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| **Muscles of Mastication** | | | |
| **Muscle** | **Origin** | **Insertion** | **Action** |
| **Masseter** | Zygomatic Arch | * Mandibular angle * Mandibular ramus |  |
| **Temporalis** | Temporal fossa of the temporal bone | Coronoid process of the mandible |    |
| **Muscles of the Neck** | | | |
| **Muscle** | **Origin** | **Insertion** | **Action** |
| **Sternocleidomastoid** | * Manubrium of sternum * Medial clavicle | Mastoid process of the temporal bone |    |
| **Scalenes – anterior, middle, posterior** | Transverse processes of the cervical vertebrae | Anterior surface of ribs 1-2 |      |

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| **Muscles of the Thoracic Wall** | | | |
| **Muscle** | **Origin** | **Insertion** | **Action** |
| **Pectoralis minor** | Ribs 3-5 | Coracoid process of the scapula |    |
| **External intercostals** | Inferior border of ribs | Superior border of ribs |  |

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| **Muscles of the Thoracic Wall** | | | |
| **Muscle** | **Origin** | **Insertion** | **Action** |
| **Internal intercostals** | Superior border of ribs | Inferior border of ribs |  |
| **Serratus anterior** | Ribs 1-8 | Vertebral border of the scapula |  |

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| **Muscles of the Abdominal Wall** | | | |
| **Muscle** | **Origin** | **Insertion** | **Action** |
| **External oblique** | Ribs 5-12 | * Linea alba * Pubic crest * Pubic tubercle * Iliac crest |    |
| **Internal oblique** | * Lumbar fascia * Iliac crest * Inguinal ligament | * Linea alba * Pubic crest |    |
| **Rectus abdominis** | * Pubic crest * Pubic symphysis | * Xiphoid process * Ribs 5-7 |    |
| **Muscles of the Pectoral Girdle** | | | |
| **Muscle** | **Origin** | **Insertion** | **Action** |
| **Trapezius** | * Occipital bone * Spinous processes of C7-T12 | * Lateral 1/3 of clavicle * Spine of scapula * Acromion process of scapula |        |

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| **Muscles of the Pectoral Girdle** | | | |
| **Muscle** | **Origin** | **Insertion** | **Action** |
| **Deltoid** | * Lateral 1/3 of clavicle * Spine of scapula * Acromion process of scapula | * Deltoid tuberosity of the humerus |          |
| **Latissimus dorsi** | * Spinous processes of T7-T12 * Ribs 9-12 * Iliac crest * Inferior angle of scapula | * Intertubercular groove of the humerus |      |
| **Pectoralis major** | * Sternal end of the clavicle * Ribs 1-6 | * Greater tubercle of humerus |      |
| **Muscles associated with the Scapula** | | | |
| **Muscle** | **Origin** | **Insertion** | **Action** |
| **Levator scapula(e)** | Transverse processes of C1-C4 | Vertebral border of the scapula |    |
| **Rhomboid minor** | Spinous processes of C7-T1 | Vertebral border of the scapula |    |
| **Rhomboid major** | Spinous processes of T2-T5 | Vertebral border of the scapula |    |

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| **Muscles of the Pectoral Girdle** | | | |
| **Muscle** | **Origin** | **Insertion** | **Action** |
| **Supraspinatus** | * Supraspinous fossa of the scapula | * Greater tubercle of the humerus |  |
| **Infraspinatus** | * Infraspinous fossa of the scapula | * Greater tubercle of the humerus |  |
| **Teres minor** | * Lateral border of the scapula | * Greater tubercle of humerus |  |

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| **Teres major** | * Inferior angle of the scapula | * Lesser tubercle of the humerus |      |
| **Subscapularis** | * Subscapular fossa of the scapula | * Lesser tubercle of the humerus |  |
| **Muscles of the Anterior compartment of the Arm** | | | |
| **Muscle** | **Origin** | **Insertion** | **Action** |
| **Biceps brachii**  **Long head**    **Short head** | Supraglenoid tubercle of the scapula  Coracoid process of the scapula | Radial tuberosity of the radius |    |

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| **Muscles of the Anterior compartment of the Arm** | | | |
| **Muscle** | **Origin** | **Insertion** | **Action** |
| **Brachialis** | * Anterior humerus | * Coronoid process of the ulna |  |
| **Coracobrachialis** | * Coracoid process of the scapula | * Medial humerus |    |
| **Muscles of the Posterior compartment of the Arm** | | | |
| **Muscle** | **Origin** | **Insertion** | **Action** |
| **Triceps brachii**  **Long head**  **Lateral head**  **Medial head** | Infraglenoid tubercle of the scapula  Posterior humerus Posterior humerus | Olecranon process of the ulna |  |

