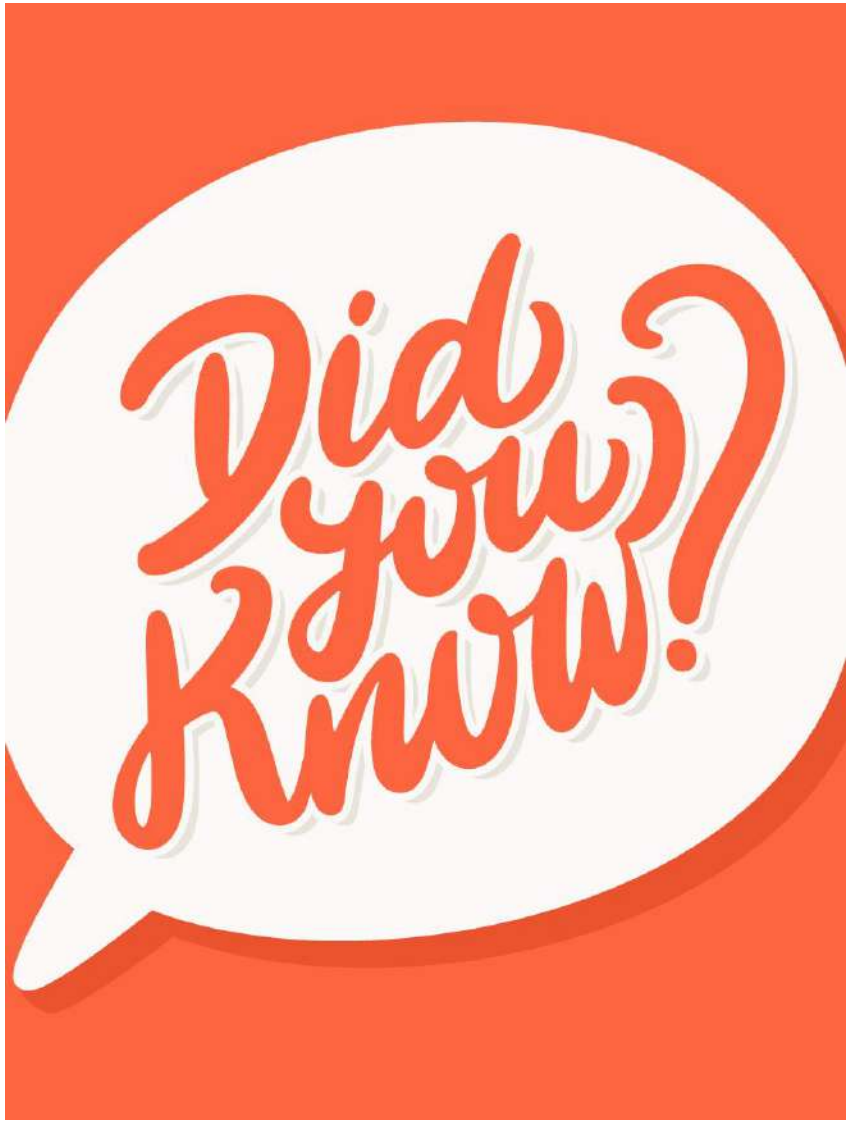


Main muscles





Smallest

Largest

Longest

Muscles of the head & neck

Masseter

SCM

Scalenes

Muscles of the shoulder & back

Trapezius

Levator Scapula

Latissimus Dorsi (Lats)

Rhomboids

Rotator Cuff
- **S**upraspinatus
- **I**nfraspinatus
- **T**eres Minor
- **S**ubscapularis

Deltoid

Erector Spinae

Quadratus Lumborum (QL)

