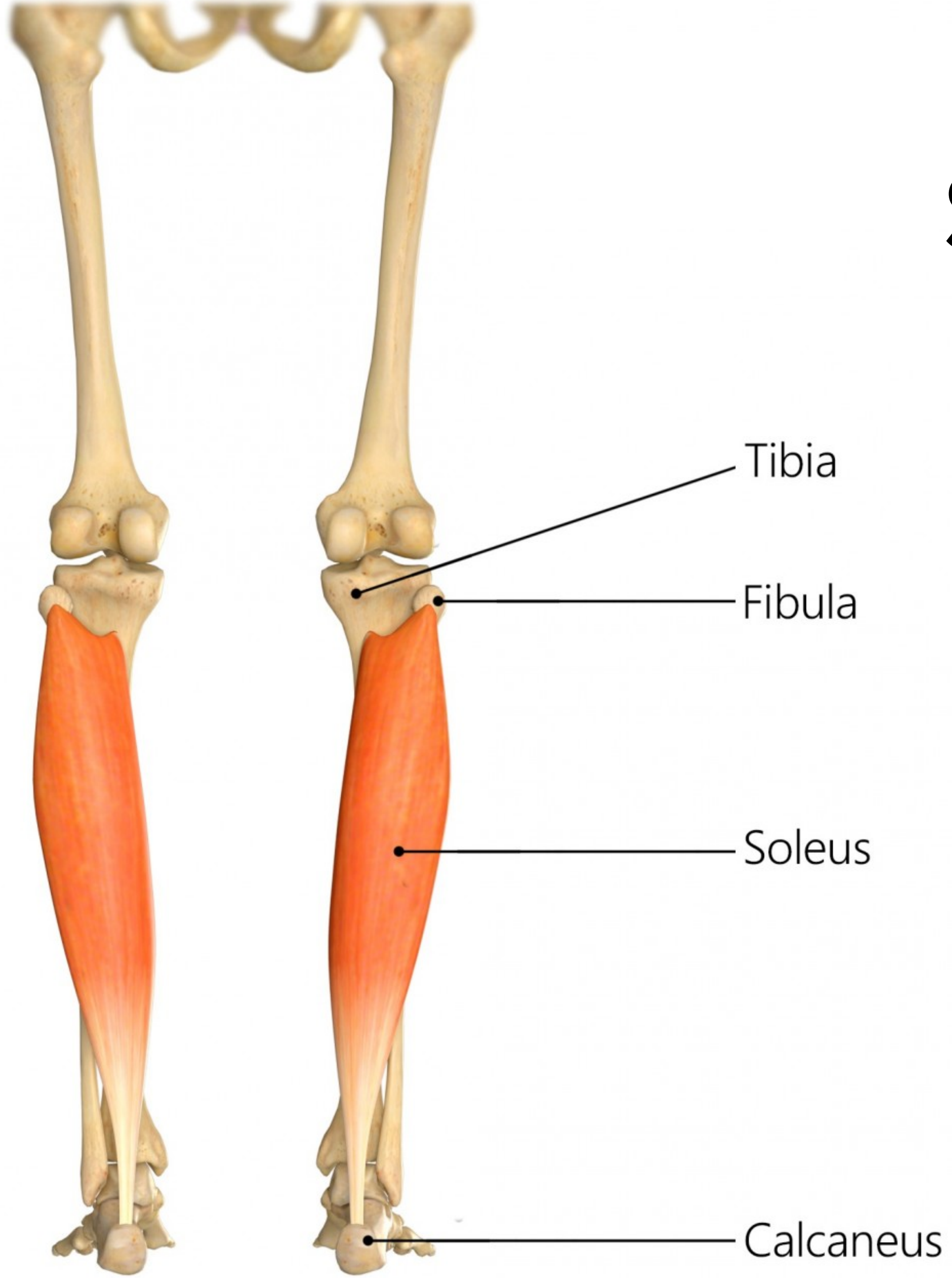
SOLEUS

O: Soleal Line of Tibia (back of Tibia)

I: Calcaneus via Achilles Tendon

A: Plantar Flexion of Ankle

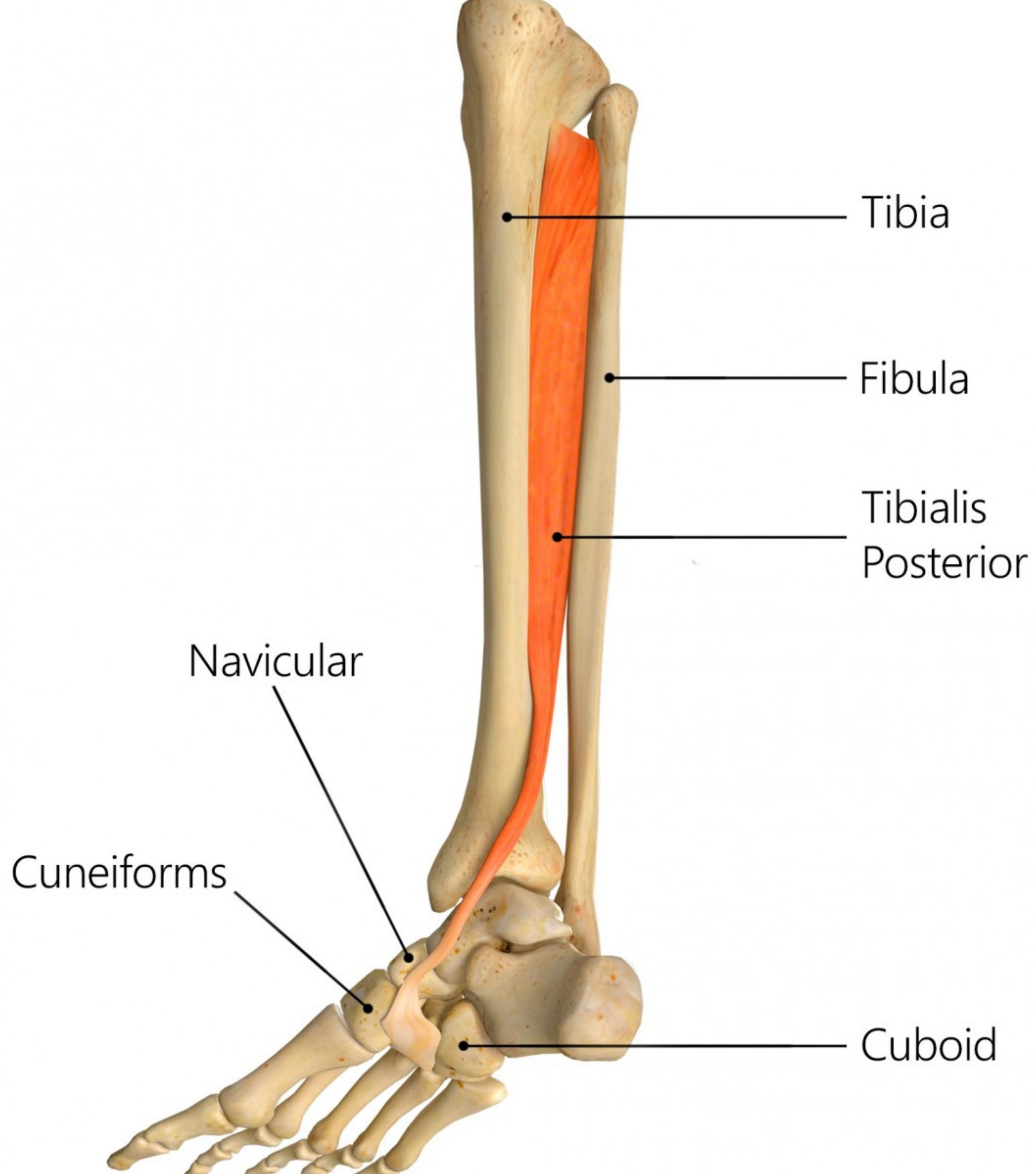
Soleus



TIBIALUS POSTERIOR

- O:** -Posterior surface of tibia
 - Posterior surface of fibula
 - Posterior interosseous membrane
- I:** Navicular tuberosity, cuneiforms, cuboid, 2-4 metatarsals, and sustentaculum tali of calcaneus.
- A:** Inverts and planter flexes foot

TIBIALIS POSTERIOR



**Side Note: Biggest &
Strongest Peroneus
Muscle**

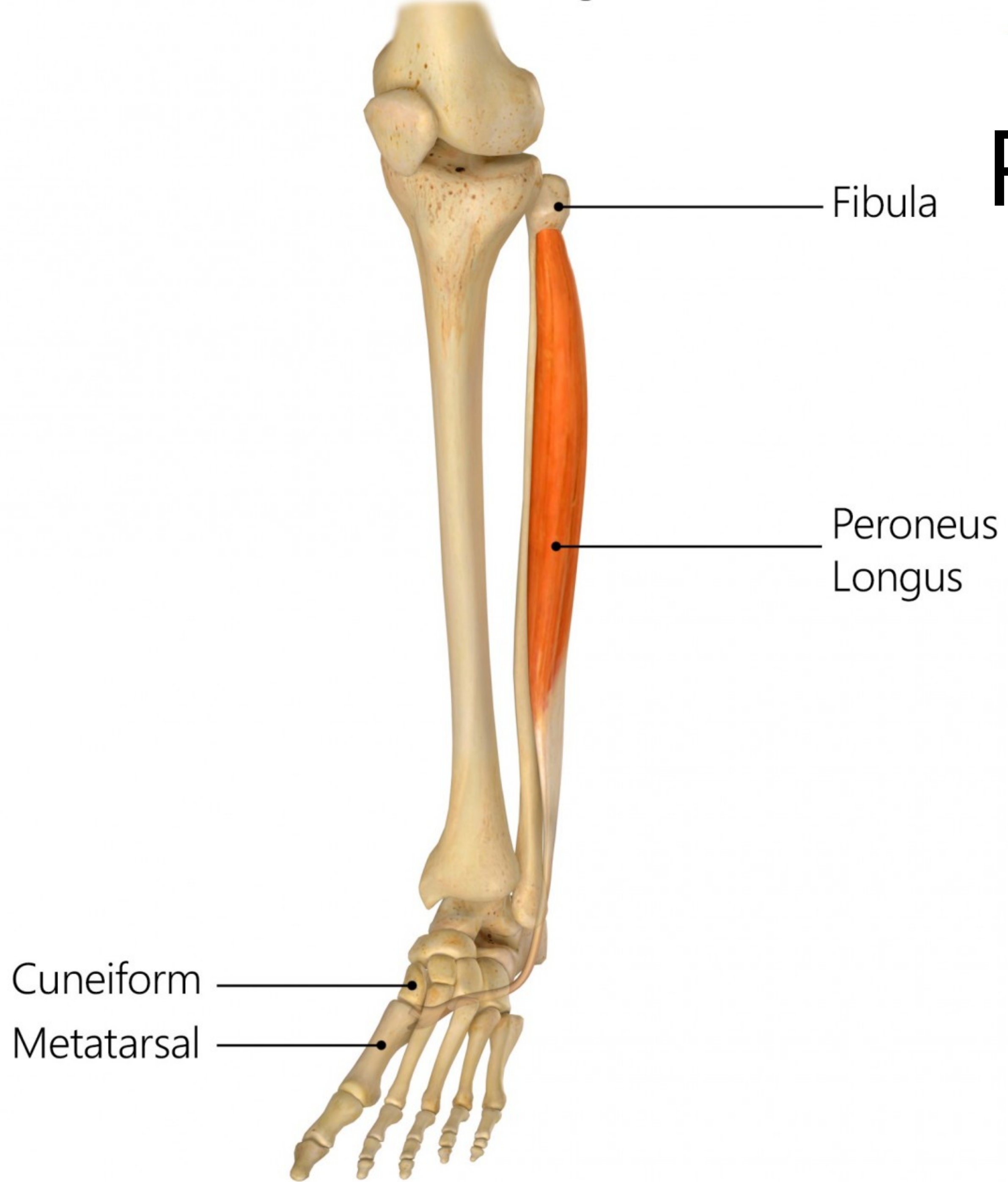
PERONEUS LONGUS

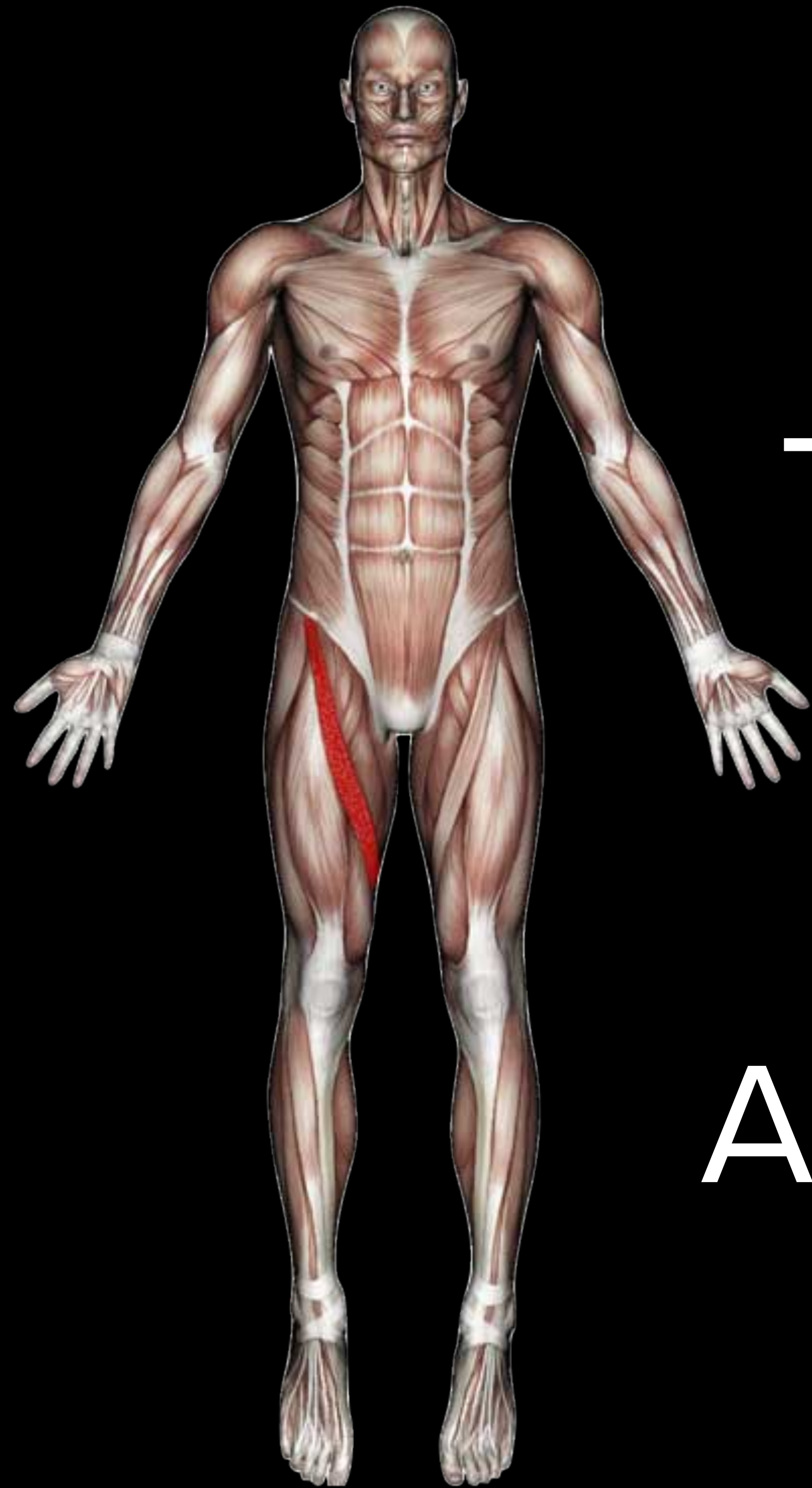
O: Head of the Fibula; Lateral Shaft of Fibula

I: Base of 1st Metatarsal (big toe)

A: Eversion; Plantar Flexion

Peroneus Longus





MUSCLE SET 9

TIBIALIS ANTERIOR

QUADRICEPS

SARTORIUS

ADDUCTOR LONGUS

TIBIALIS ANTERIOR

O: - Lateral Shaft of Tibia

I: - Base of 1st Metatarsal
(crosses over top of foot)

A: - Dorsiflexion
- Inversion

Side Notes:
- Shin Splints

TIBIALIS ANTERIOR

Tibia

Tibialis
Anterior

Metatarsal



RECTUS FEMORIS

O: - Anterior, Inferior Iliac Spine

I: - Tibial Tuberosity (via Patella & Patella
Ligament)

A: - Extend Knee
- Flex hip

VASTUS LATERALIS

- O:** - Lateral Lip of Linea Aspera
 - Gluteal Tuberosity
 - Greater Trochanter
- I:** - Tibial Tuberosity
- A:** - Extend Knee
 - Flex hip

VASTUS MEDIALIS

O: - Medial Lip of Linea Aspera

I: - Tibial Tuberosity

A: - Extend Knee

- Flex hip

VASTUS INTERMEDIUS

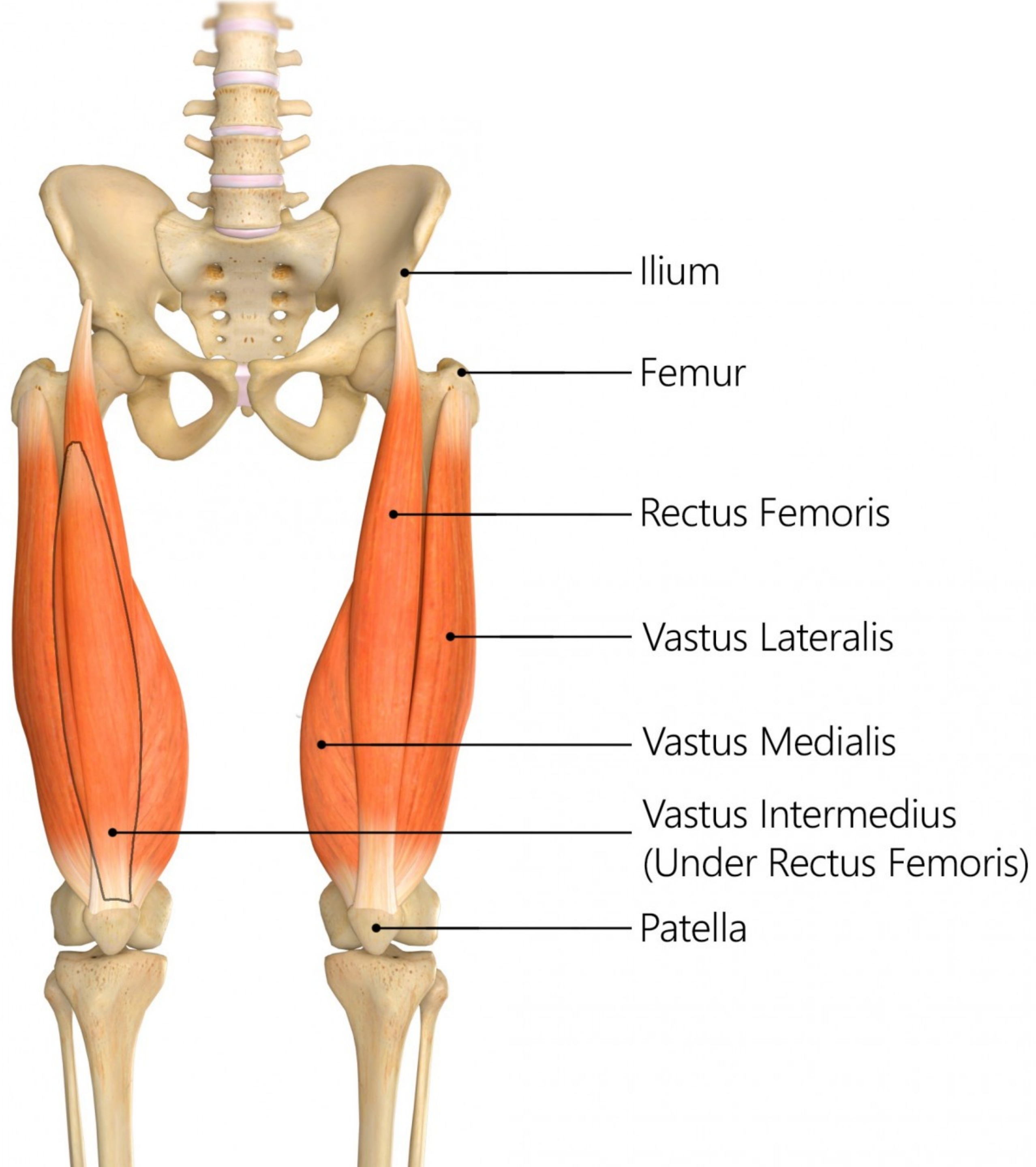
O: - Anterior & Lateral Shaft of Femur

I: - Tibial Tuberosity

A: - Extend Knee

- Flex hip

QUADRICEPS



SARTORIUS

O: - Anterior Superior Iliac Spine (ASIS)

I: - Medial Tibia

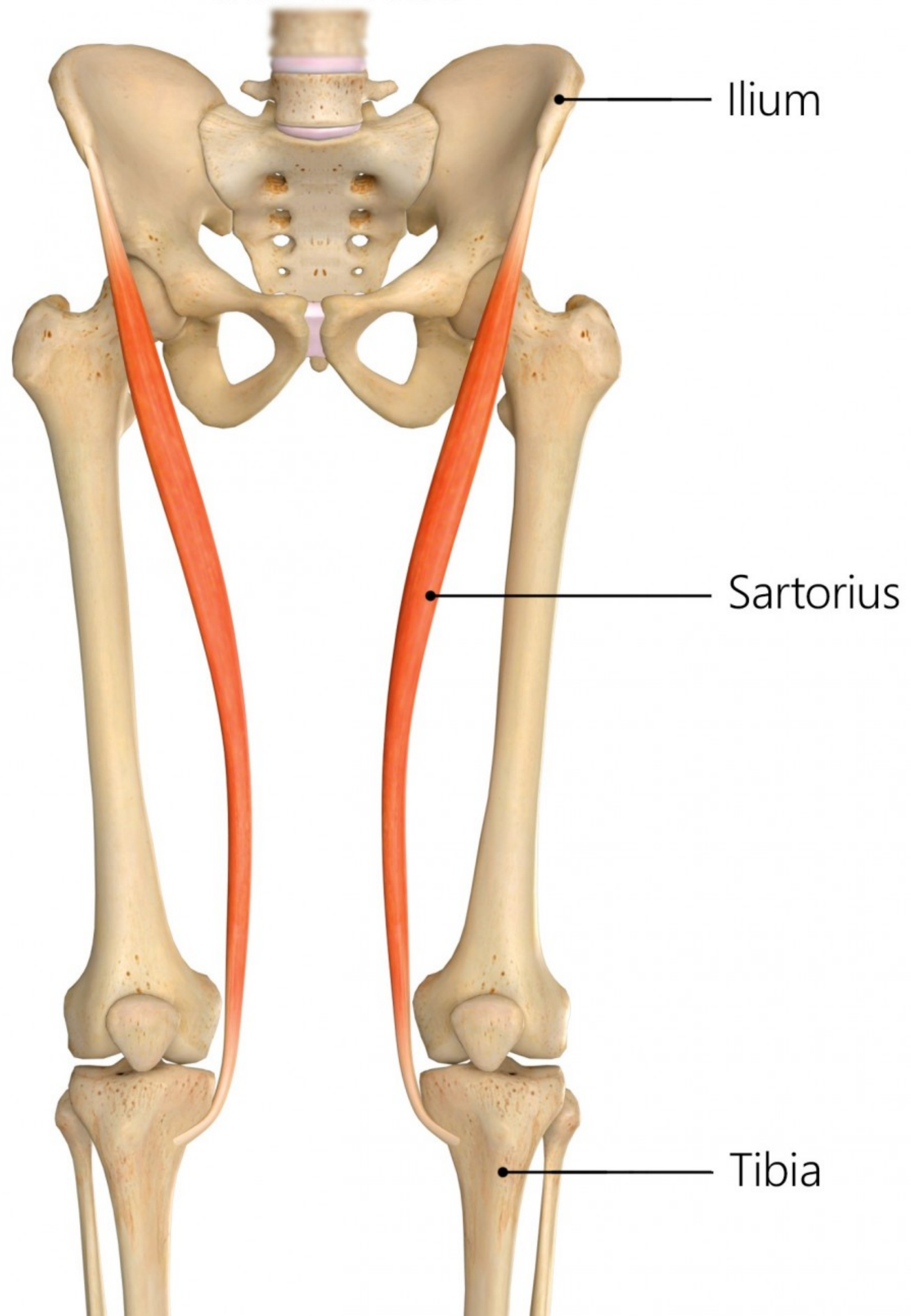
A: - Hip Extension

- Knee Flexion

- Lateral Rotation

Side Notes:

- Longest muscle in the body.
- Most superficial thigh muscle.
- Crosses over hip and knee joints.
- AKA: Tailor Muscle



SARTORIUS

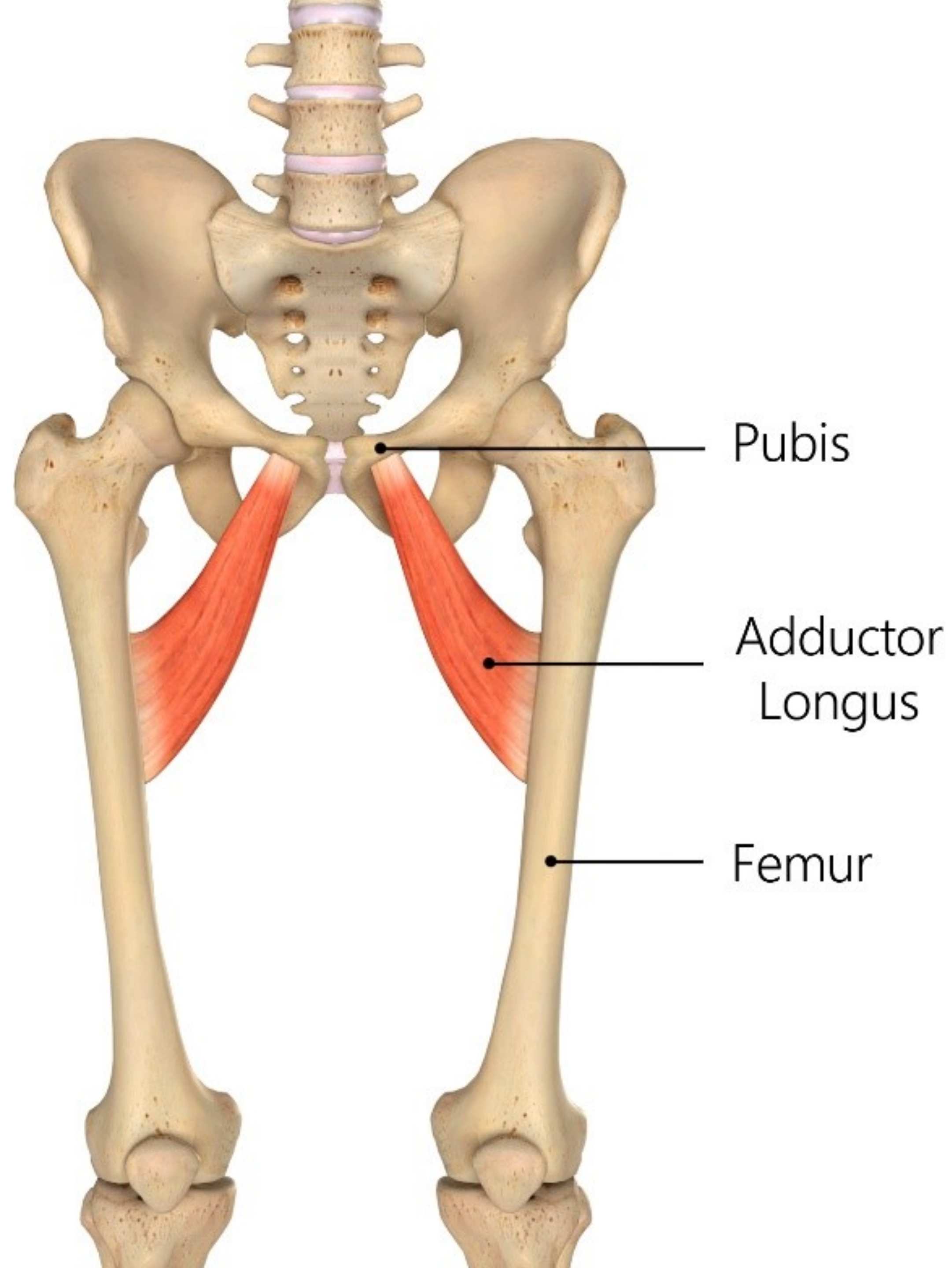
ADDUCTOR LONGUS

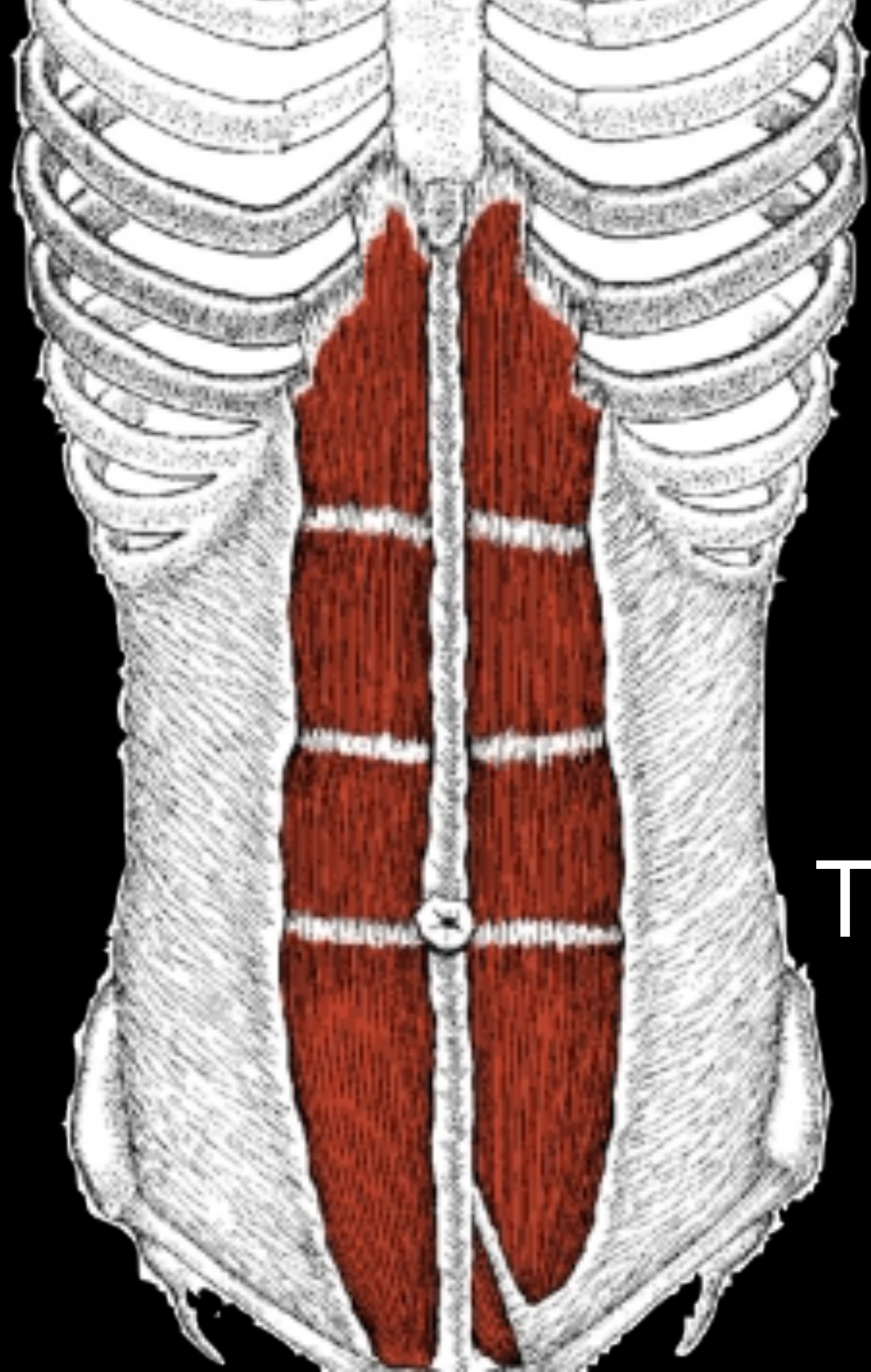
O: - Body of the pubis (inferior to the pubic crest)

I: - Middle third of linea aspera of femur (medial lip)

A: - Hip Adduction & Flexion

ADDUCUTOR LONGUS





MUSCLE SET 10

RECTUS ABDOMINUS

OBLIQUES

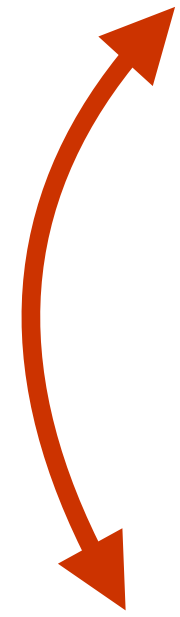
(EXTERNAL, INTERNAL)

TRANSVERSUS ABDOMINIS

ILIOPSOAS

RECTUS ABDOMINUS

O: - Xiphoid Process (pointy part on end of sternum)



I: - Pubic Bone

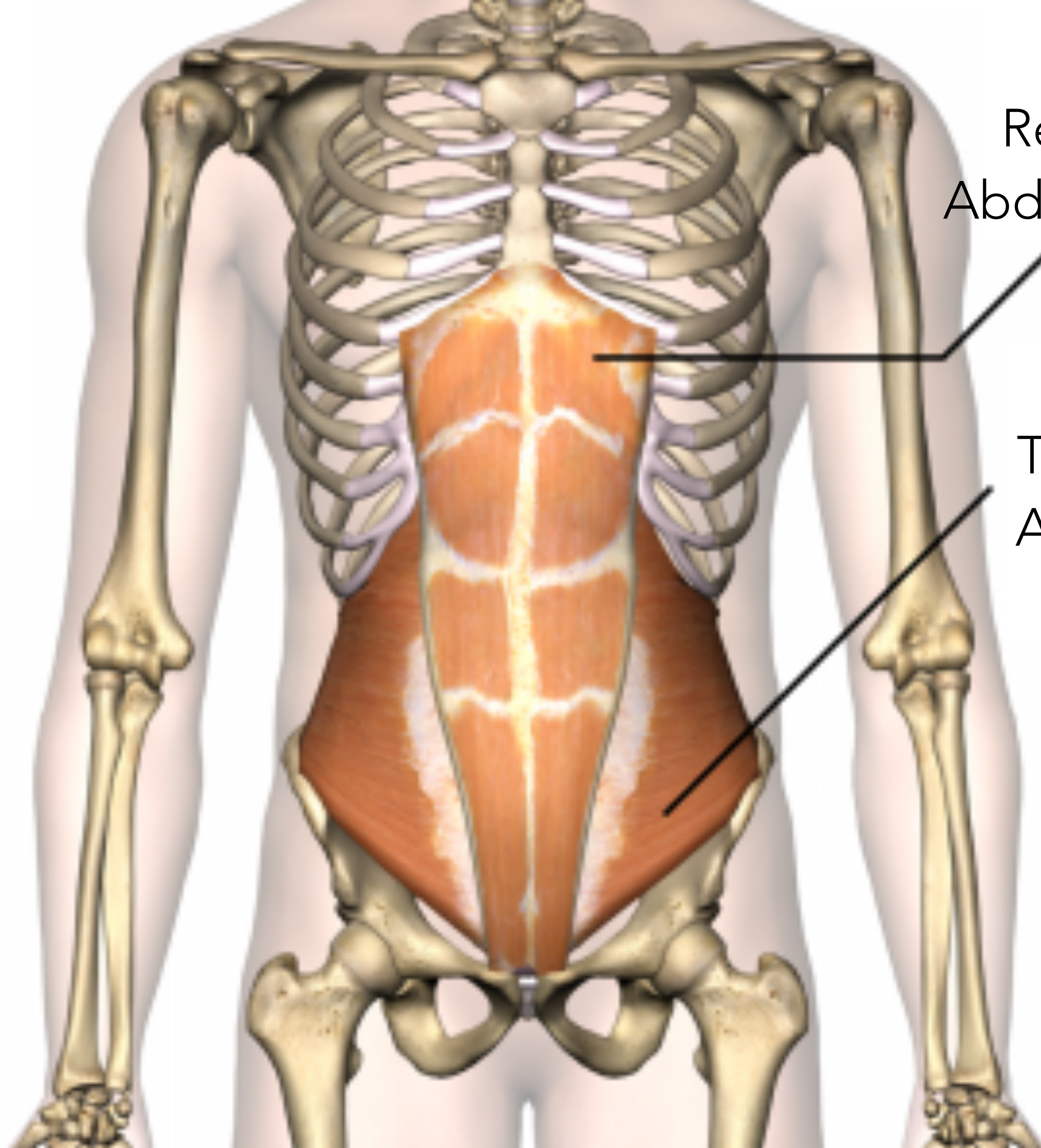
A: - Flexion of the Spine

- Expels content out of respective openings (air, fluids, solids)

RECTUS ABDOMINUS

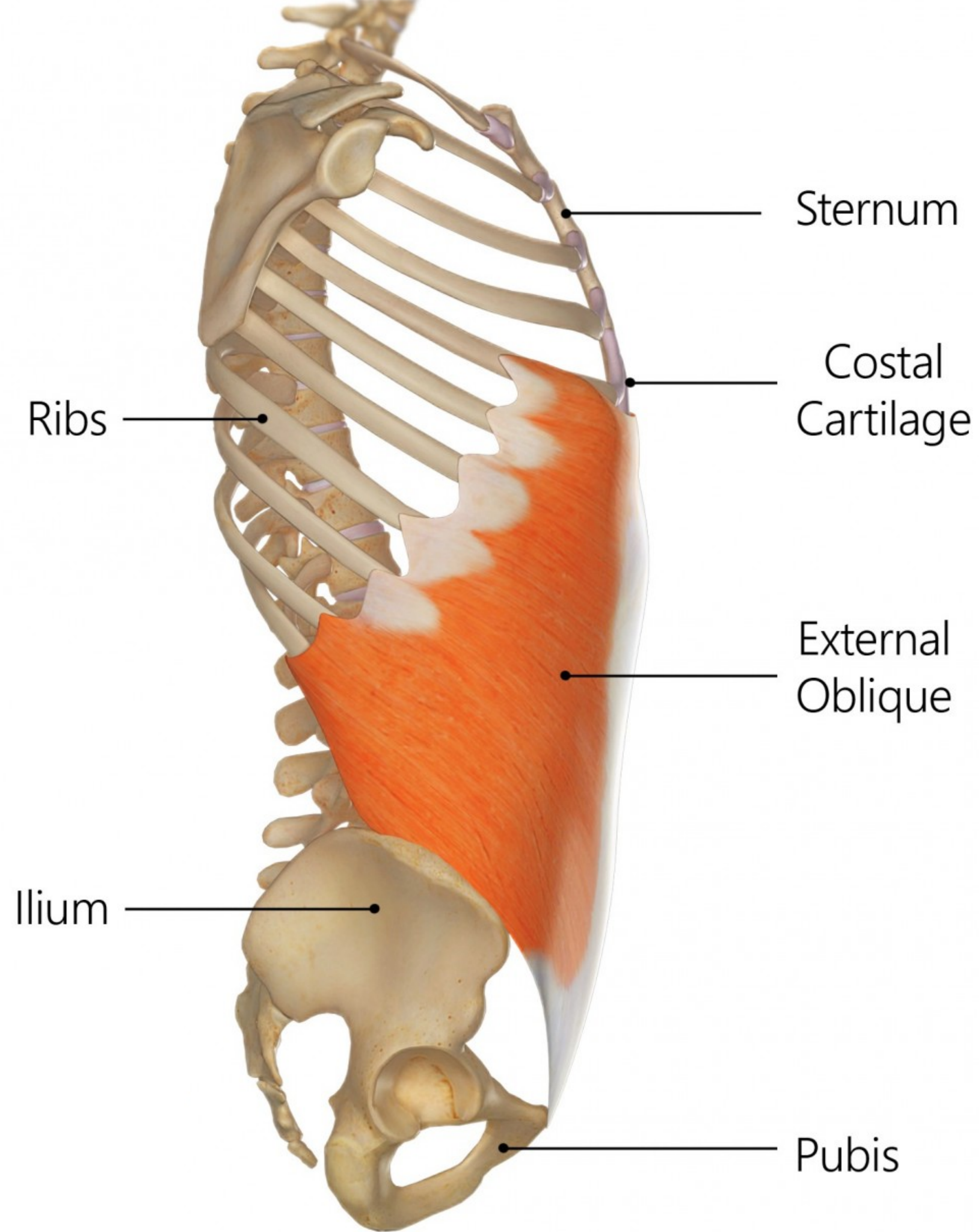
Rectus
Abdominus

Transversus
Abdominus



EXTERNAL OBLIQUE

- O:** - Thoracolumbar Aponeurosis (TLA)
- I:** - Linea Alba via the External Oblique Aponeurosis
- A:** - Rotation of the trunk to the opposite side
 - Lateral Flexion
 - Expels Content out of Respective Openings



EXTERNAL OBLIQUE

INTERNAL OBLIQUE

O: - Thoracolumbar Aponeurosis (TLA)

- Iliac Crest

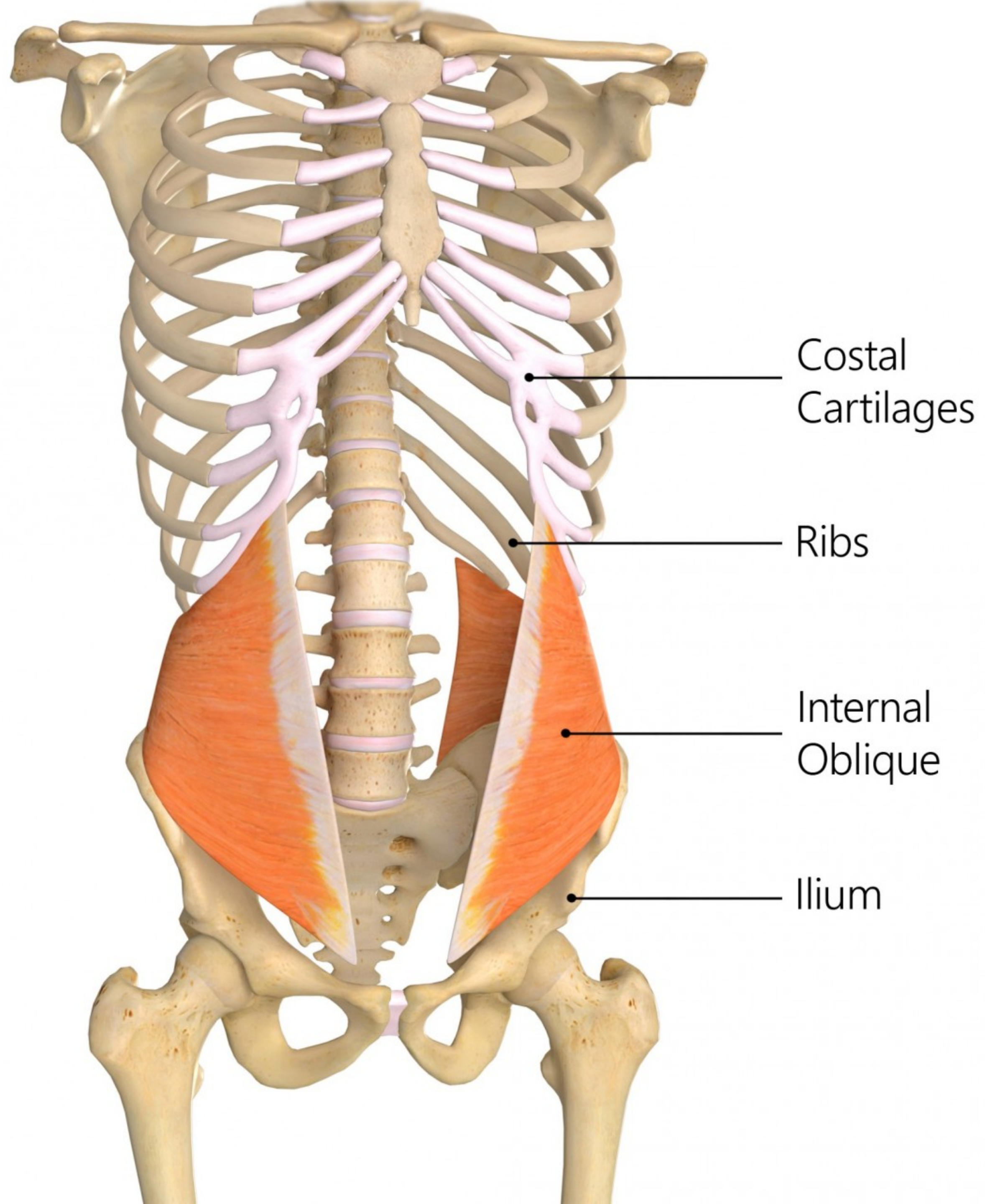
I: - Linea Alba via the Internal Oblique
Aponeurosis