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| **Muscles of the Anterior compartment of the Forearm** | | | |
| **Muscle** | **Origin** | **Insertion** | **Action** |
| **Pronator teres** | Medial epicondyle of the humerus | Lateral radius | * Pronates forearm |
| **Flexor carpi radialis** | Medial epicondyle of the humerus | 2nd and 3rd metacarpals |    |

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| **Muscles of the Anterior compartment of the Forearm** | | | |
| **Muscle** | **Origin** | **Insertion** | **Action** |
| **Palmaris longus** | Medial epicondyle of the humerus | Palmar aponeurosis |  |
| **Flexor carpi ulnaris** | * Medial epicondyle of the humerus * Olecranon process of ulna * Shaft of ulna | * Pisiform * Hamate * 5th metacarpal |    |

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| **Flexor digitorum superficialis** | * Medial epicondyle of the humerus * Coronoid process of ulna * Shaft of radius | Middle phalanges of 2nd to 5th digit |    |
| **Flexor digitorum profundus** | * Ulna * Interosseous membrane | Distal phalanges of 2nd to 5th digit |  |
| **Flexor pollicis longus** | * Anterior radius * Interosseous membrane | Distal phalanx of pollex |  |

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| **Muscles of the Anterior compartment of the Forearm** | | | |
| **Muscle** | **Origin** | **Insertion** | **Action** |
| **Pronator quadratus** | Distal and anterior ulnar shaft | Distal and anterior radius |  |

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| **Muscles of the Posterior compartment of the Forearm** | | | |
| **Muscle** | **Origin** | **Insertion** | **Action** |
| **Brachioradialis** | * Lateral supracondylar ridge of the humerus | * Styloid process of the radius |    |
| **Extensor carpi radialis longus** | * Lateral supracondylar ridge of the humerus | 2nd metacarpal |    |
| **Extensor carpi radialis brevis** | * Lateral epicondyle of the humerus | 3rd metacarpal |    |
| **Extensor digitorum** | * Lateral epicondyle of the humerus | Distal phalanges of 2nd to 5th digit |    |

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| **Muscles of the Posterior compartment of the Forearm** | | | |
| **Muscle** | **Origin** | **Insertion** | **Action** |
| **Extensor carpi ulnaris** | * Lateral epicondyle of the humerus * Posterior ulna | 5th metacarpal |    |
| **Supinator** | * Lateral epicondyle of the humerus * Proximal ulna | Proximal end of radius |  |
| **Abductor pollicis longus** | * Posterior radius * Posterior ulna * Interosseus membrane | * Trapezium * 1st metacarpal |  |
| **Extensor pollicis brevis** | * Posterior radius * Posterior ulna * Interosseus membrane | Proximal phalanx of pollex |  |
| **Extensor pollicis longus** | * Posterior radius * Posterior ulna * Interosseus membrane | Distal phalanx of pollex |  |

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| **Muscles of the Posterior compartment of the Forearm** | | | |
| **Muscle** | **Origin** | **Insertion** | **Action** |
| **Extensor indicis** | * Posterior ulna * Interosseus membrane | Distal phalanx of 2nd digit |  |
| **Extensor digiti minimi** | * Lateral epicondyle of humerus | Distal phalanx of 5th digit |  |

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| **Intrinsic Muscles of the Hand** | | | |
| **Muscle** | **Origin** | **Insertion** | **Action** |
| **Abductor pollicis brevis** | * Scaphoid * Trapezium * Flexor retinaculum | Proximal phalanx of pollex |  |
| **Opponens pollicis** | * Trapezium * Flexor retinaculum | 1st metacarpal |  |
| **Flexor pollicis brevis** | * Trapezium * Flexor retinaculum | Proximal phalanx of pollex |  |
| **Adductor pollicis** | * Capitate * 2nd - 4th metacarpals | Proximal phalanx of pollex |    |

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| **Muscles associated with the Anterior compartment of the Thigh** | | | |
| **Muscle** | **Origin** | **Insertion** | **Action** |
| **Iliopsoas** | * Iliac fossa * Ala of the sacrum * Transverse processes of T12-L5 | Lesser trochanter of the femur |    |
| **Sartorius** | * Anterior superior iliac spine | Medial tibia |      |
| **Quadriceps femoris** |  | All four: |  |
| **Rectus femoris** | * Anterior inferior iliac spine | Patella and tibial tuberosity via tendon of quadriceps femoris and patellar ligament |    |
| **Vastus lateralis** | * Greater trochanter of the femur * Intertrochanteric line * Linea aspera of femur |    |
| **Vastus medialis** | * Linea aspera of femur * Intertrochanteric line |    |
| **Vastus intermedius** | * Shaft of the femur |  |
| **Pectineus** | * Superior ramus of pubis | Linea aspera of femur |      |