Muscles of the arm

Biceps

Triceps

Brachialis

Brachoradialis

Muscles of the chest & trunk

Diaphragm

Pectoralis major

Pectoralis minor

Abdominals

- Rectus abdominus
- Transverse abdominals

Muscles of the anterior leg & foot

Quadriceps

Adductors

Peroneus

Tibialis anterior

Flexors

Muscles of the posterior leg & foot

Glutes

Hamstrings

Gastrocnemius

Soleus

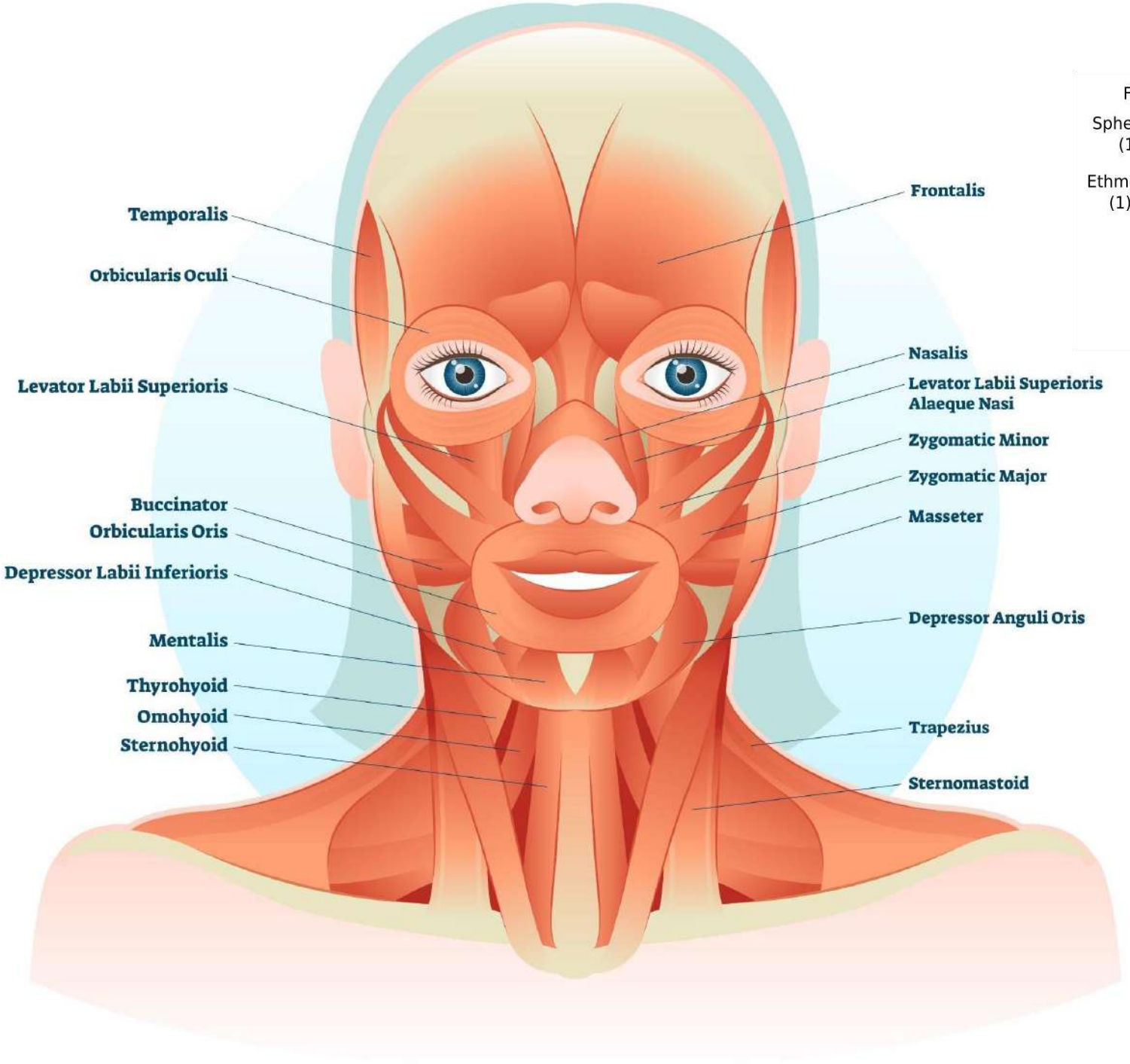
Extensors

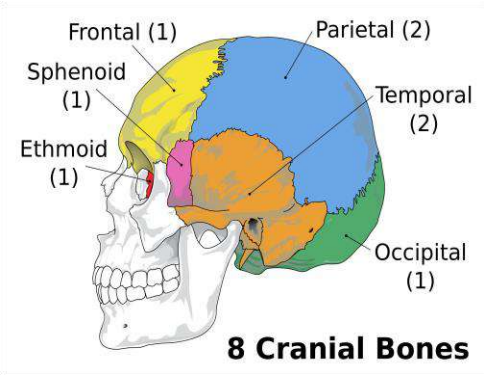