A: - Rotation of the trunk to the same side

- Lateral Flexion

- Expels Content out of Respective Openings

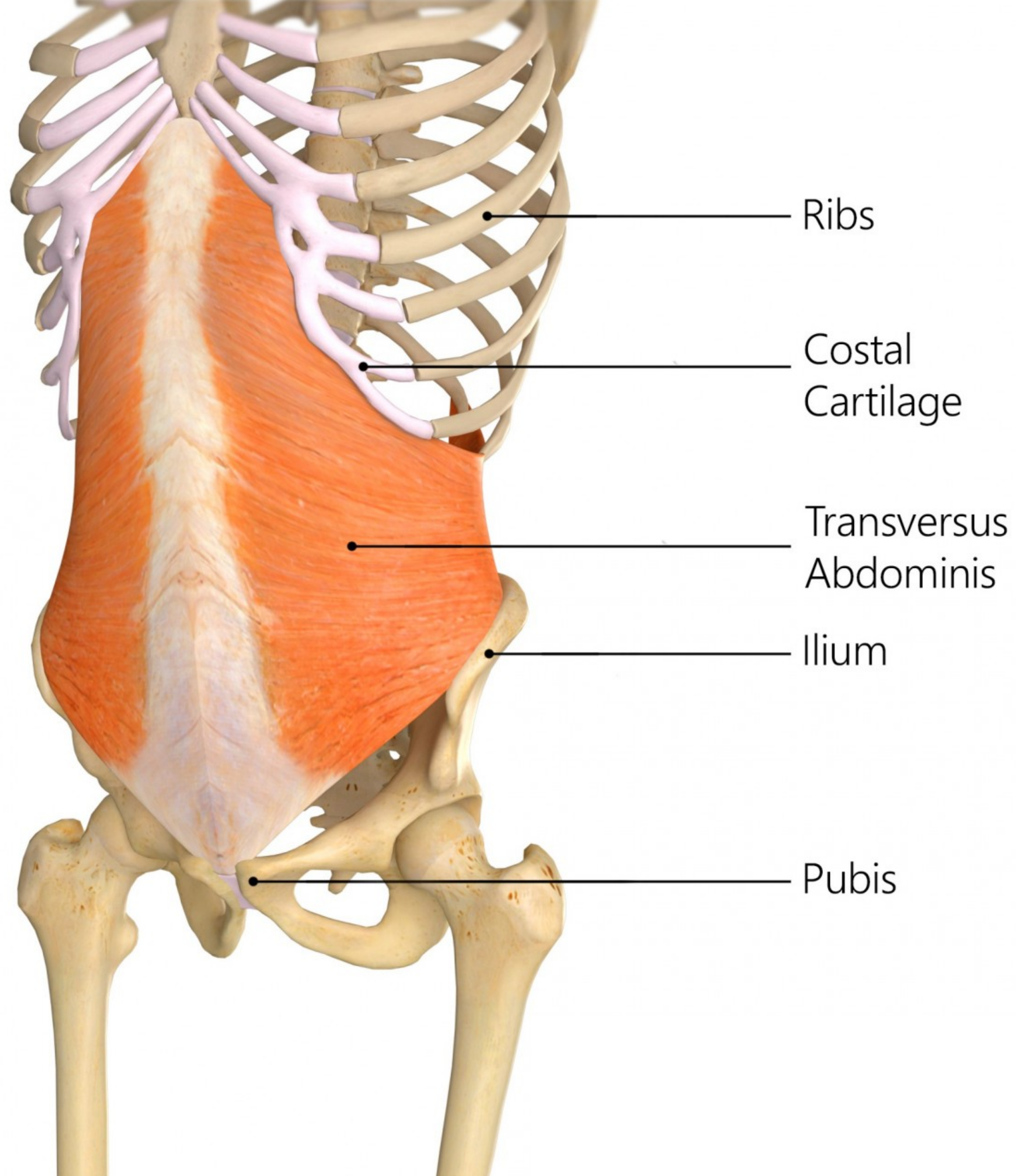
INTERNAL OBLIQUE

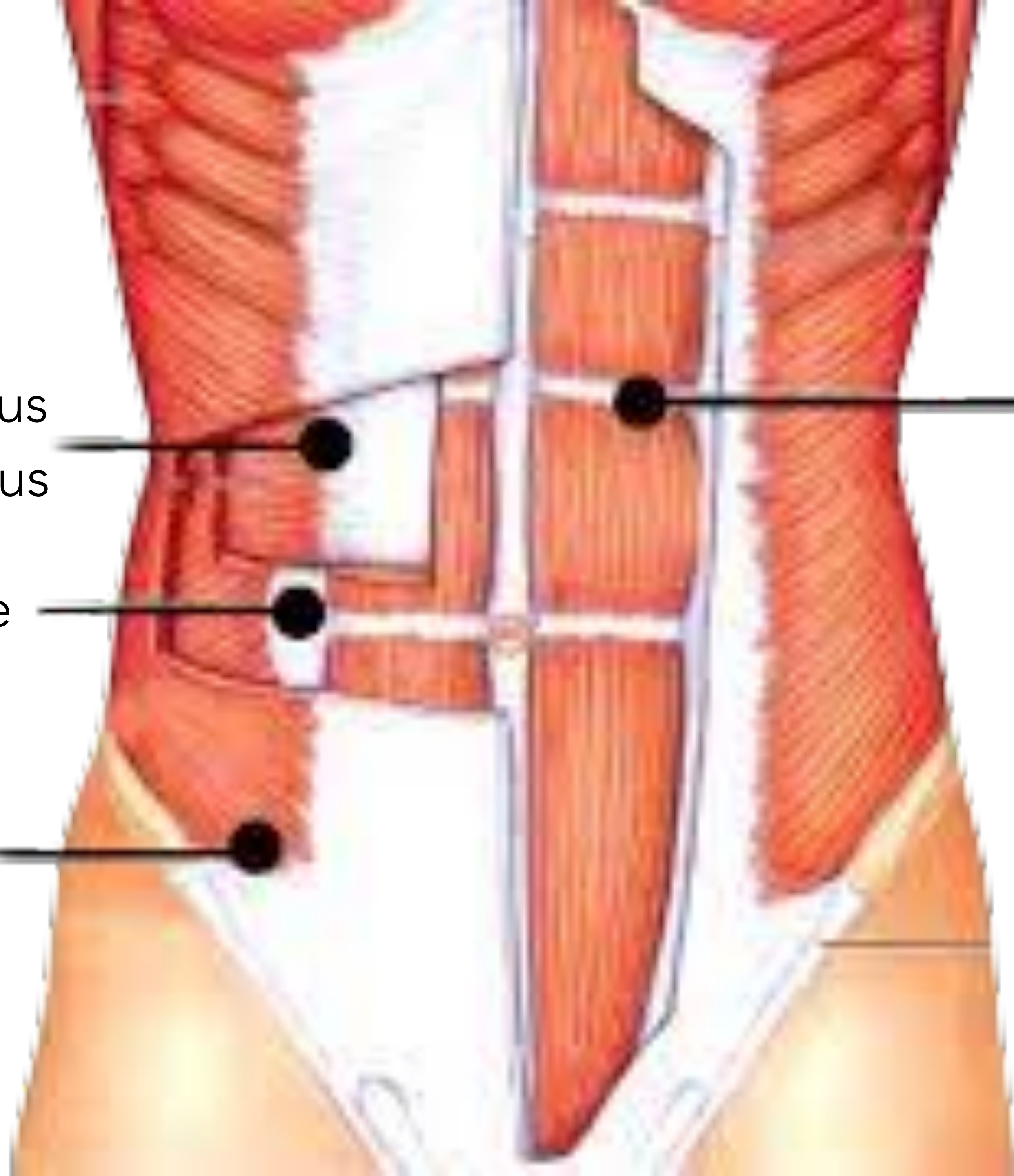


TRANSVERSUS ABDOMINIS

- O:** - Costal cartilages of the seventh to twelfth ribs/Thoracolumbar fascia/Iliac crest/Inguinal ligament
- I:** - Linea Alba/Pubic crest via conjoint tendon/
Pectineal line of the pubis (pecten pubis) via conjoint tendon
- A:** - supports core/compresses abdomen to increase intrabdominal pressure, which aids forced expiration, urination & defecation

TRANSVERSUS ABDOMINIS





Transversus
Abdominus

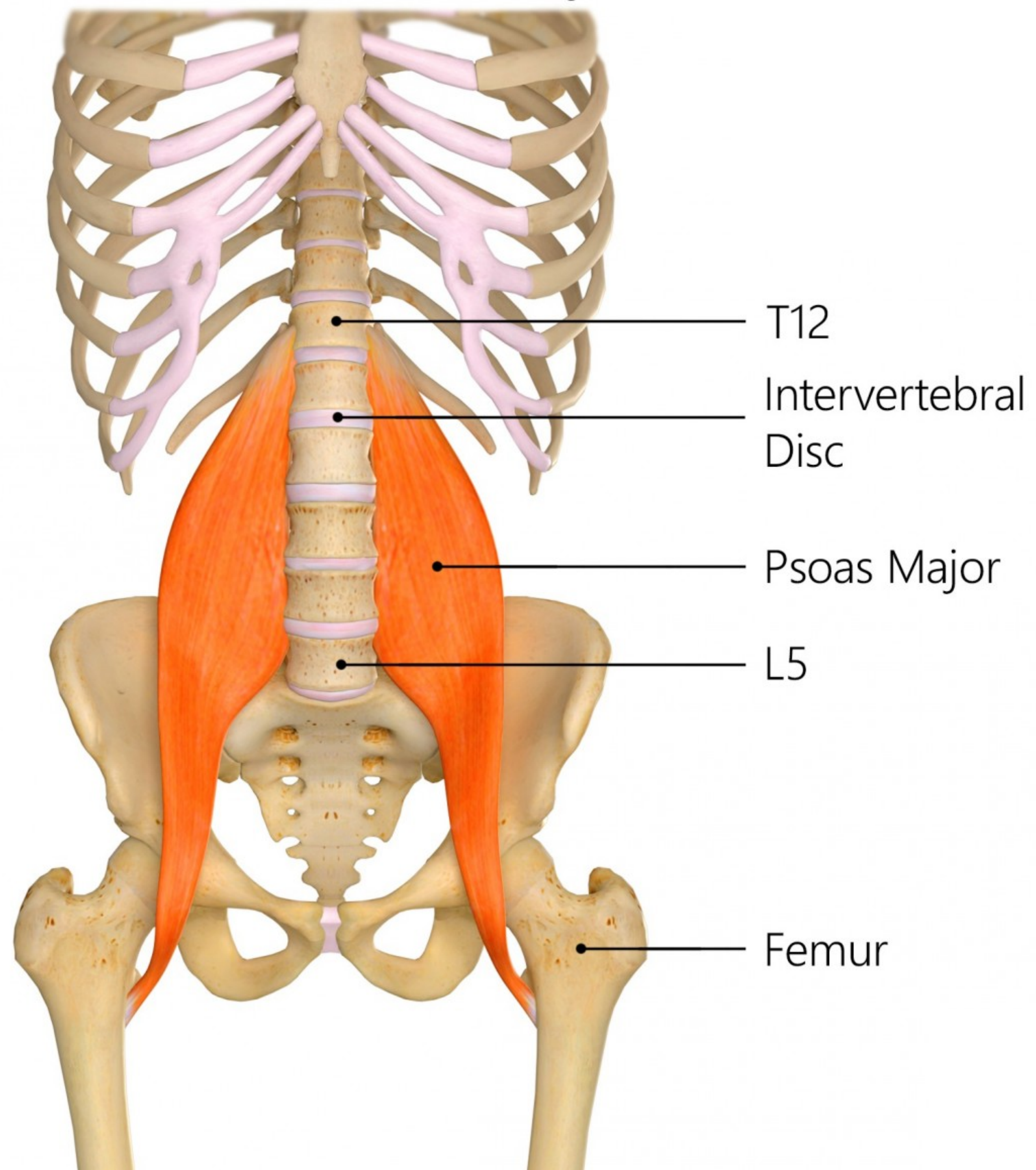
Internal Oblique

External
Oblique

Rectus Abdominis

PSOAS MAJOR

- O:** - Transverse processes of lumbar vertebrae;
lateral lumbar vertebral bodies.
- I:** - Middle surface of lesser trochanter of femur.
- A:** - Flexes and laterally rotates thigh at hip.
- Flexes vertebral column.



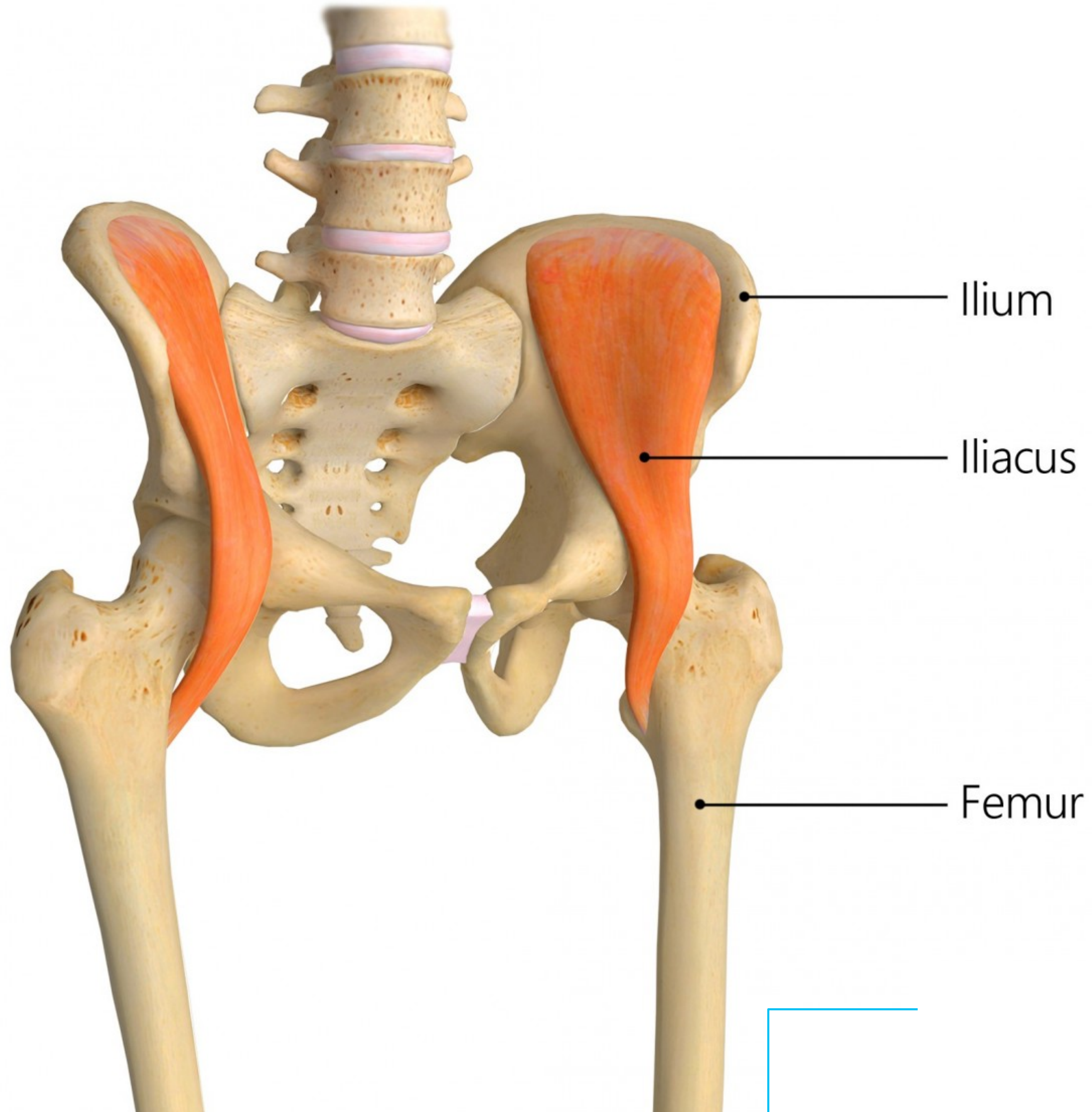
PSOAS MAJOR

ILIACUS

O: - Iliac fossa

I: - Lesser trochanter of femur

A: - Hip flexion

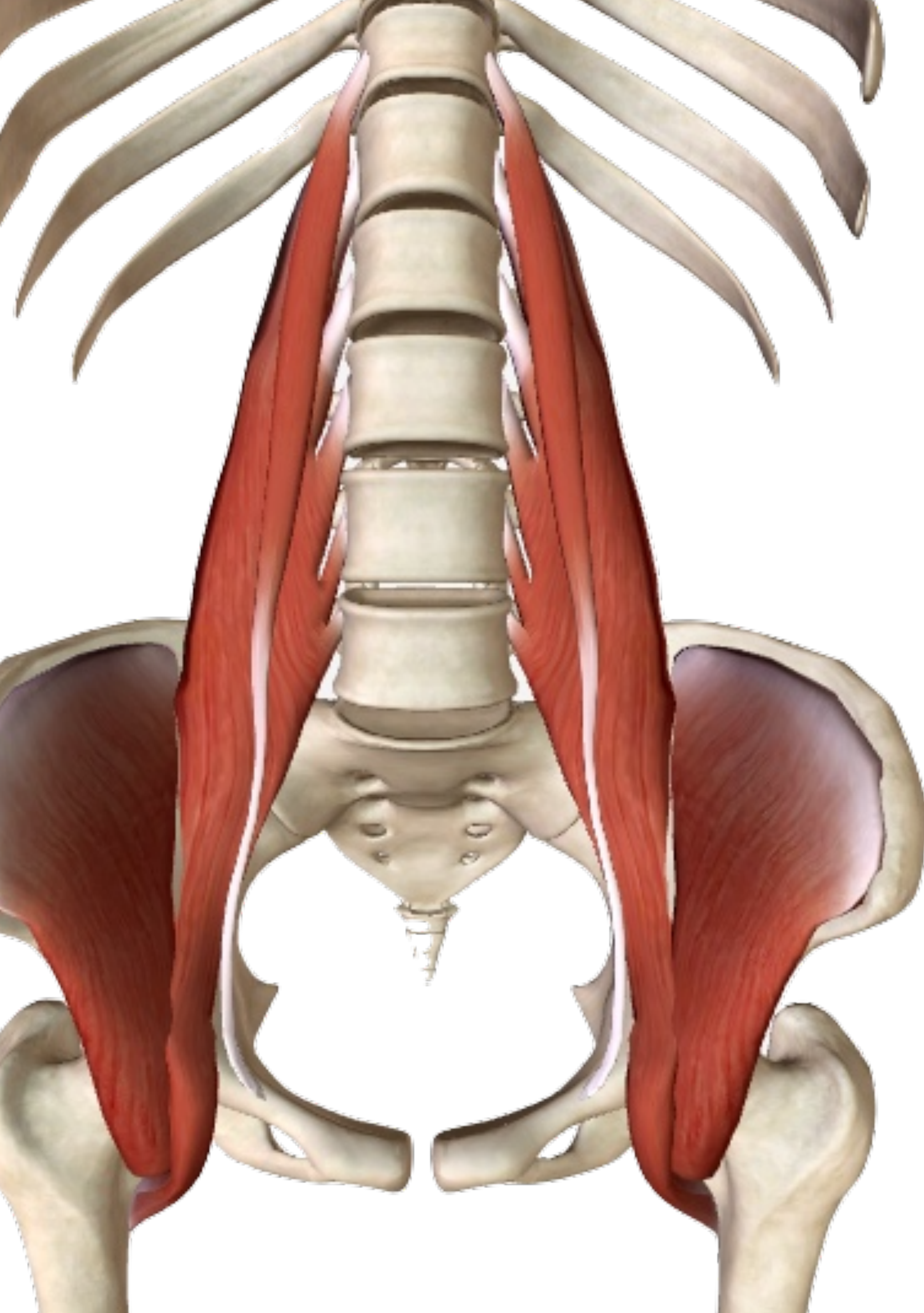


Ilium

Iliacus

Femur

ILIACUS



ILIOPSOAS

The iliacus and the psoas muscles are often collectively referred to as the iliopsoas due to the fact that they share an attachment at the lesser trochanter of the femur.



