

MUSCLE LIST
General A&P C. J. SHUSTER

Id Muscles, Know Origin/insertions and Actions for Class and Lab
Dashed Lines (----) means that the student can ignore this section.

MUSCLE	ORIGIN/INSERTION	ACTION
<i>A. Face, Skull & Neck: Open/close mouth & eyes, chewing, swallowing, facial expressions, move head.</i>		
Orbicularis Oculi	----	Blinking, Squinting
Platysma	----	----
Zygomaticus	----	Smiling Muscle
Masseter	Zygomatic Arch/Ramus of Mandible	Back & Forth of Jaw
Temporalis	Temporal Fossa/Coronoid Process	Elevate Mandible
Orbicularis Oris	----	Close Mouth
Digastric	----	Swallowing
Pharyngeal Constrictor Group	----	Swallowing
Sternocleidomastoid	Sternum & Clavicle/Mastoid Process of Temporal	Head, neck flexion, Rotation Skull
<i>B. Back : Movement of head & trunk (vertebral column)</i>		
Erector Spinae Group	----	Extension of Back
NOTE: flexion of vertebrae is done by the abdominal muscles (See below).		
<i>C. Thorax : Breathing</i>		
Diaphragm	Inferior Border of Rib Cage	Flattens on Contraction
Internal & External Intercostals	Border of Ribs	----
<i>D. Abdominals: Movement of Trunk + abdominal contents</i>		
Rectus Abdominis	Pubic Crest/Xiphoid Process	Flex Lumbar Vertebrae
External & Internal Obliques	----	Synergist w/Rectus Abdominis
Transverse Abdominis	----	Compress Abdominal Contents
<i>E. Pelvic Floor</i>		
None Needed		

MUSCLE	ORIGIN/INSERTION	ACTION
F. Sholder Joint: -Rotate, Abduct/Adduct & Flex/Extend		
Pectoralis Major	Clavicle, Sternum, Ribs 1-6, Abdominal Aponeurosis	Arm Flexion at shoulder
Trapezius	-----	Raise, Rotate, Stabilize Scapulae
Rhomboid (Note: if this muscle is not shown in the lab book, look it up in the lecture book or one of the other books available)	-----	Adduct Arm at Shoulder
Latissimus Dorsi	-----	Arm Extension and Adduction at Shoulder
Deltoid	Lateral 1/3 of Clavical, Acromion & Spine of Scapula/Deltoid Tuberosity of Humerus	Arm Abduction at Shoulder
Rotator Cup Group	Fossa, Lateral Border & posterior Surface of Scapula/Greater & Lesser Tubercles of Humerus	Stabilize Shoulder Joint
H. Elbow Joint-Rotate & Flex/Extend Forearm		
Triceps Brachii	Scapula & Humerus/Radius	Extensor of Forearm
Bracialis	Distal 1/2 of Humerus/Coronoid Process of Ulna	Flexor of Forearm
Brachioradialis	-----	Synergist in Flexion of Forearm
Biceps Brachii	Coracoid Process & Lip of Glenoid Cavity/Radial Tuberosity	Flexion of Elbow, supinates forearm
Flexors/Extensors o f Forearm	-----	Flex/Extend Fingers & Wrist
Pronator Teres	-----	Pronate Forearm
I. Hip & Knee Joint -Rotate, Abduct/Adduct & Flex/Extend Muscles Often Flex & Extend BOTH Hip & Knee. Know Both; Usually Opposite (i.e., they flex the hip and extend the knee or vic-a-versa)		
Sartorius	-----	Flex/Rotate Thigh at Hip
Adductors Group	Ischial & Pubic Bone Near the Symphysis/Medial Aspect of Femur	Adduction of Thigh at Hip
Quadriceps Group * Rectus Femoris * Vastus Lateralis * Vastus Medialis * Vastus Intermedialis	All have insertion on Patella & Tibial Tuberosity Origin: Iliac & Border of Acetabulum Origin: Greater Trochanter ----- Origin: Femur Shaft	Extend Knee, Flex Hip Extend Knee Extend Knee Extend Knee

MUSCLE	ORIGIN/INSERTION	ACTION
Hamstring Group: * Biceps Femoris * Semitendinous * Semimembranous	For all of them: Ischial Tuberosity/Head of Fibula, Medial Condyle & Proximal Shaft of Tibia	For all of them: Antagonist to Quadriceps; all flex knee & extend hip
Gluteus Maximus & Medias	Ilium/Trochanter of Femur	Extend Thigh at Hip
<i>J. Calf Muscles: Movement at Ankle and Knee</i>		
Tibialis Anterior	-----	Dorsiflexion
Gastrocnemius & Achilles Tendon	Medial & Lateral Condyles of Femur/Calcaneus	Plantar Flexion
Soleus	-----	Plantar Flexion