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| **Muscles associated with the Anterior compartment of the Thigh** | | | |
| **Muscle** | **Origin** | **Insertion** | **Action** |
| **Tensor fascia latae** | * Anterior superior iliac spine * Iliac crest | Iliotibial tract |      |
| **Muscles associated with the Medial compartment of the Thigh** | | | |
| **Muscle** | **Origin** | **Insertion** | **Action** |
| **Gracilis** | * Inferior ramus of pubis * Body of the pubis | Medial surface of tibia |      |
| **Adductor longus** | * Pubis – near pubic symphysis | Linea aspera of femur |      |

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| **Adductor brevis** | * Inferior ramus of pubis * Body of the pubis | Linea aspera of femur |    |
| **Adductor magnus** | * Inferior ramus of pubis * Ischial ramus * Ischial tuberosity | Linea aspera of femur |      |
| **Muscles associated with the Gluteal region and Posterior compartment of the Thigh** | | | |
| **Muscle** | **Origin** | **Insertion** | **Action** |
| **Gluteus maximus** | * Posterior ilium * Sacrum * Coccyx | * Iliotibial tract * Gluteal tuberosity of femur |      |

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| **Muscles associated with the Gluteal region and Posterior compartment of the Thigh** | | | |
| **Muscle** | **Origin** | **Insertion** | **Action** |
| **Gluteus medius** | * Lateral surface of ilium | Greater trochanter of femur |    |
| **Gluteus minimis** | * Lateral surface of ilium | Greater trochanter of femur |    |

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| **Biceps femoris**  **Long head**  **Short head** | * Ischial tuberosity * Linea aspera | * Head of fibula * Lateral condyle of tibia |      |
| **Semitendinosus** | * Ischial tuberosity | Medial tibia |      |
| **Semimembranosus** | * Ischial tuberosity | Medial condyle of tibia |      |
| **Piriformis** | * Lateral surface of sacrum | Greater trochanter of femur |  |
| **Quadratus femoris** | * Ischial tuberosity | Intertrochanteric crest of the femur |    |

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| **Muscles associated with the Anterior compartment of the Leg** | | | |
| **Muscle** | **Origin** | **Insertion** | **Action** |
| **Tibialis anterior** | * Lateral condyle of tibia * Interosseous membrane | * Medial cuneiform * 1st metatarsal |    |
| **Extensor hallucis longus** | * Anterior fibula * Interosseous membrane | Distal phalanx of hallux |    |
| **Extensor digitorum longus** | * Lateral condyle of tibia * Proximal fibula * Interosseous membrane | Middle and distal phalanges of 2nd-5th digits |  |
| **Fibularis (peroneus) tertius** | * Anterior fibula * Interosseous membrane | 5th metatarsal |    |

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| **Muscles associated with the Lateral compartment of the Leg** | | | |
| **Muscle** | **Origin** | **Insertion** | **Action** |
| **Fibularis (peroneus) longus** | * Head of fibula | * Medial cuneiform * 1st metatarsal |    |
| **Fibularis (peroneus) brevis** | * Distal fibula | 5th metatarsal |    |

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| **Muscles associated with the Posterior compartment of the Leg** | | | |
| **Muscle** | **Origin** | **Insertion** | **Action** |
| **Gastrocnemius** | * Lateral condyle of femur * Medial condyle of femur | Calcaneus |  |
| **Soleus** | * Proximal tibia * Proximal fibula * Interosseous membrane | Calcaneus |  |

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| **Flexor digitorum longus** | * Posterior tibia | Distal phalanges of 2nd-5th digits |      |
| **Flexor hallucis longus** | * Middle shaft of fibula * Interosseous membrane | Distal phalanx of hallux |      |
| **Tibialis posterior** | * Proximal tibia * Proximal fibula * Interosseous membrane | * Navicular bone * 2nd-4th metatarsals |    |

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| **Intrinsic Muscles of the Back** | | | |
| **Muscle** | **Origin** | **Insertion** | **Action** |
| **Erector spinae (group)** | | | |
| **Iliocostalis** | * Iliac crest * Ribs 3-12 | * Inferior border of ribs * Transverse processes of C4-C6 |    |
| **Longissimus** | * Transverse processes of C4-L5 | Mastoid process of temporal bone |    |
| **Spinalis** | * Spinous processes of T7-L3 | Spinous processes of C4-T6 |  |
| **Splenius capitis** | * Spinous processes of C6-T7 | * Mastoid process of temporal bone * Occipital bone |  |
| **Semispinalis capitis** | * Transverse processes of C7-T12 | Occipital bone |  |