MUSCLES SET 11

PECTORALIS MAJOR
PECTORALIS MINOR

PECTORALIS MAJOR

Side Note: Tight

O: Sternum

I: Bicipital Groove of Humerus (lateral lip)

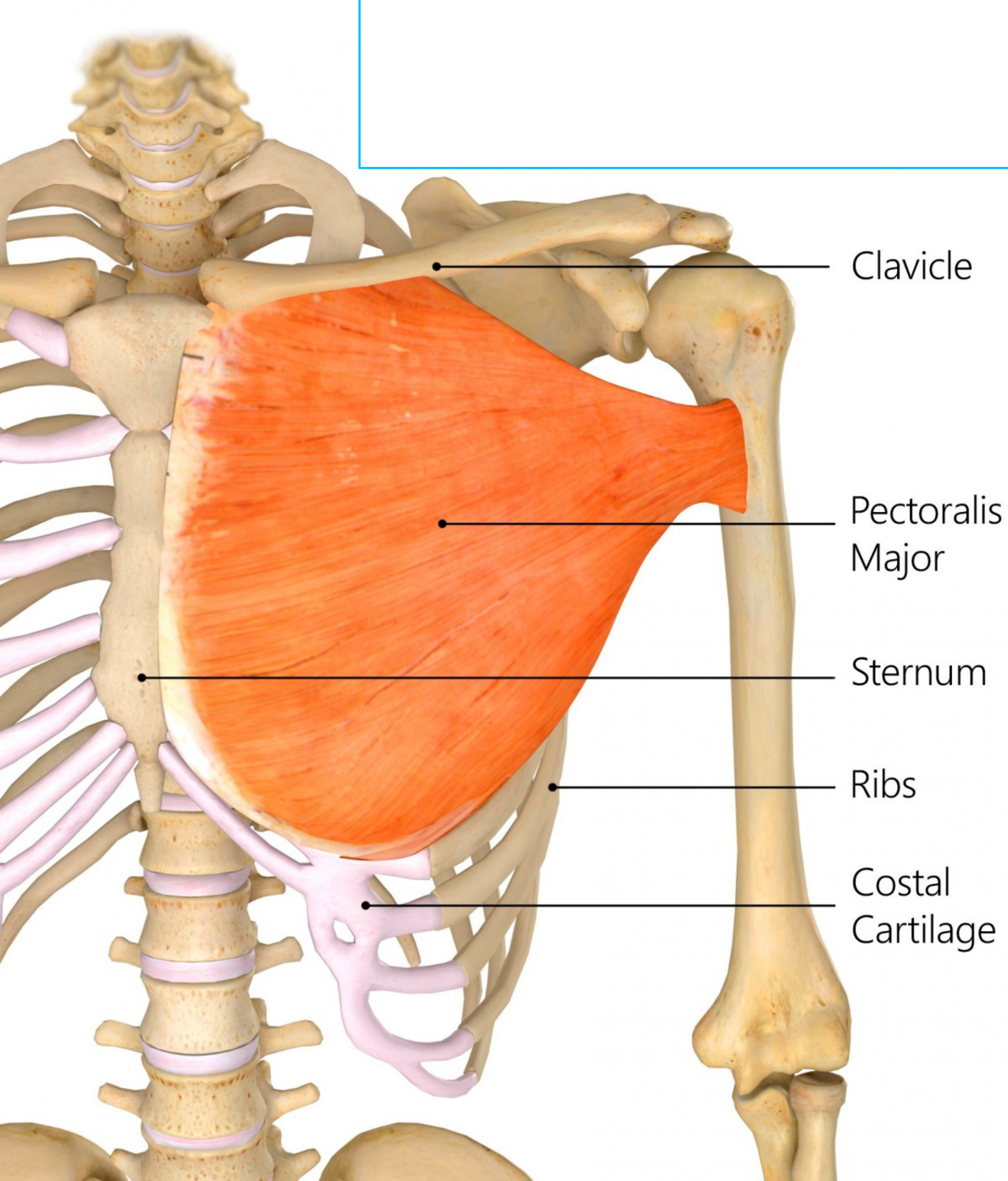
A: -Adduction of Humerus

-Horizontal Adduction

-Medial Rotation of Humerus

*Flexion of extended shoulder

* Extension of flexed shoulder



Pectoralis Major

PECTORALIS MINOR

O: Coracoid Process (anterior scapula)

I: 3rd, 4th, 5th rib

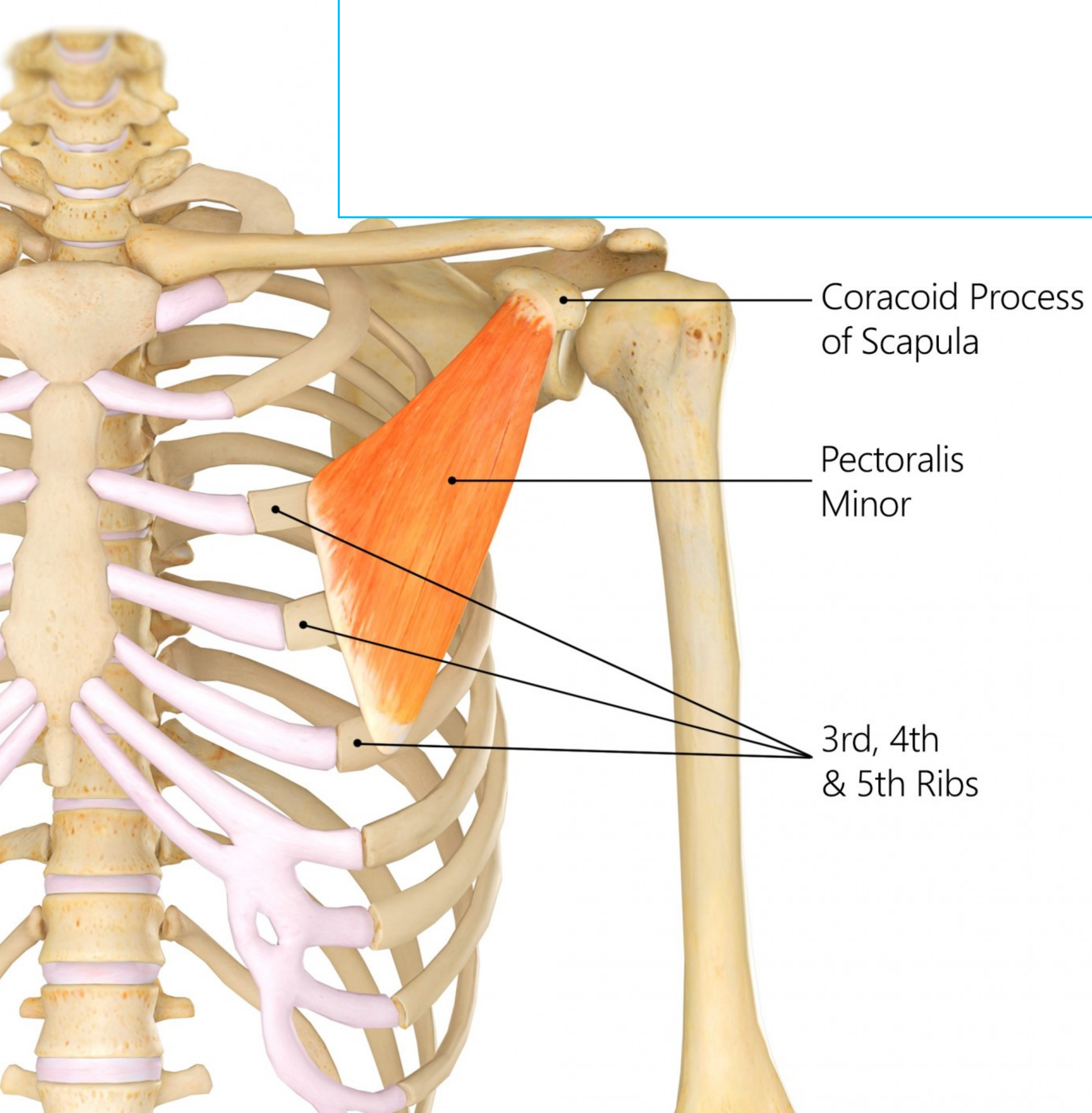
A: -Protraction of Scapula

-Depression of Scapula

-Forced Inspiration

+Synergist: Serratus Anterior

Pectoralis Minor





MUSCLES SET 12

DELTOID

BICEPS BRACHII

TRICEPS BRACHII

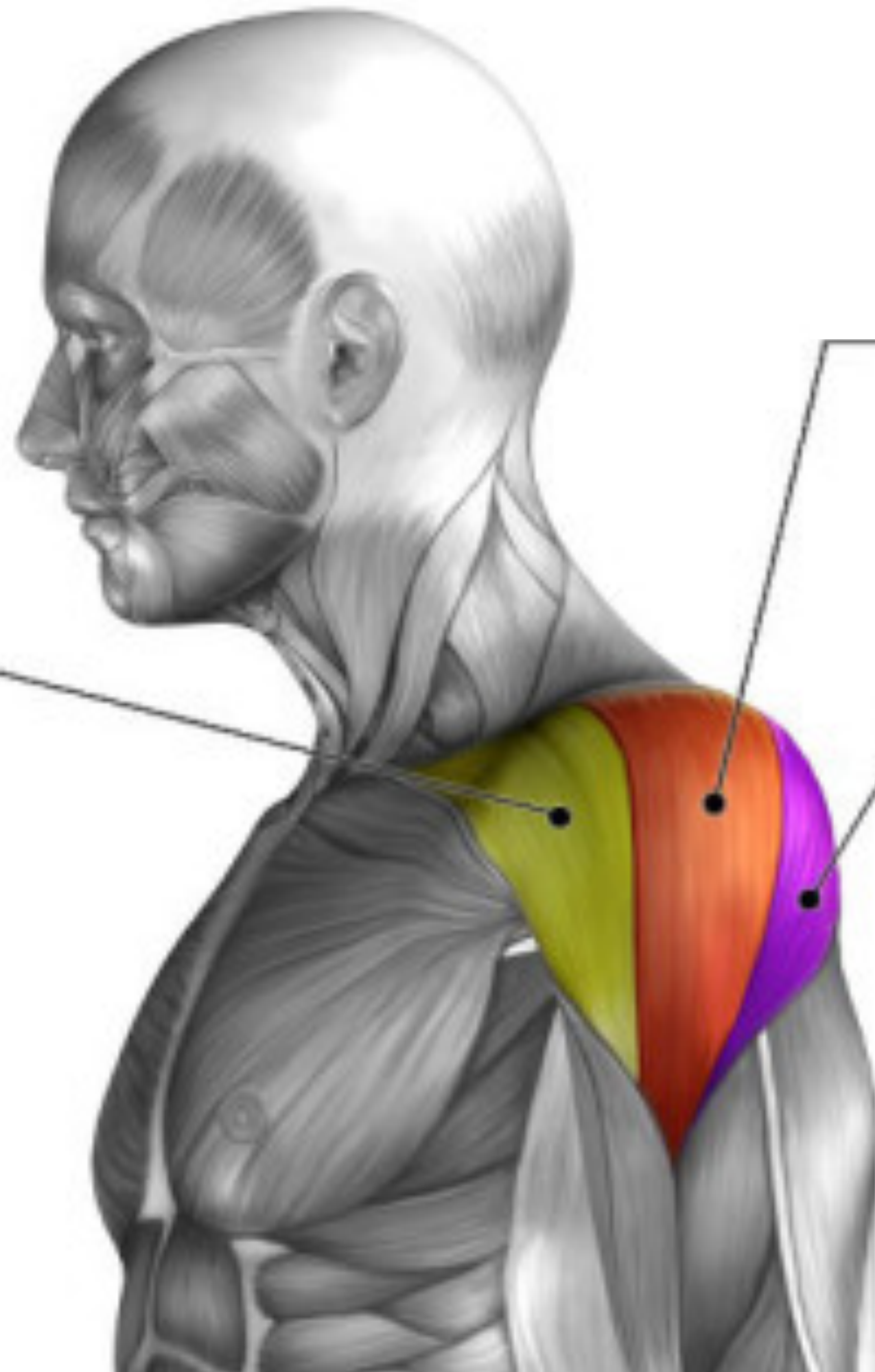
DELTOID

(Classified as 1 muscle with 3 parts)

Anterior Deltoid

Medial/Lateral Deltoid

Posterior Deltoid



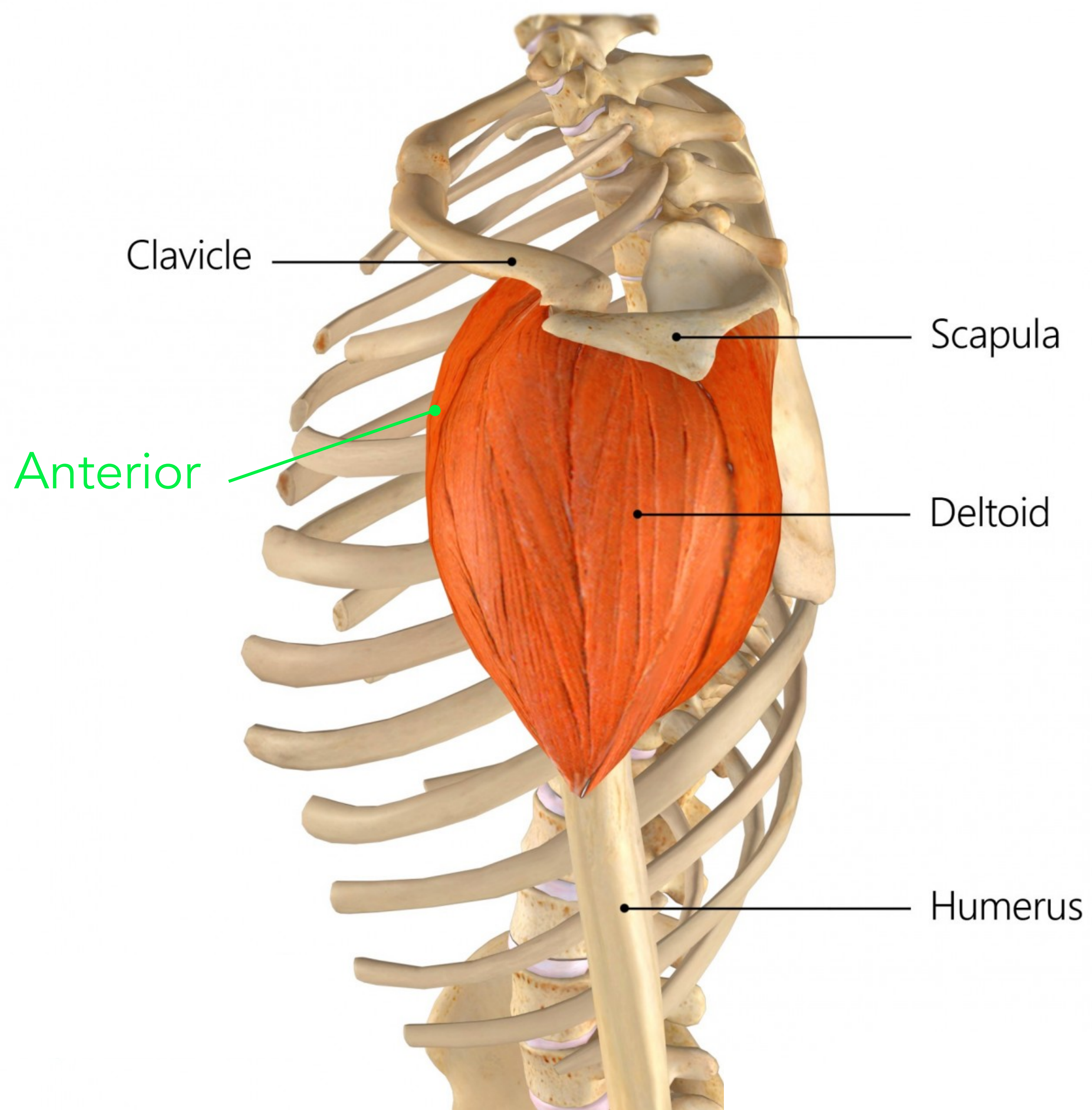
DELTOIDS (ANTERIOR)

O: Lateral 1/3 of Clavicle (Superior Surface and Anterior Border of Clavicle)

I: Deltoid Tuberosity

A: -Forward Flexion of Humerus
-Medial Rotation of Humerus

DELTOID (Anterior)



DELTOIDS (LATERAL/MIDDLE)

O: Acromion Process

I: Deltoid Tuberosity

A: Medial Rotation of Humerus

DELTOID (Lateral/Medial)

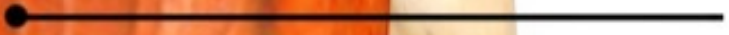
Clavicle



Scapula



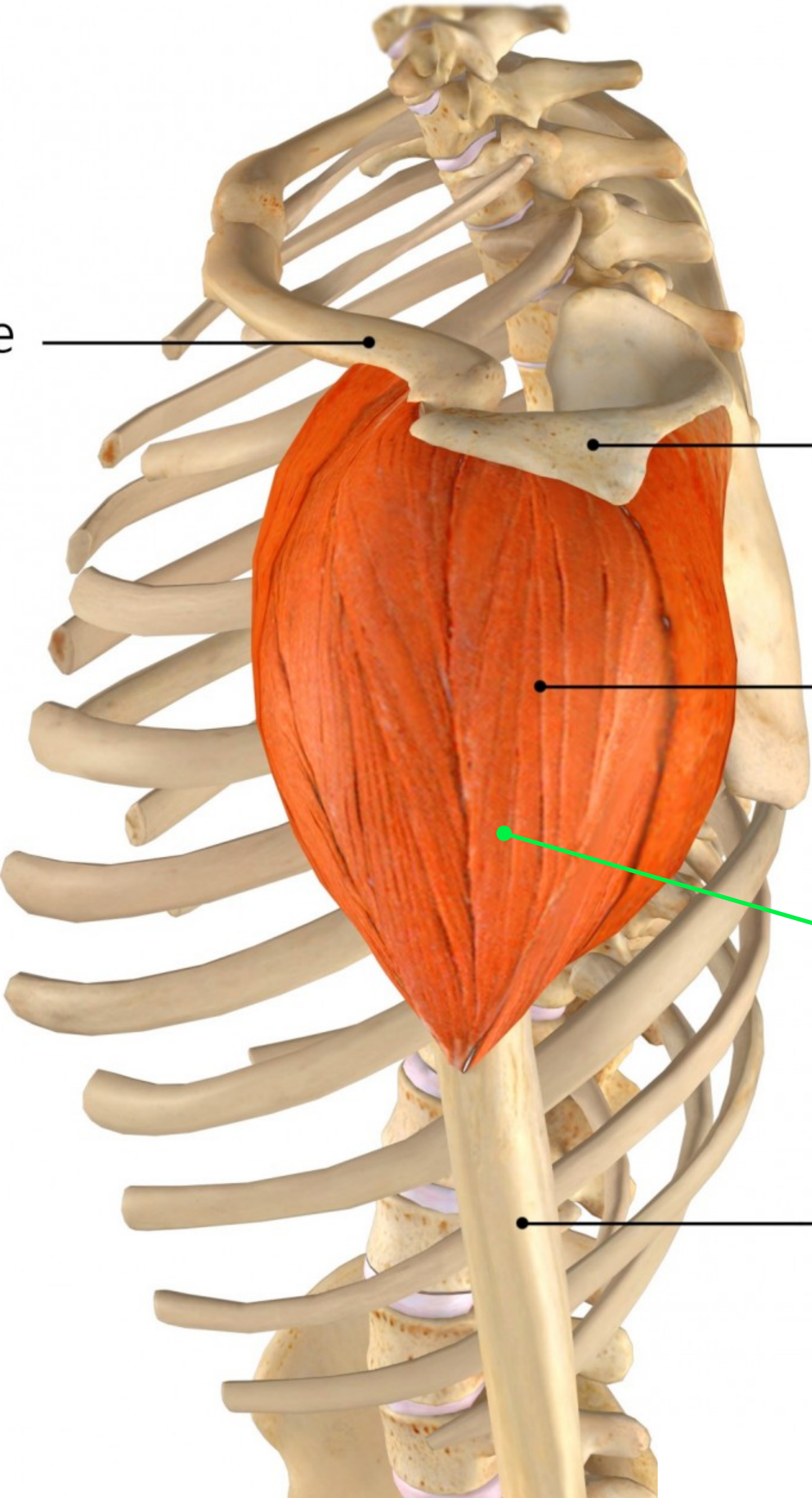
Deltoid



Lateral/Medial



Humerus



Side Note:
Overstretched

DELTOIDS (POSTERIOR)

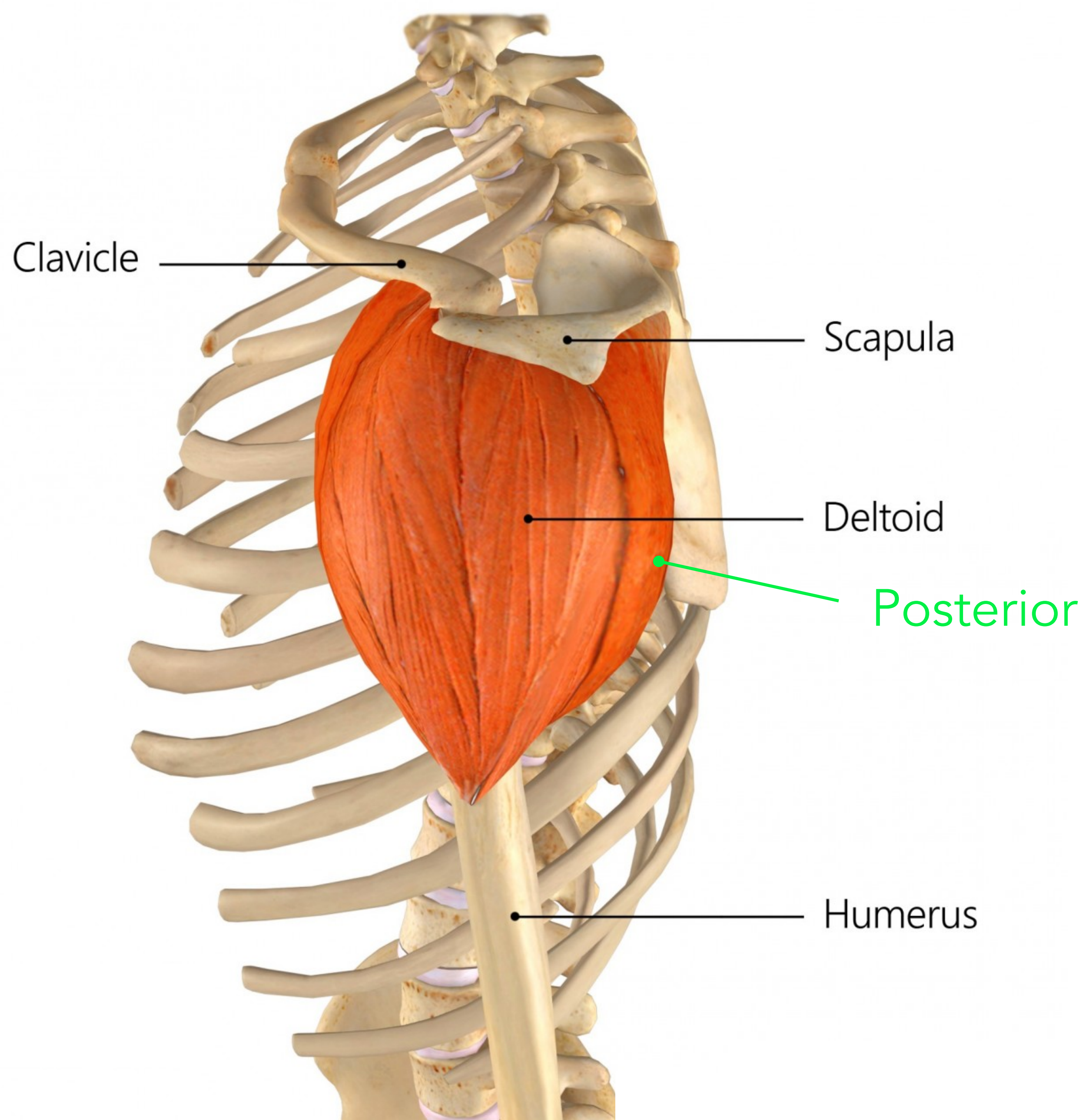
O: Posterior Spine of Scapula

I: Deltoid Tuberosity

A: -Extension of Shoulder

-Horizontal Abduction of Shoulder

-Lateral Rotation of Humerus



DELTOID (Posterior)

BICEPS BRACHII

O: Long - Supraglenoid Tubercle of Scapula

Short - Coracoid Process

I: Radial Tuberosity

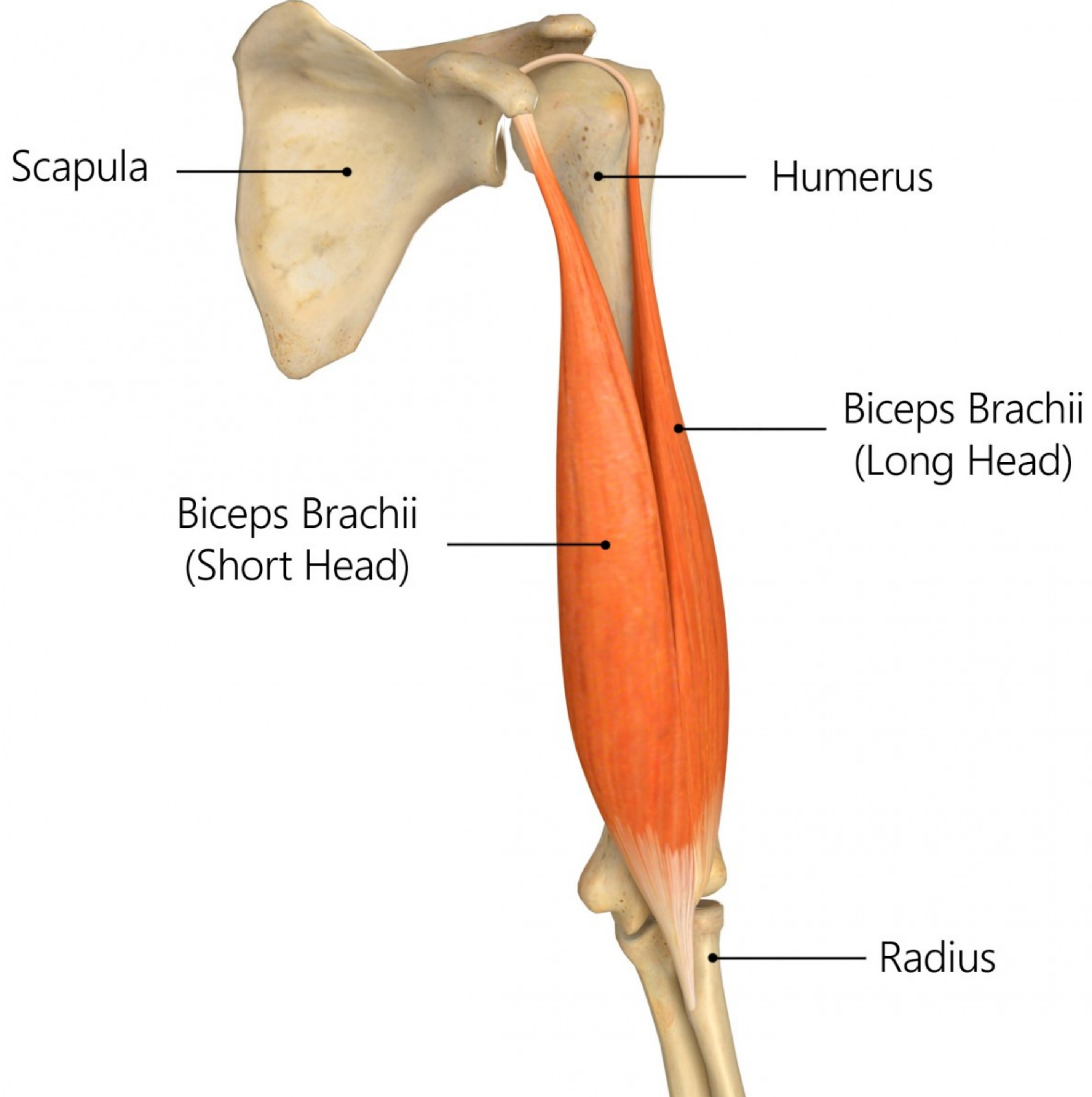
A: -Flexion of Elbow

-Flexion of Shoulder

-Supination

Side Notes:

- Tight
- shortens w/ age
- "Popeye's Syndrome"



BICEPS BRACHII

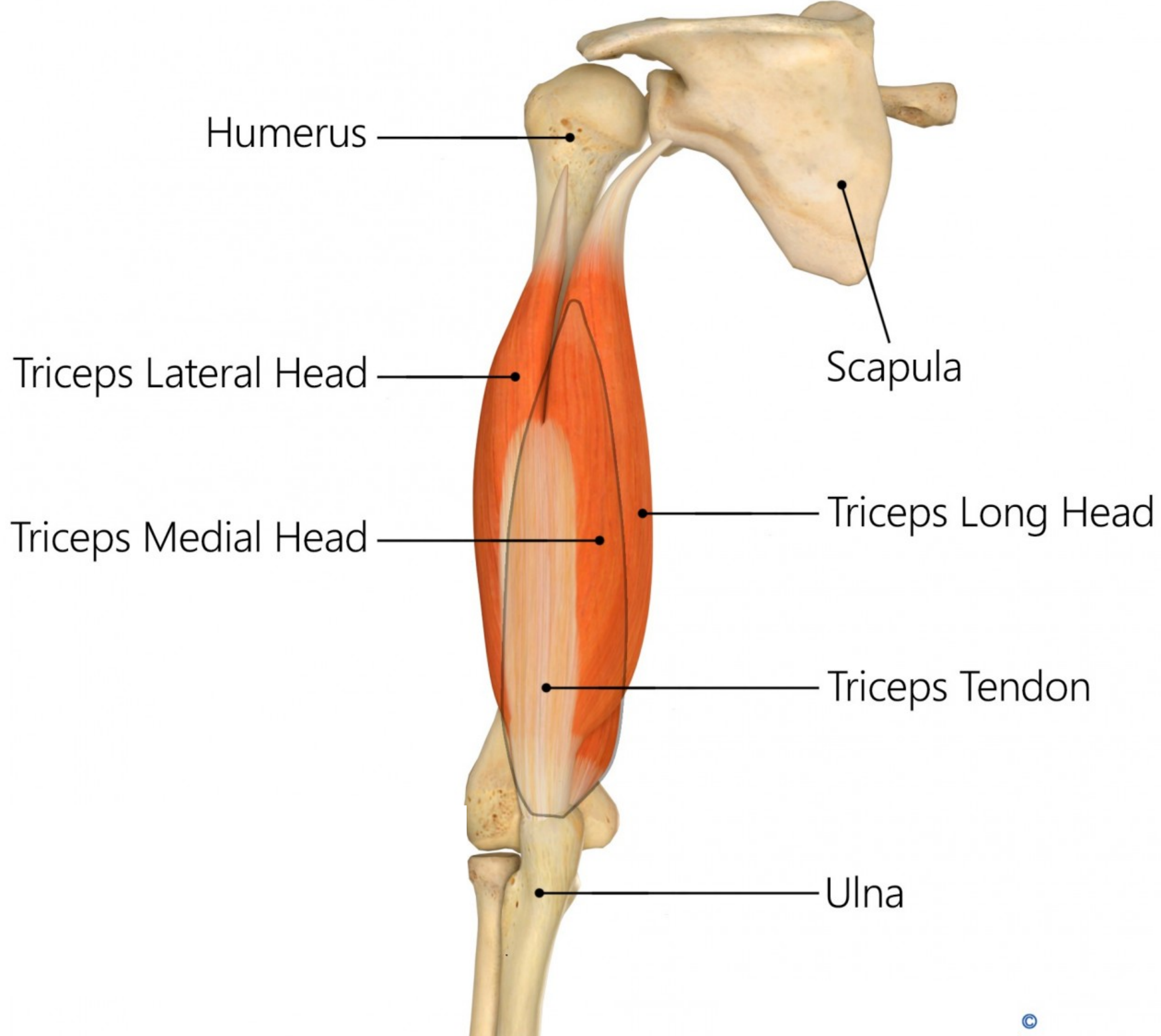
TRICEPS BRACHII

- O:** - Long - Infraglenoid Tubercle of Scapula
 - Medial - Posterior Humerus (below spiral groove)
 - Lateral - Posterior Humerus (above spiral groove)
- I:** Olecranon Process (elbow)
- A:** -Extension of Elbow
 - Long - Extension of Shoulder

Side Notes:

- Overstretched
- 2/3 bigger than biceps
- only muscle that does extension of elbow

TRICEPS BRACHII





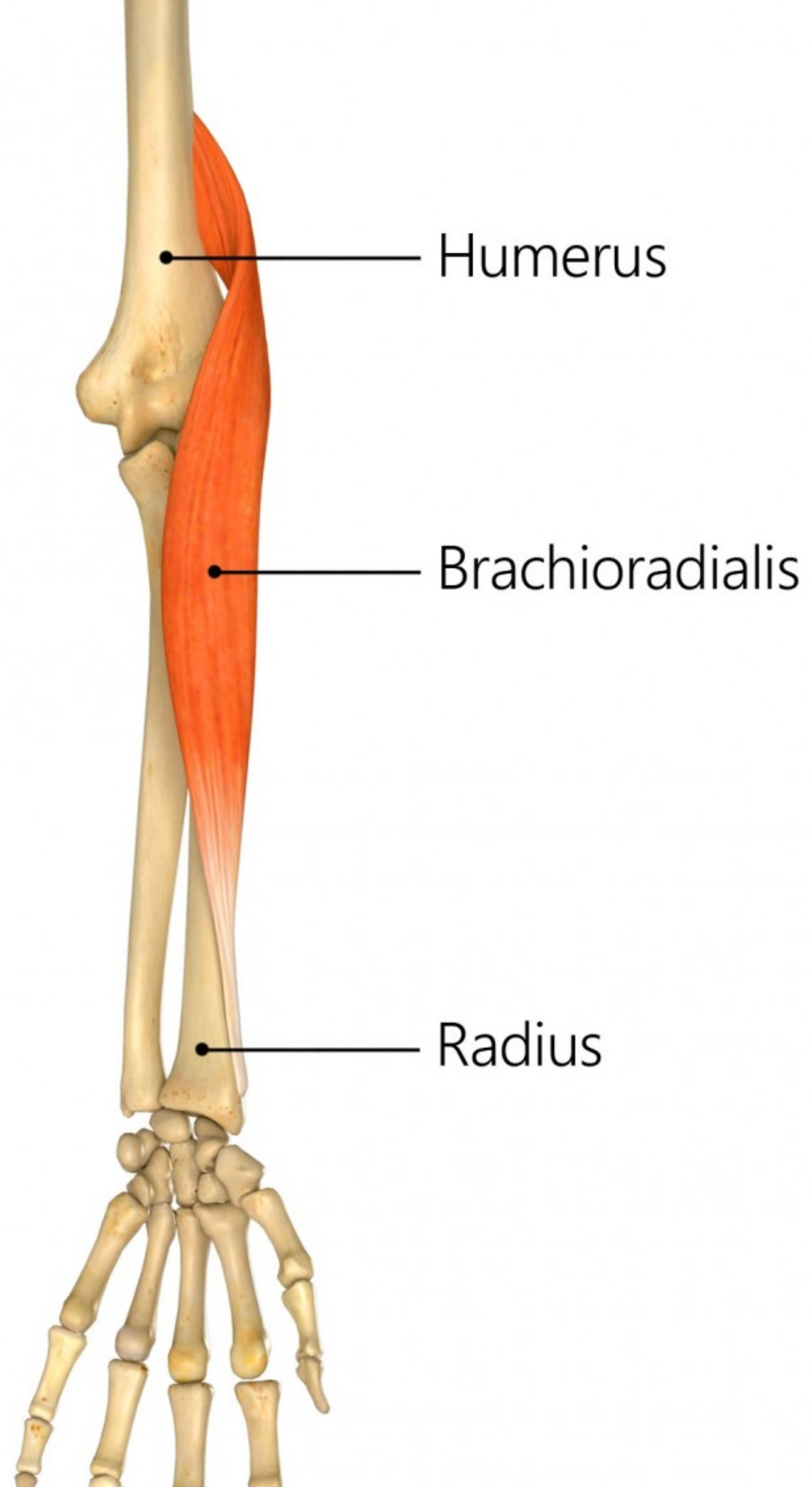
MUSCLES SET 13

BRACHIORADIALIS
FOREARM FLEXORS
FOREARM EXTENSORS

BRACHIORADIALIS

- O:** - Lateral supracondylar ridge of humerus
- I:** - Styloid process of Radius (Lateral surface)
- A:** - Flexion of the forearm at the elbow joint
 - Supination and pronation of the forearm

BRACHIORADIALIS

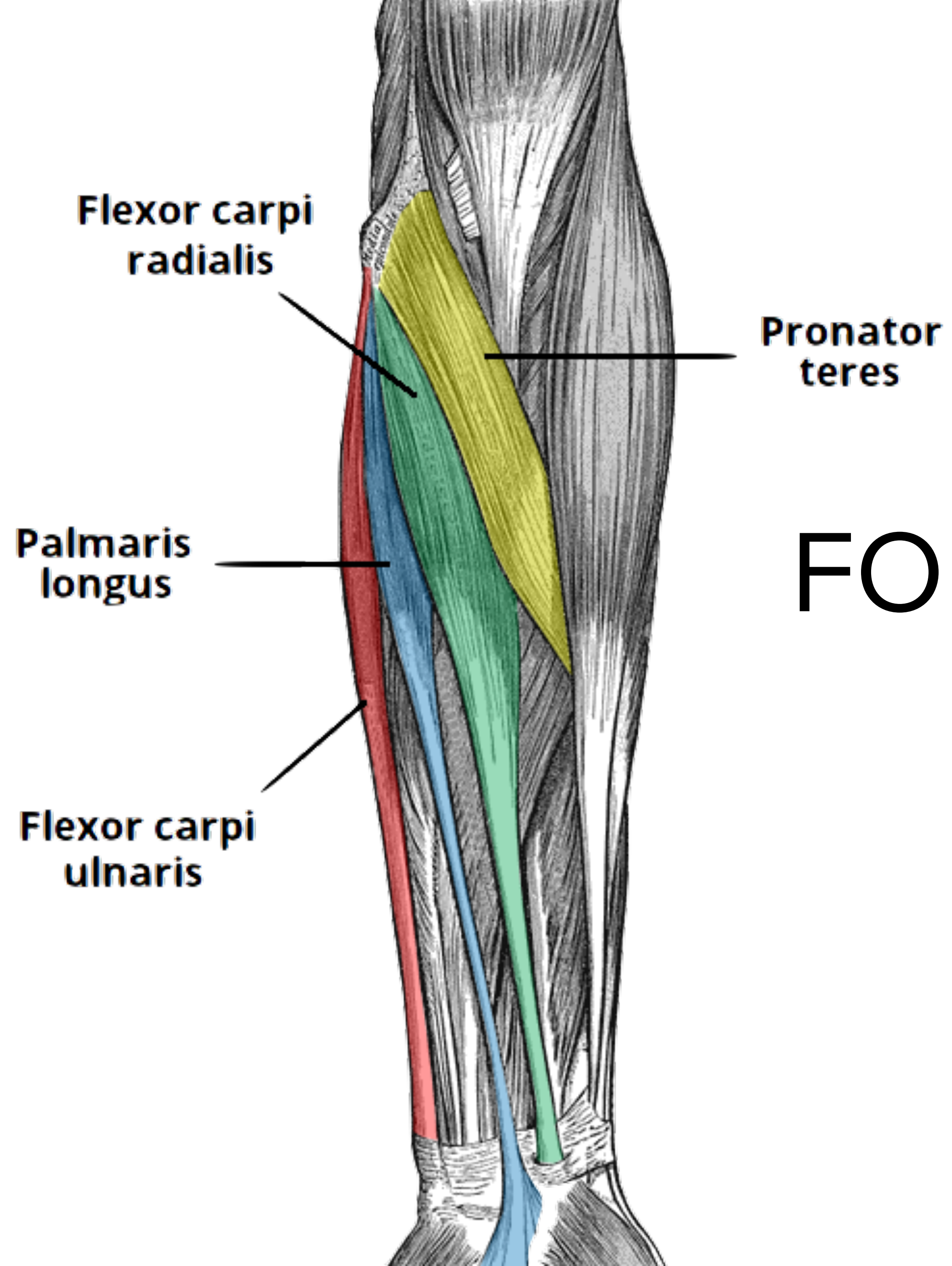


FOREARM FLEXORS

O: - Medial Epicondyle of Humerus

I: - Hands & Fingers (anterior/palm side)

A: - Flexion of Hands & Fingers



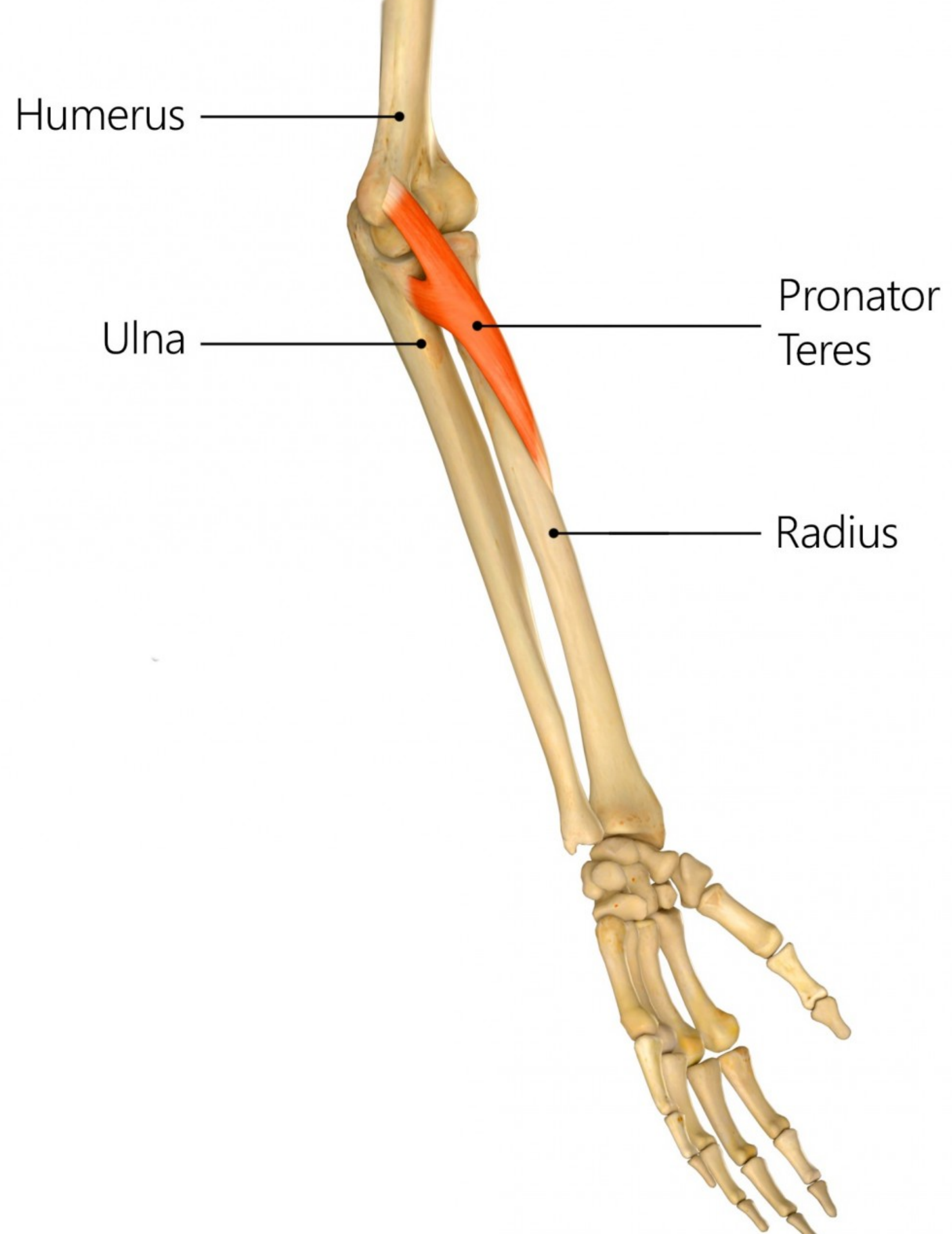
FOREARM FLEXORS

PRONATOR TERES

O: - Common Flexor Tendon from Medial Epicondyle of Humerus & Coronoid Process of the Ulna

I: - Middle of Lateral Surface of the Radius

A: - Pronates the Forearm



PRONATOR TERES

FLEXOR CARPI RADIALIS LONGUS

O: - Medial Epicondyle of Humerus

I: - Base of 2nd and 3rd Metacarpals

A: - Flexion of the hand at wrist

FLEXOR CARPI RADIALIS LONGUS



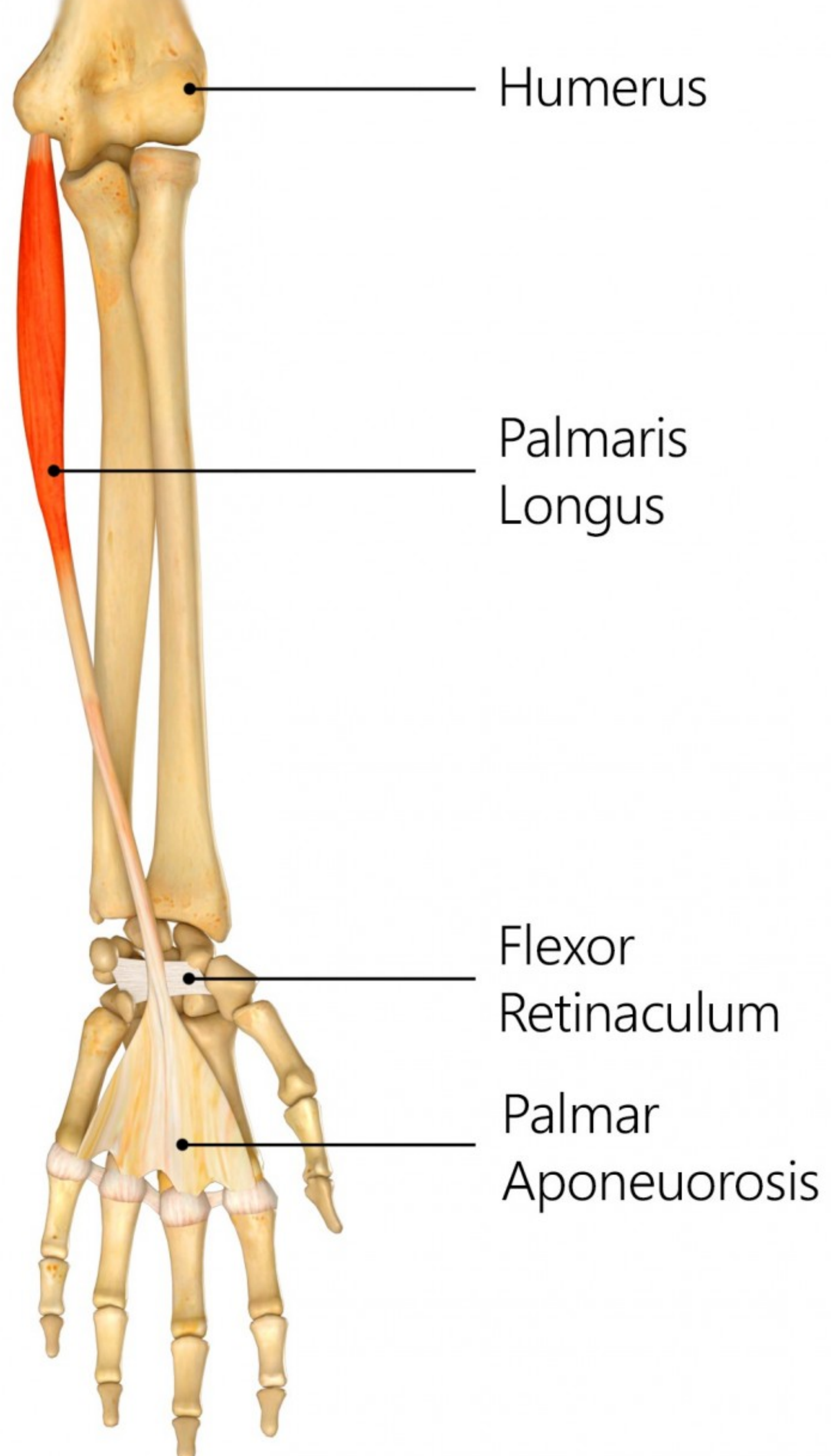
Flexor Carpi
Radialis Longus

PALMARIS

O: - Medial Epicondyle of Humerus

I: - Flexor Retinaculum
- Palmar aponeurosis

A: - Flexion of Wrist
- Tenses palmar aponeurosis



PALMARIS

FLEXOR CARPI ULNARIS

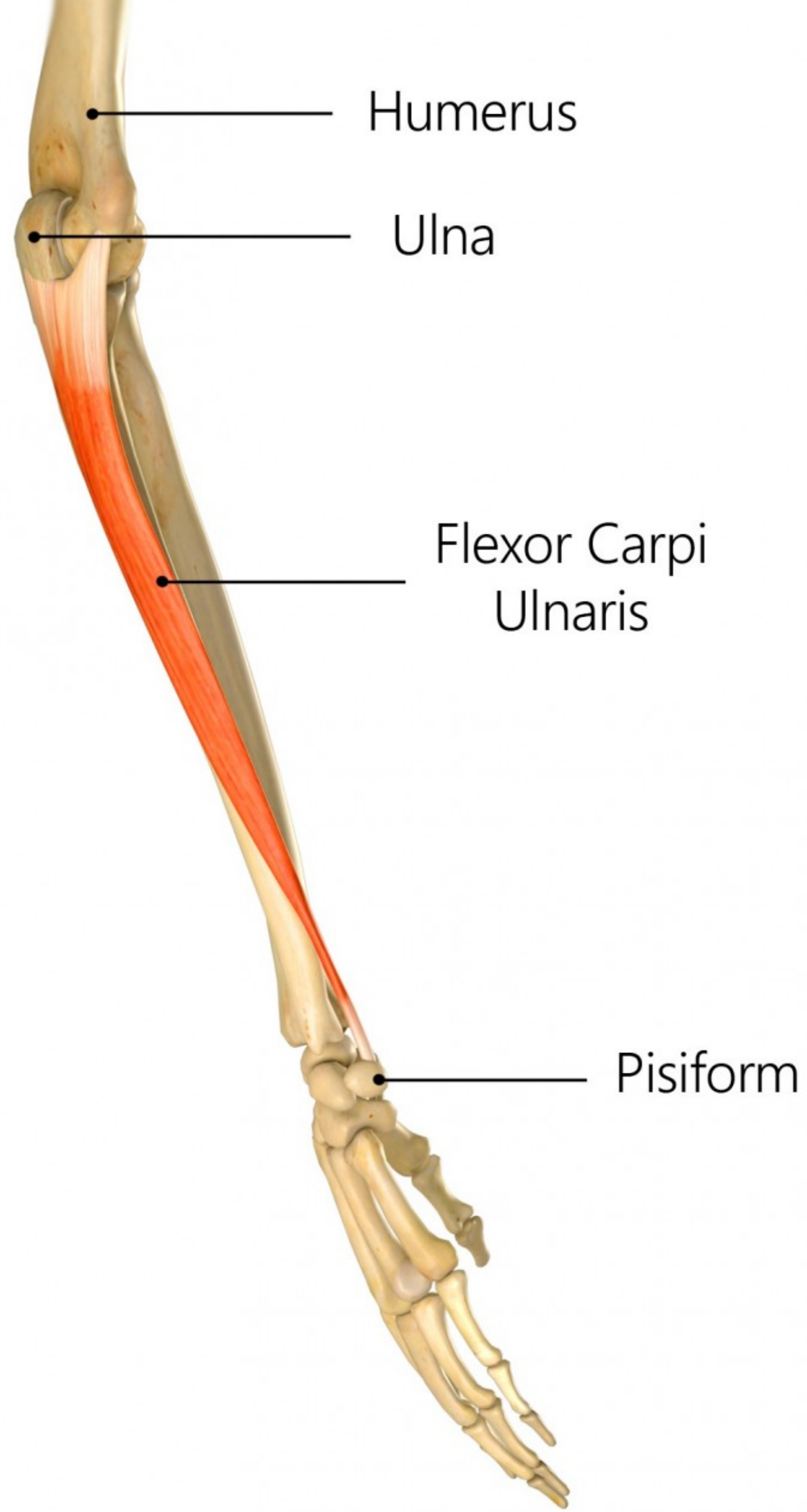
O: - Medial Epicondyle of Humerus

I: - Base of 2nd & 3rd Metacarpal

A: - Flexion of Wrist

- Abduction of Wrist

FLEXOR CARPI ULNARIS



FLEXOR DIGITORUM SUPERFICIALIS

O: - Medial Epicondyle of Humerus

- Ulnar collateral ligament

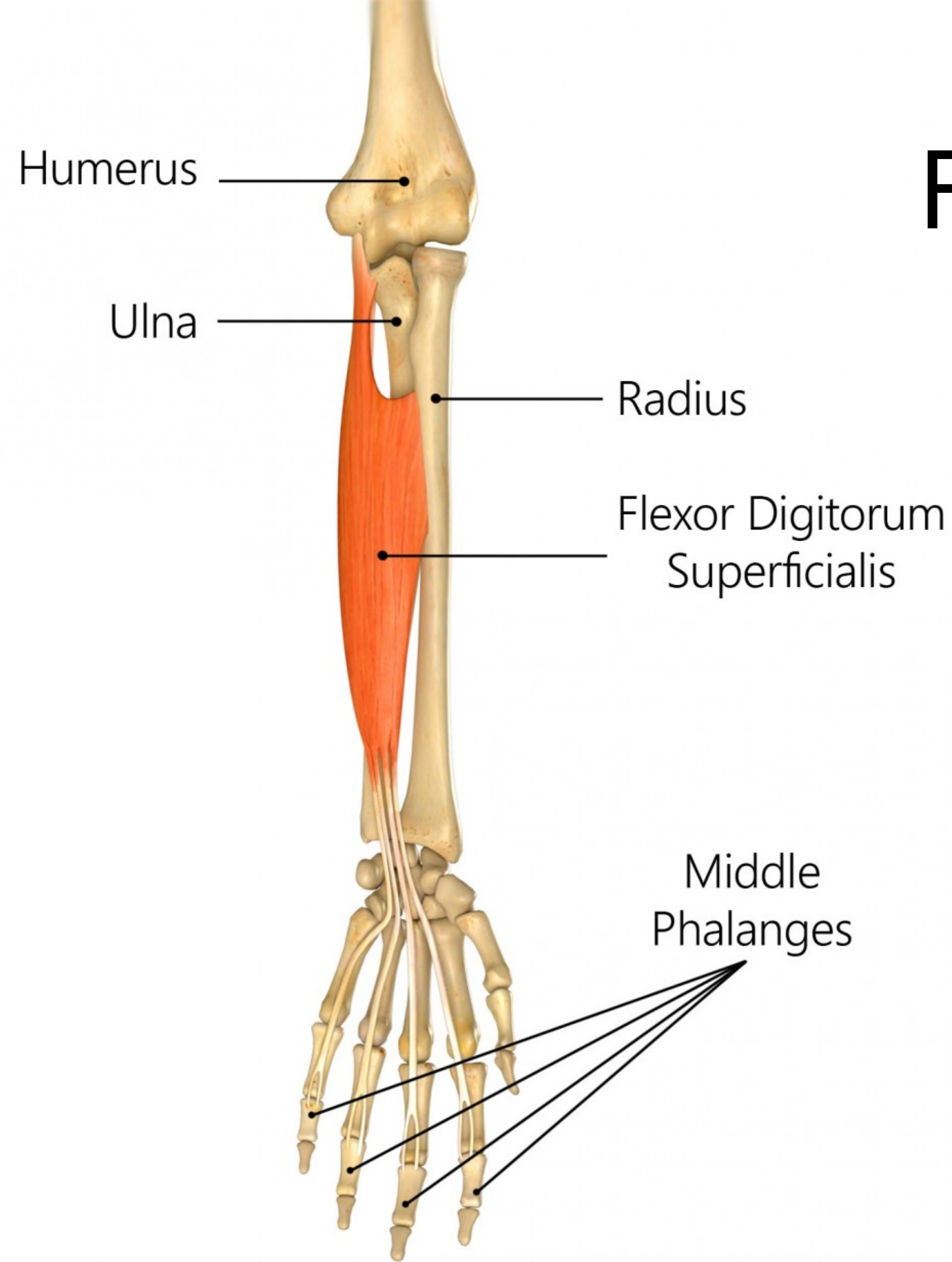
- Coronoid Process of Ulna

I: - Bodies of 2nd to 5th Phalanges

A: - Flexion of Four Digits

- Flexion of proximal phalanges at Metacarpophalangeal Joints

FLEXOR DIGITORUM SUPERFICIALIS



FOREARM EXTENSORS

O: - Lateral Epicondyle of Humerus (common extensor tendon)

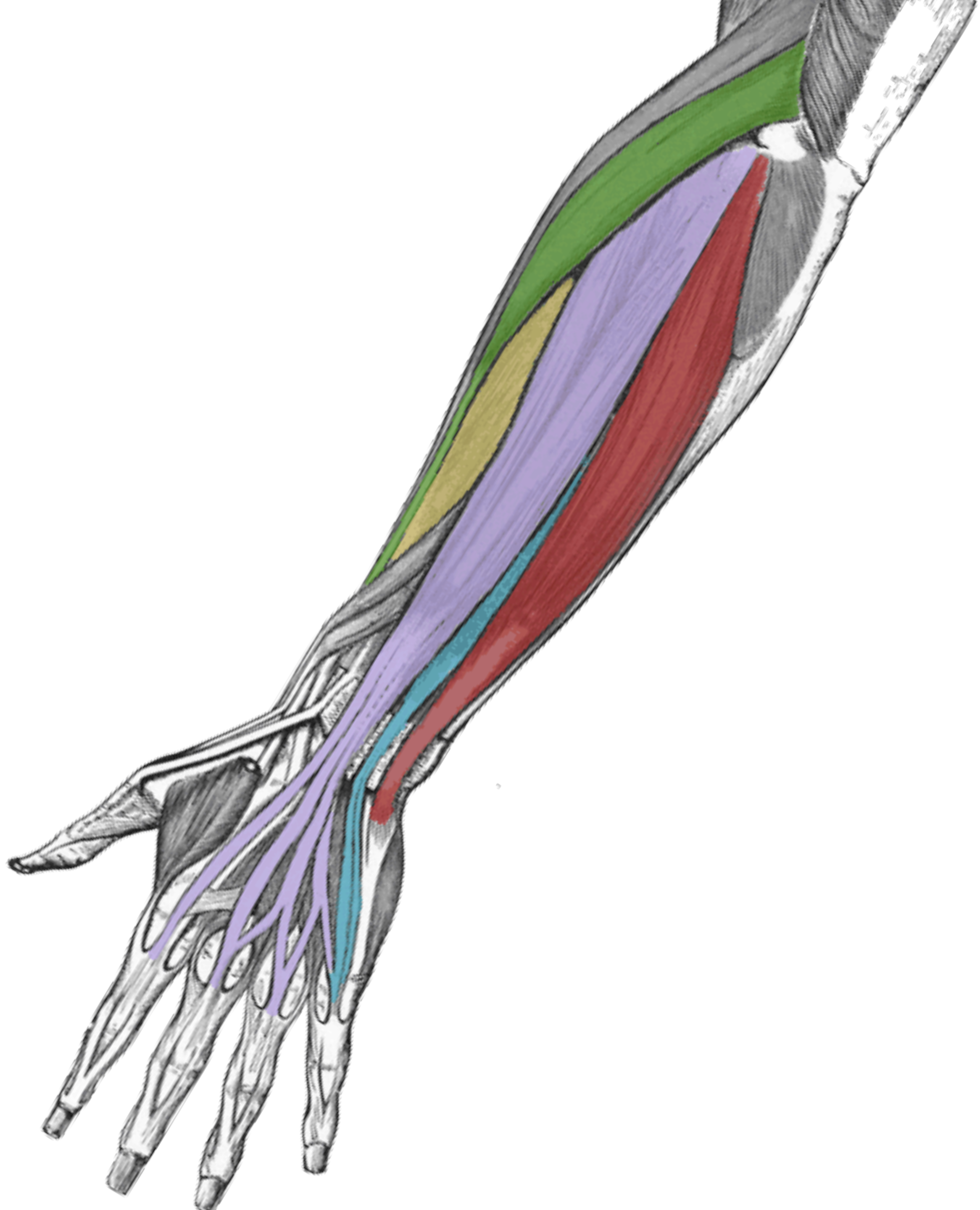
I: - Hands & Fingers (posterior)

A: - Extension of hands and fingers

1. extensor digitorum
2. extensor carpi ulnaris
3. extensor digiti minimi

Side Note:

- 3 Forearm Extensors
- 4 Superficial Forearm Extensors



FOREARM EXTENSORS

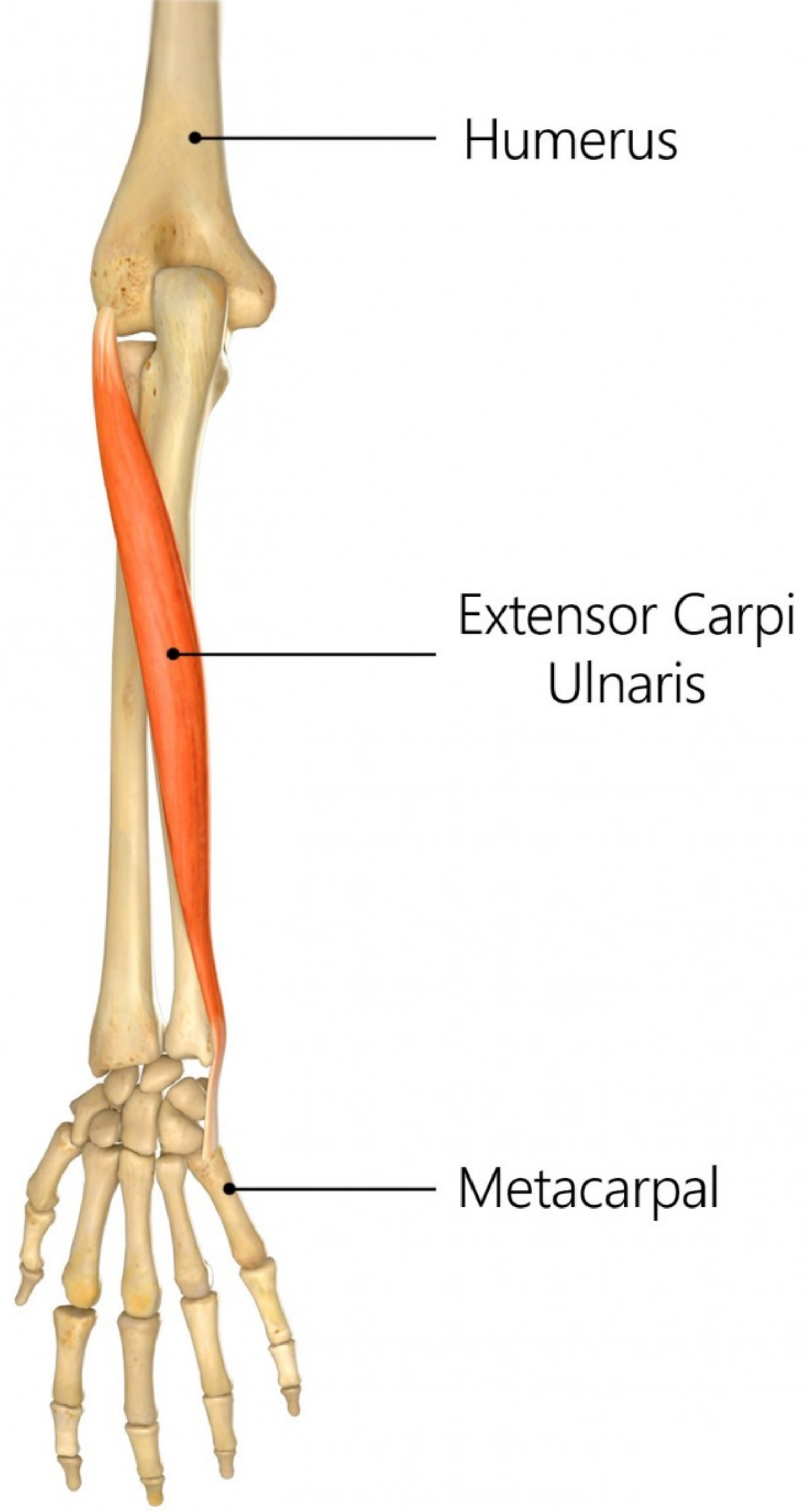
EXTENSOR CARPI ULNARIS

O: - Lateral Epicondyle of Humerus (common extensor tendon)

I: - Base of 5th Metacarpal

A: - Extension of Wrists
- Adduction of Wrists

EXTENSOR CARPI ULNARIS



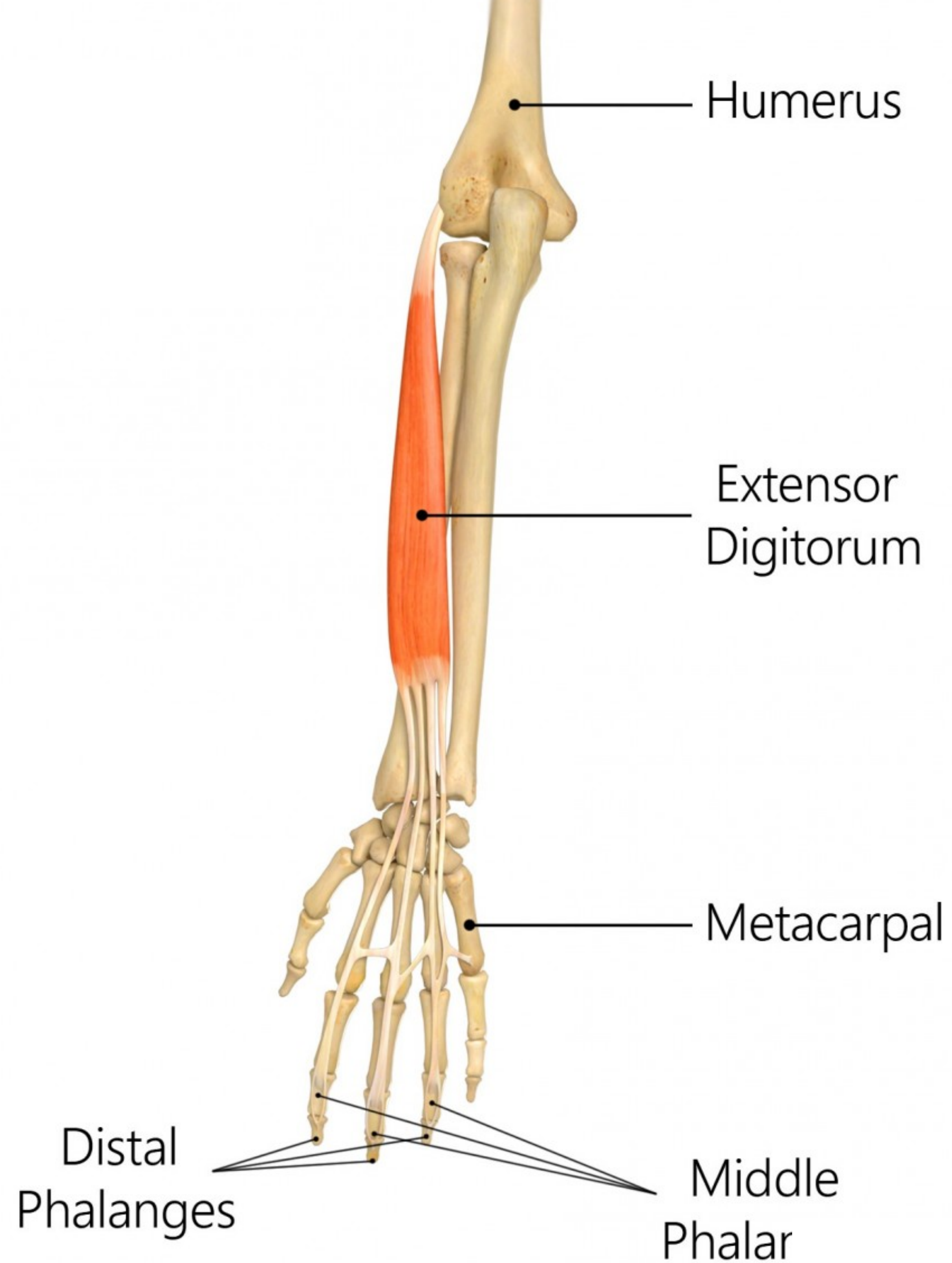
EXTENSOR DIGITORUM

O: - Lateral Epicondyle of Humerus (common extensor tendon)

I: - Extensor expansions of 2nd - 5th fingers

A: - Extension of Fingers

EXTENSOR DIGITORUM

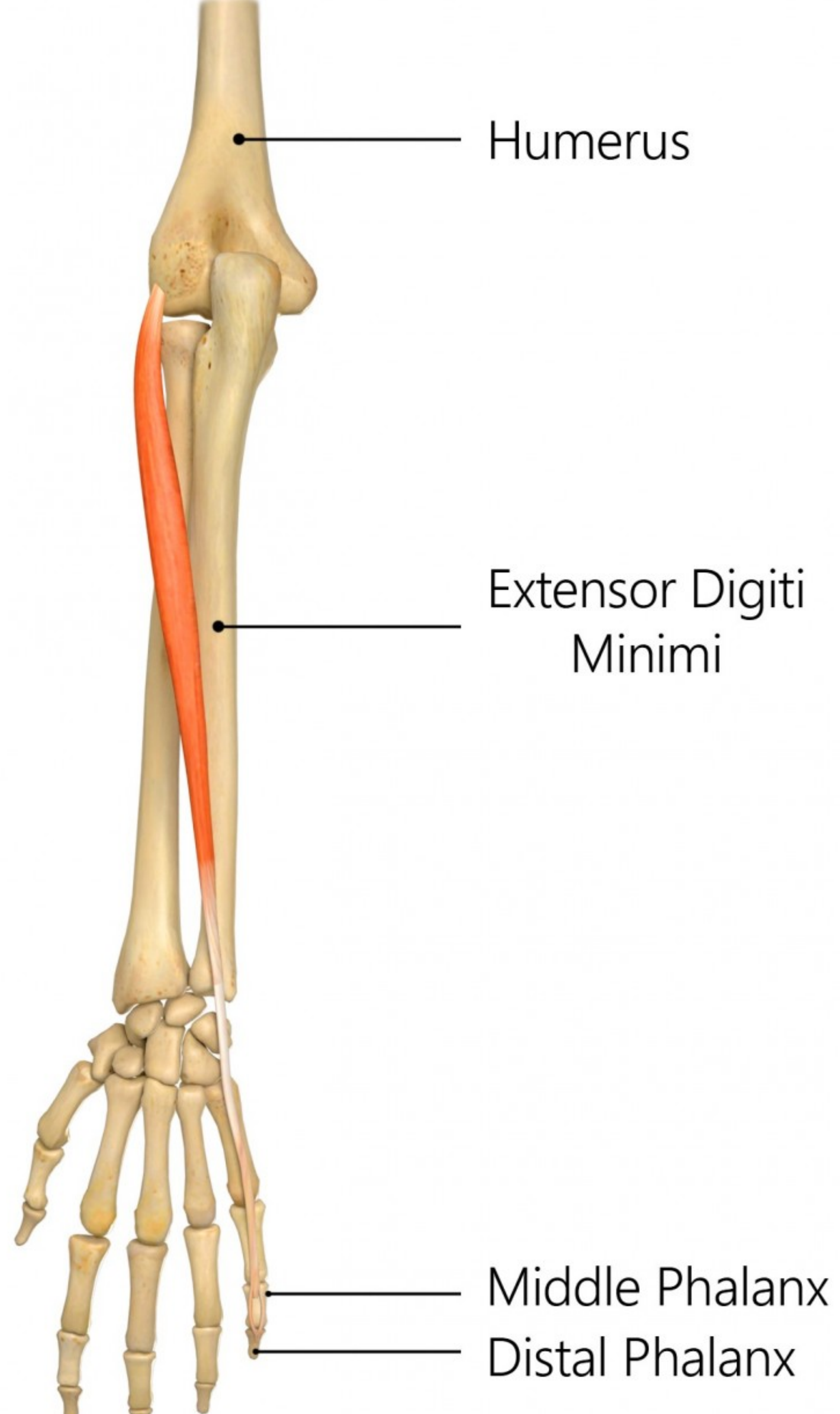


EXTENSOR DIGITI MINIMI

O: - Lateral Epicondyle of Humerus (common extensor tendon)

I: - Extensor expansions of 2nd - 5th fingers

A: - Extension of Fingers



EXTENSOR DIGITI MINIMI

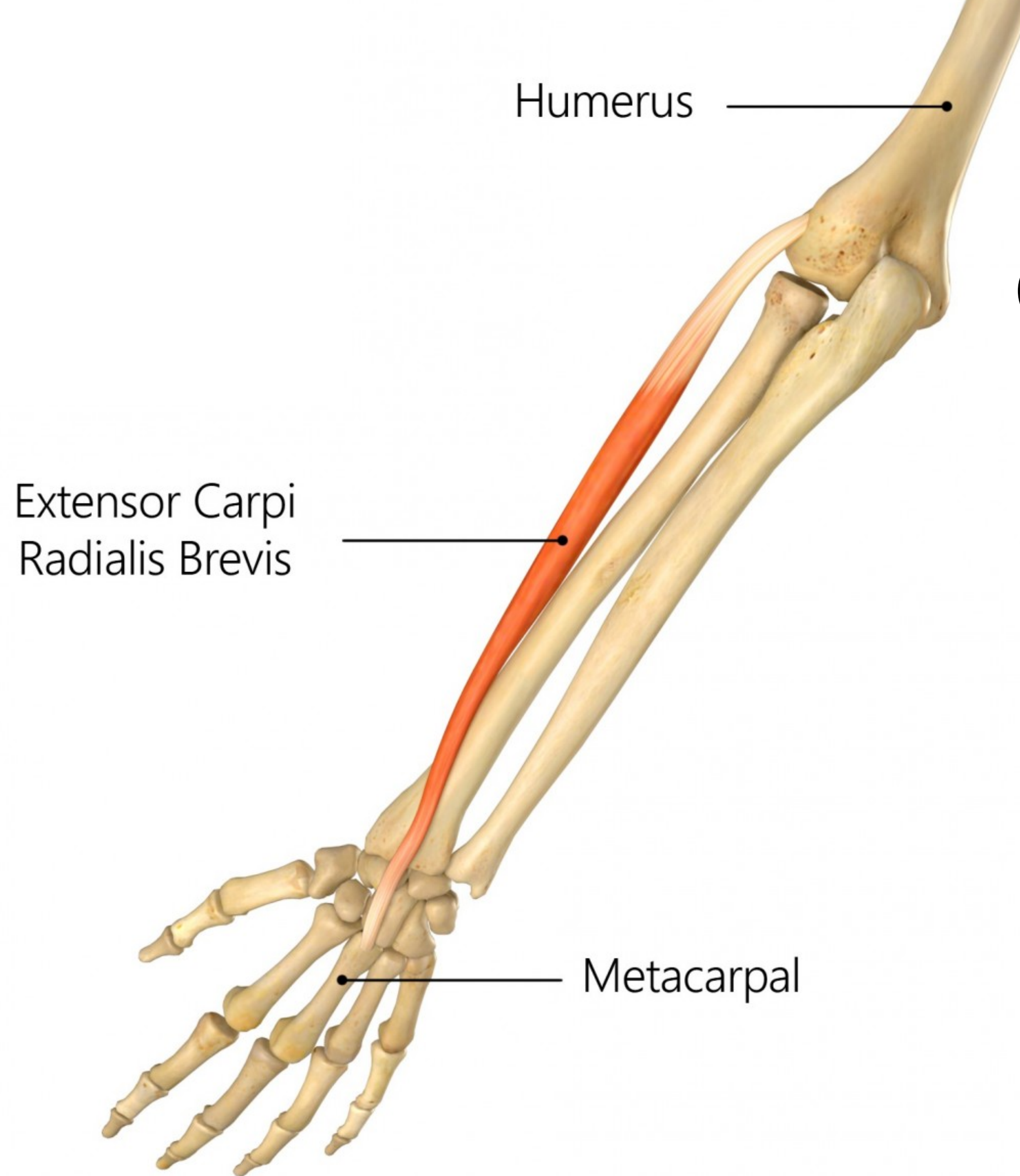
EXTENSOR CARPI RADIALIS BREVIS

O: - Lateral Epicondyle of Humerus (common extensor tendon)

I: - Base of 3rd Metacarpal

A: - Extension of Wrists
- Abduction of Wrists

EXTENSOR CARPI RADIALIS BREVIS



EXTENSOR CARPI RADIALIS LONGUS

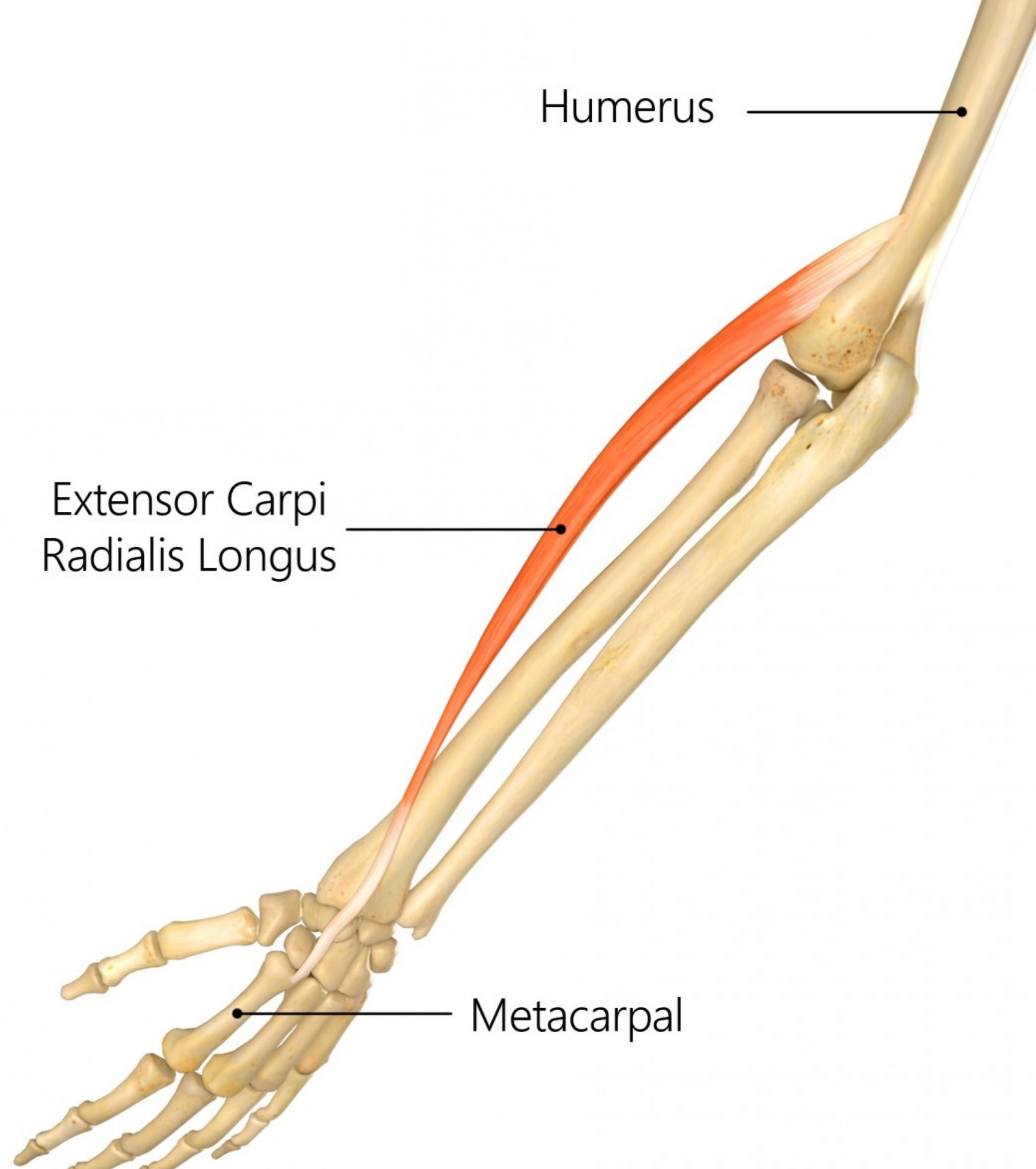
O: - Lateral Supracondylar Ridge of Humerus

I: - Base of 2nd Metacarpal

A: - Extension of Wrist

- Abduction of Wrist

EXTENSOR CARPI RADIALIS LONGUS



Humerus

Extensor Carpi
Radialis Longus

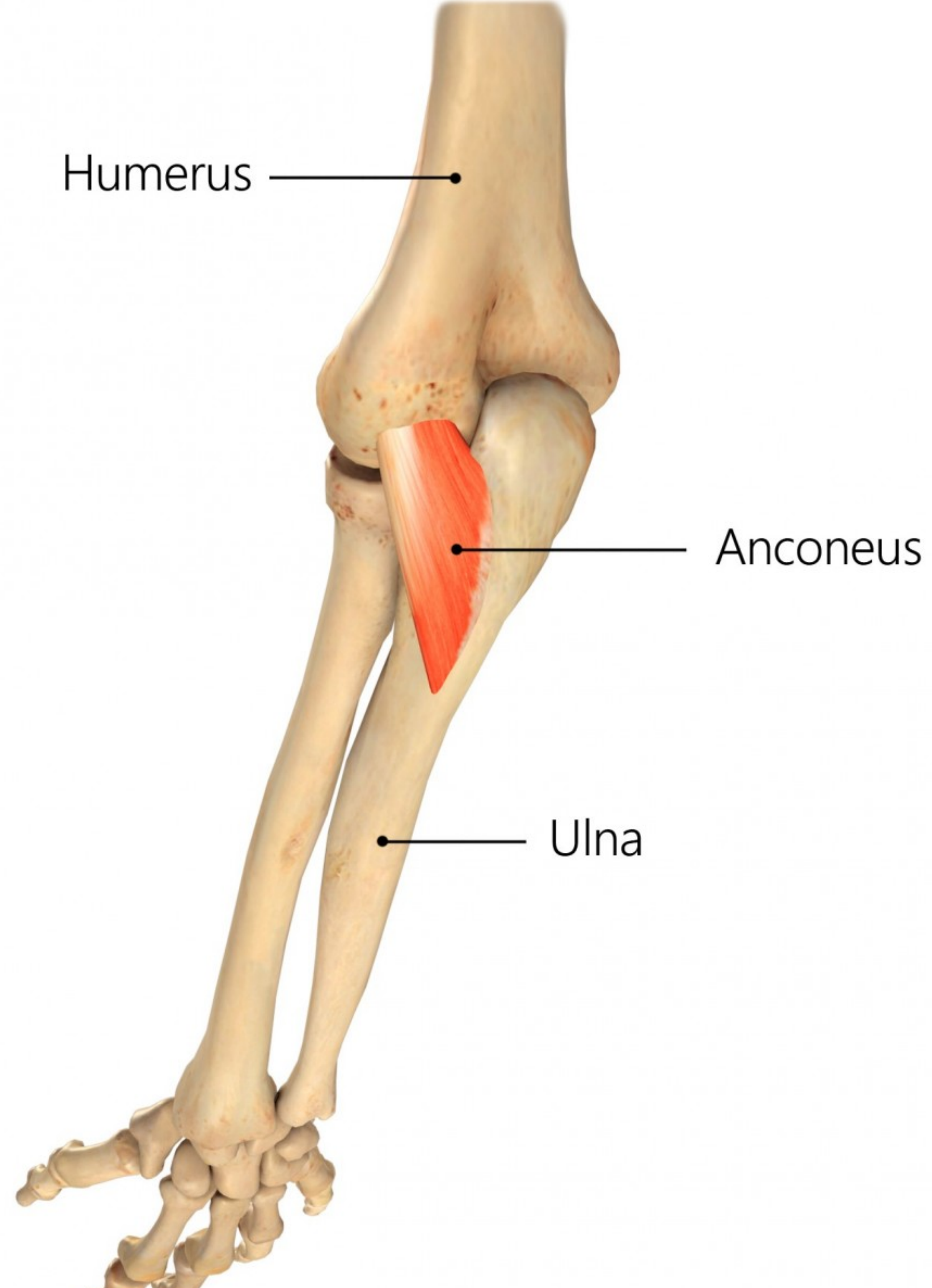
Metacarpal

ANCONEUS

O: - Lateral Epicondyle of Humerus (common extensor tendon)

I: - Lateral surface of olecranon

A: - Forearm extension at the elbow joint
- Stabilization of elbow joint



ANCONEUS

MUSCLES SET 14

LEVA
SPL
STERNOC



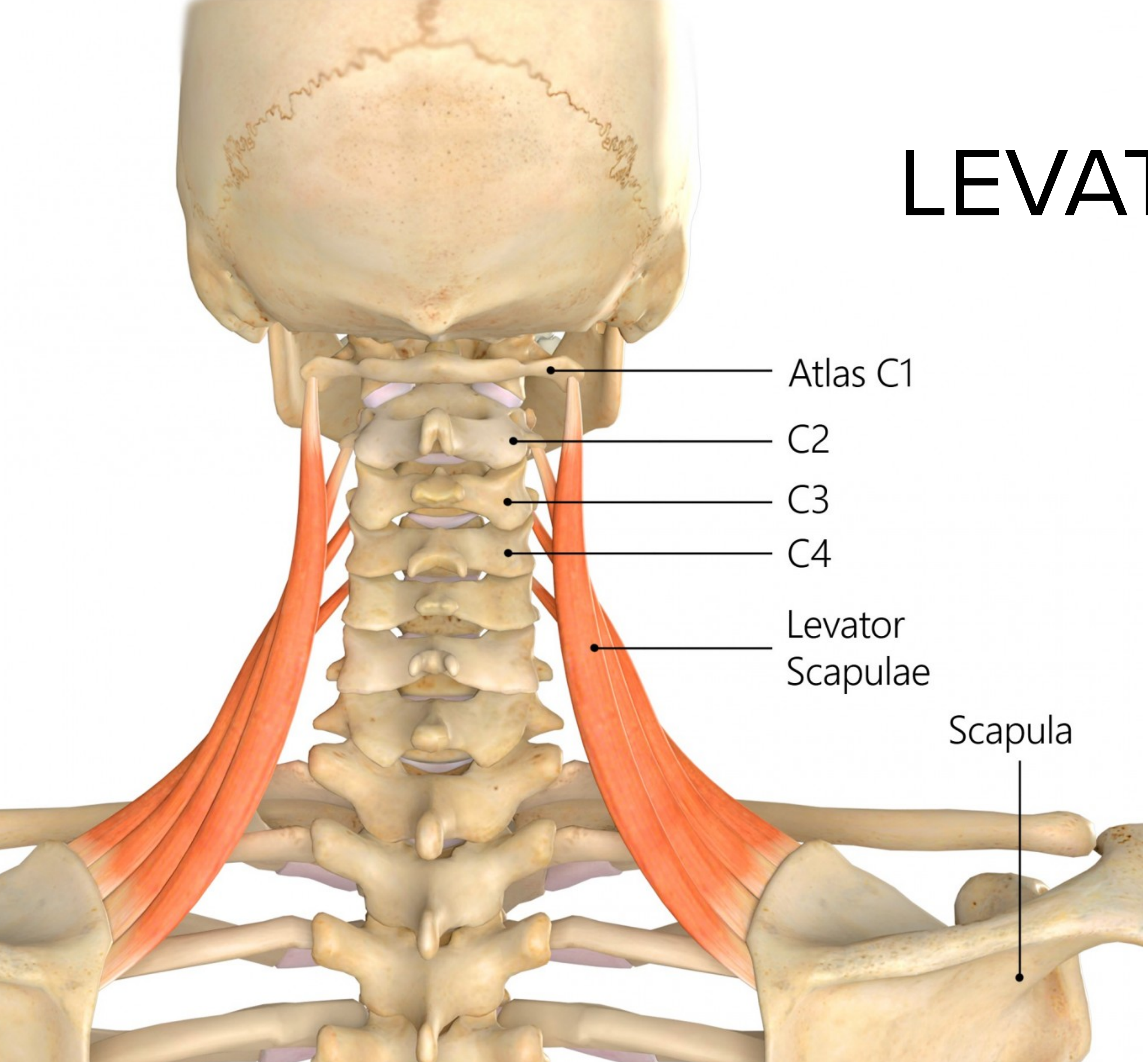
LEVATOR SCAPULA

O: C1 . . . C4 (transverse process)

I: Superior Angle of Scapula

A: Elevation of Scapula, Downward
Rotation of Scapula

LEVATOR SCAPULA



Atlas C1

C2

C3

C4

Levator
Scapulae

Scapula

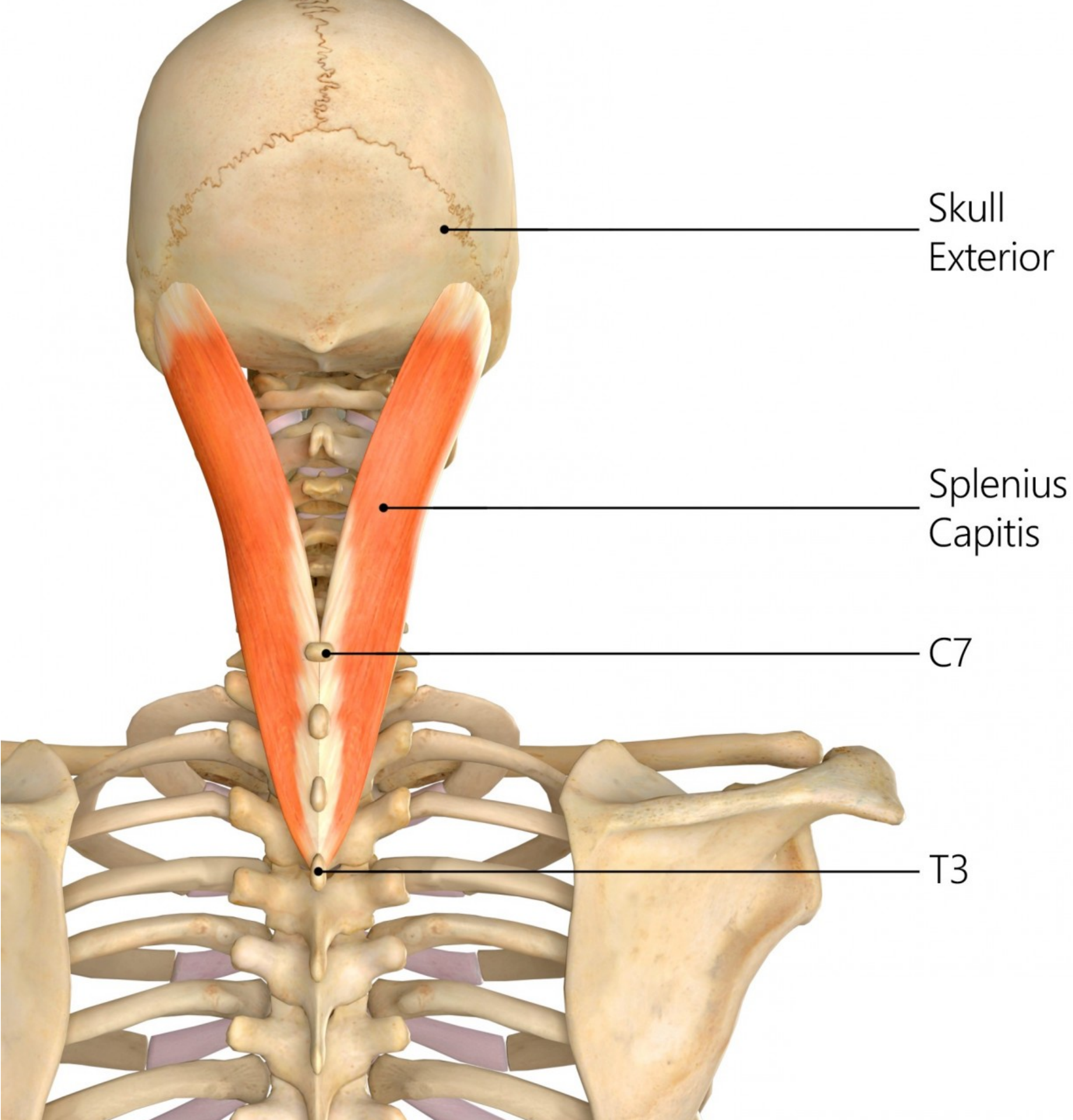
SPLЕНИUS CAPITIS

O: C3ish - T3ish (may differ per person)

I: Mastoid Process

A: Bilateral neck extension; Unilateral lateral Flexion; Rotation to same side

SPLЕНИUS CAPITIS

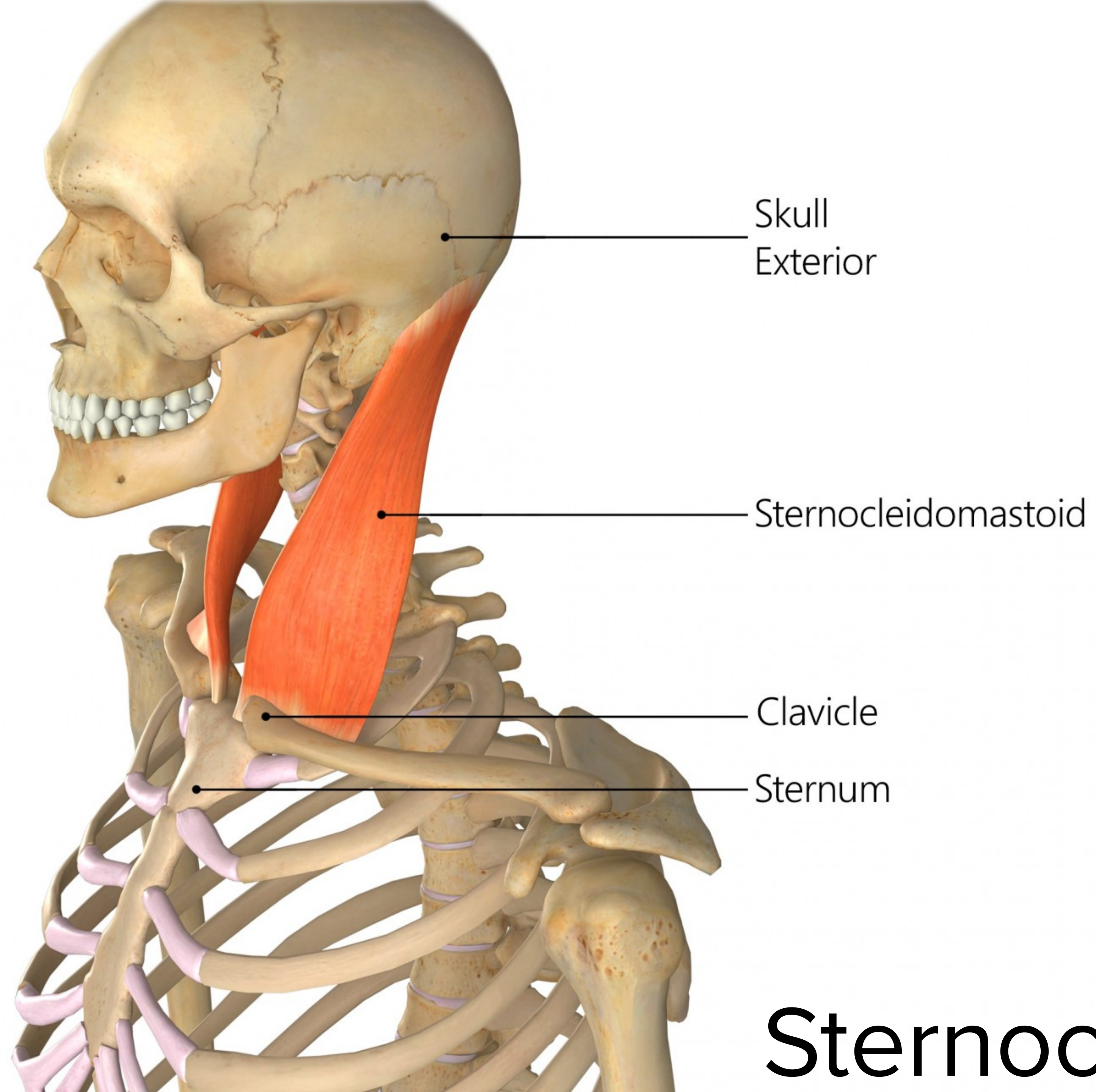


STERNOCLEIDOMASTOID (SCM)

O: Sternum & Clavicle

I: Mastoid Process

A: Bilaterally Flexes Neck; Unilateral Lateral Flexion ; Unilaterally Rotates to opposite side



Sternocleidomastoid

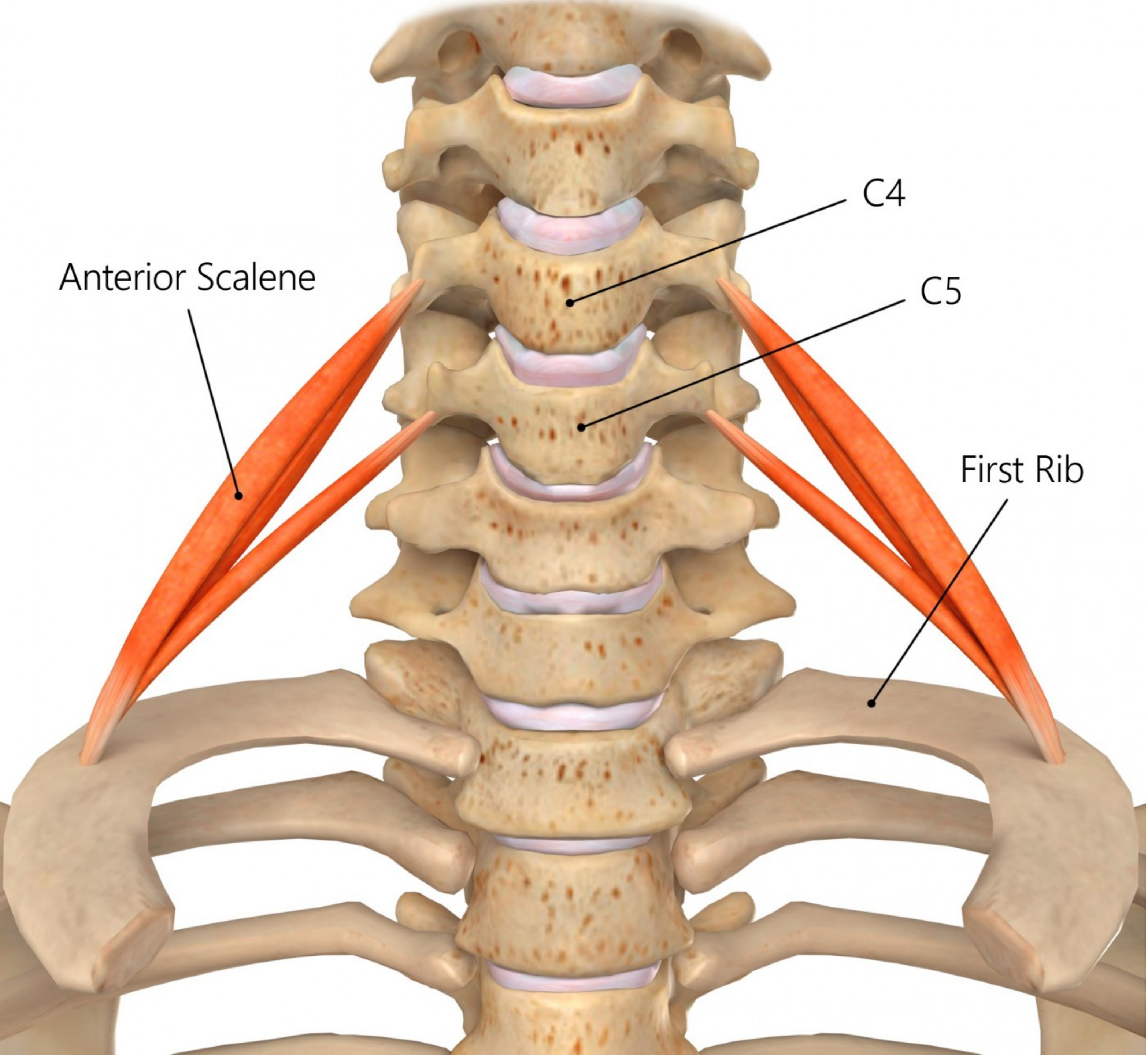
SCALENES

O: C2 - C7 (Transverse Process)

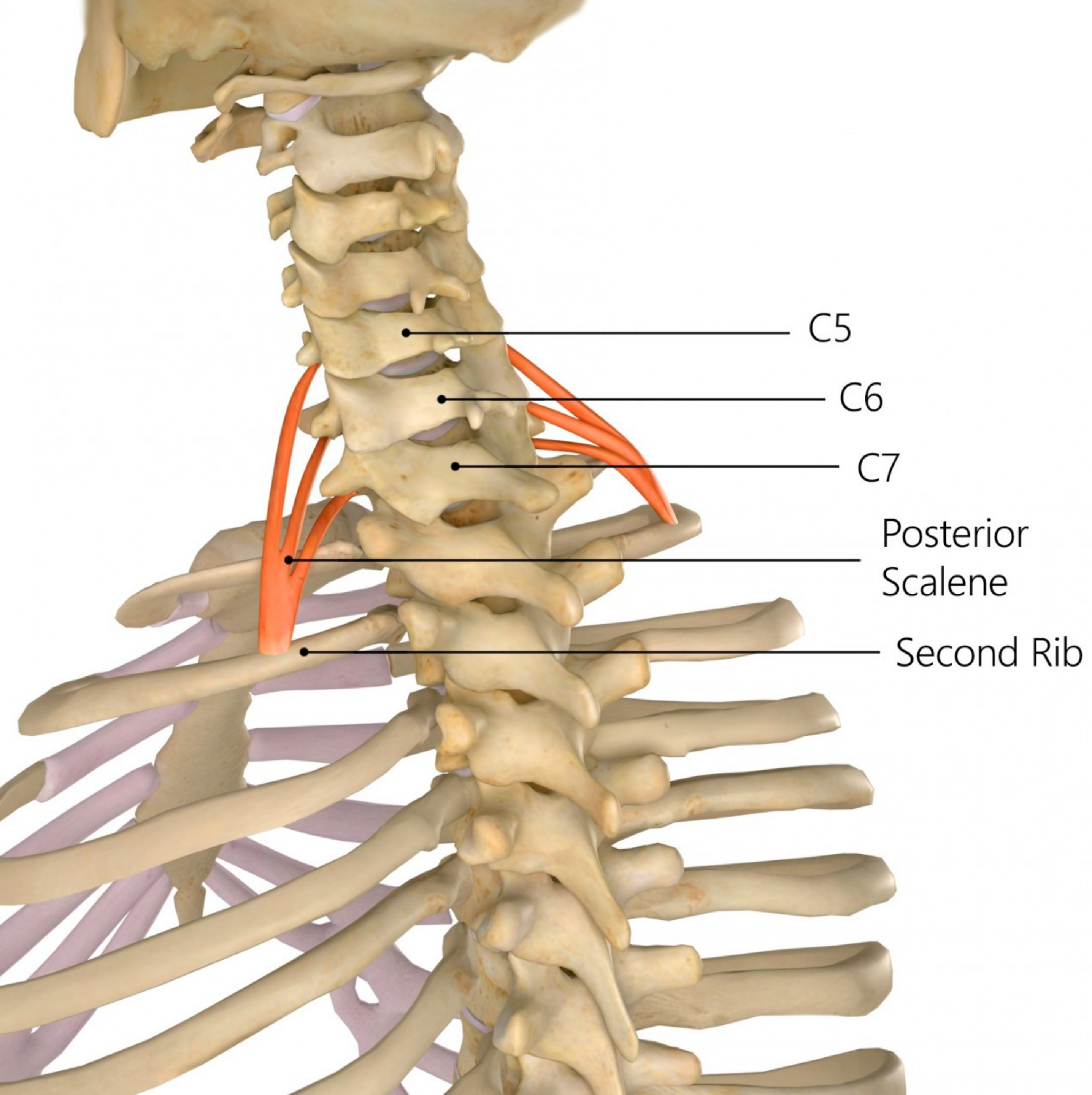
I: 1st Two Ribs

A: Bilateral Flexion; Unilateral Lateral Flexion;
Raises 1st Two Ribs

ANTERIOR SCALENES



POSTERIOR SCALENES





MUSCLES SET 15

**MASSETER
TEMPORALIS
FRONTALIS**

MASSETER

O: Zygomatic Arch (cheek bone)

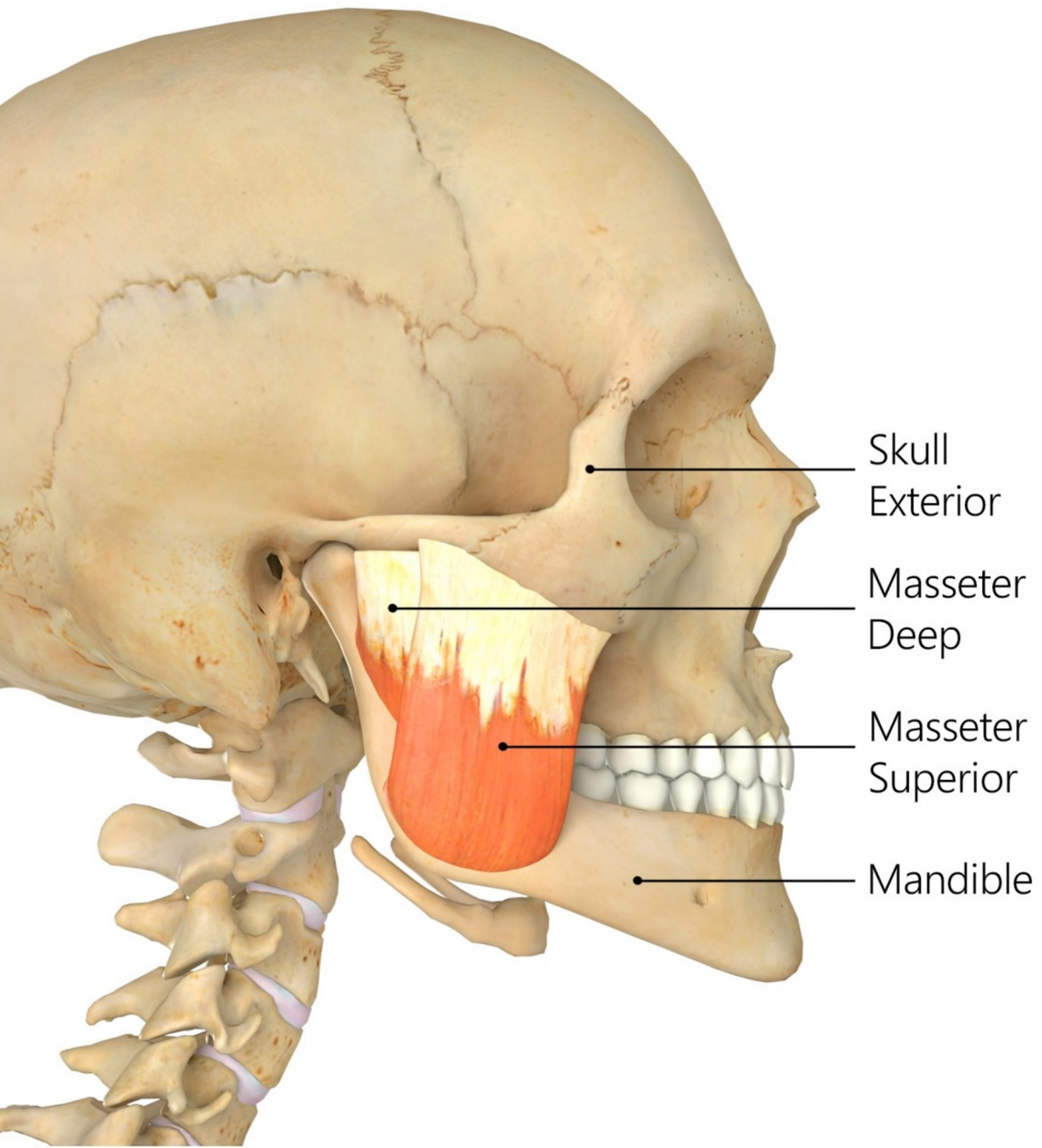
I: Ramus of the Mandible (jaw)

A: -Mastication

-Protraction of the jaw

Strongest for its size

Masseter



TEMPORALIS

O: Temporal fossa/bone (contains the temple)

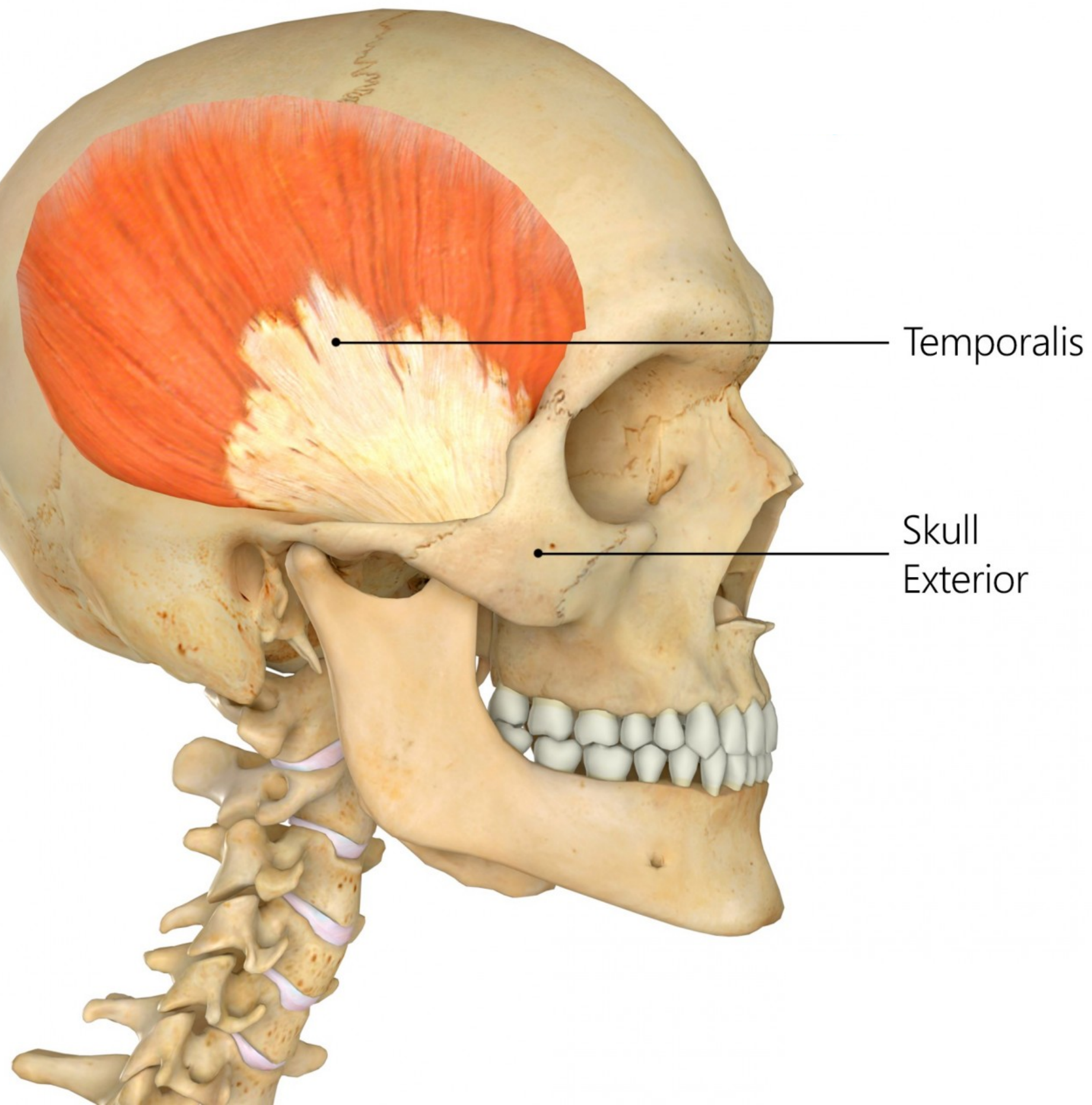
I: Coranoid Process (near the nose)

A: -Mastication

-Retraction

Largest head muscle

Temporalis

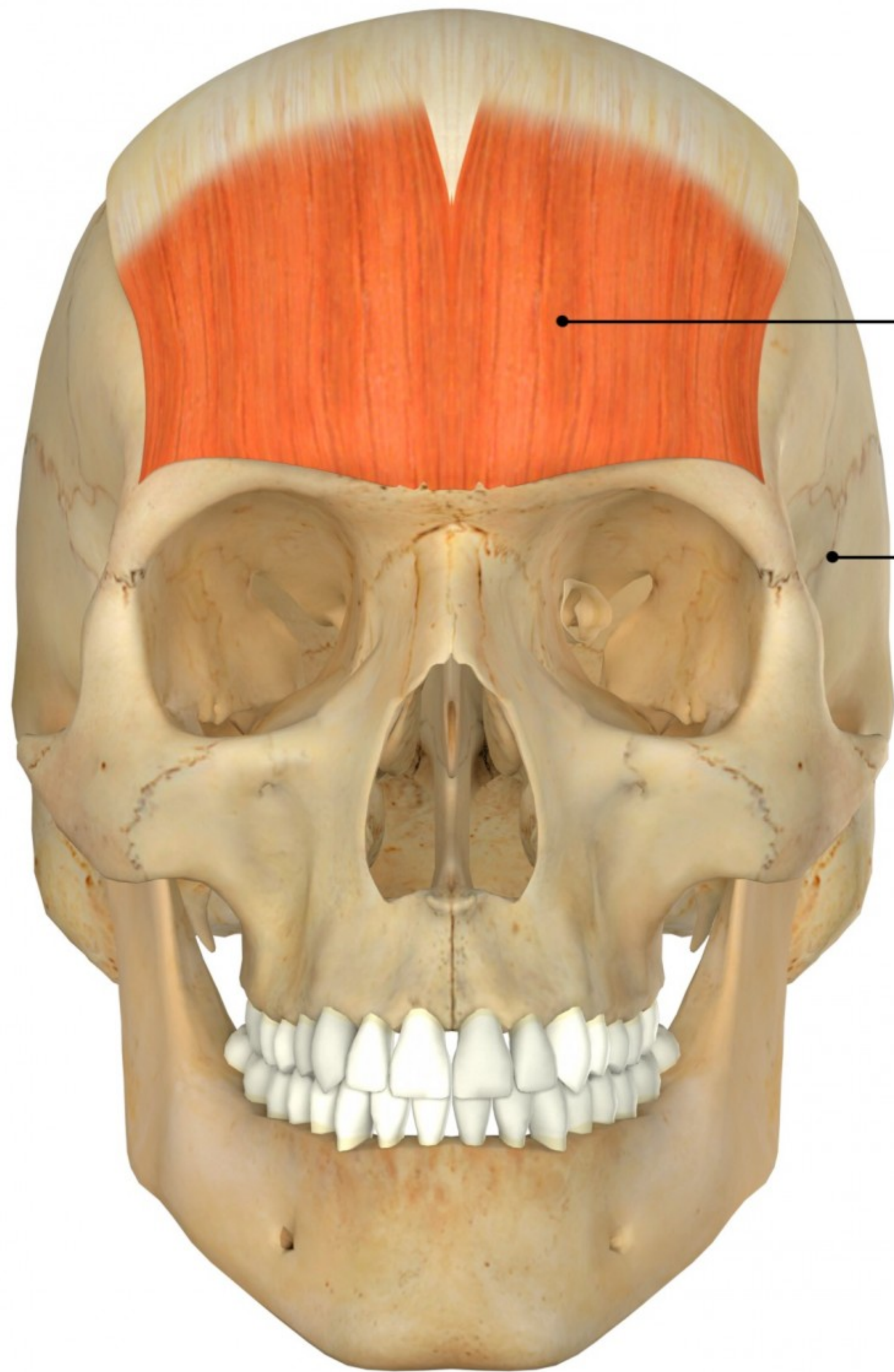


FRONTALIS

O: Epicranial/Galea Aponeurosis

I: Eyebrows (fascia of the eyebrows)

A: Raises the eyebrows



Occipitofrontalis

Frontalis

Skull
Exterior

END