Muscles of the head & neck

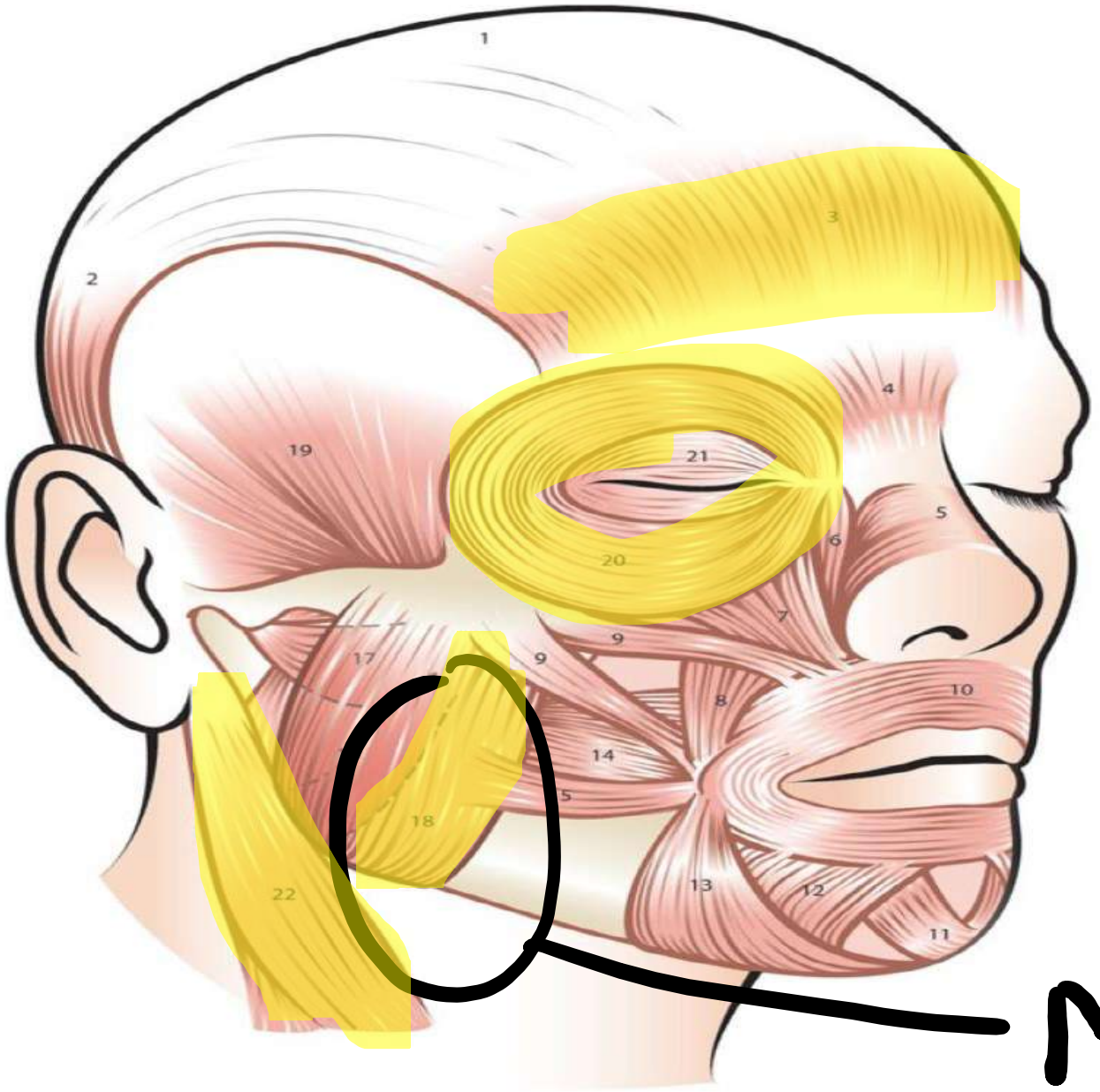
Masseter

SCM

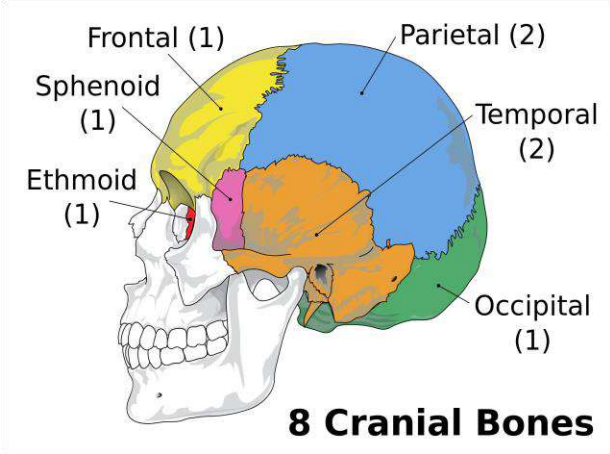
Scalenes

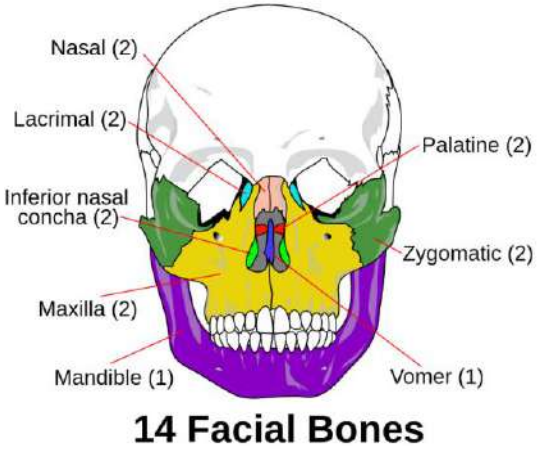

Temporalis
Orbicularis Oculi
Levator Labii Superioris
Buccinator
Orbicularis Oris
Depressor Labii Inferioris
Mentalis
Thyrohyoid
Omohyoid
Sternohyoid
Frontalis
Nasalis
Levator Labii Superioris Alaeque Nasi
Zygomatic Minor
Zygomatic Major
Masseter
Depressor Anguli Oris
Trapezius
Sternomastoid

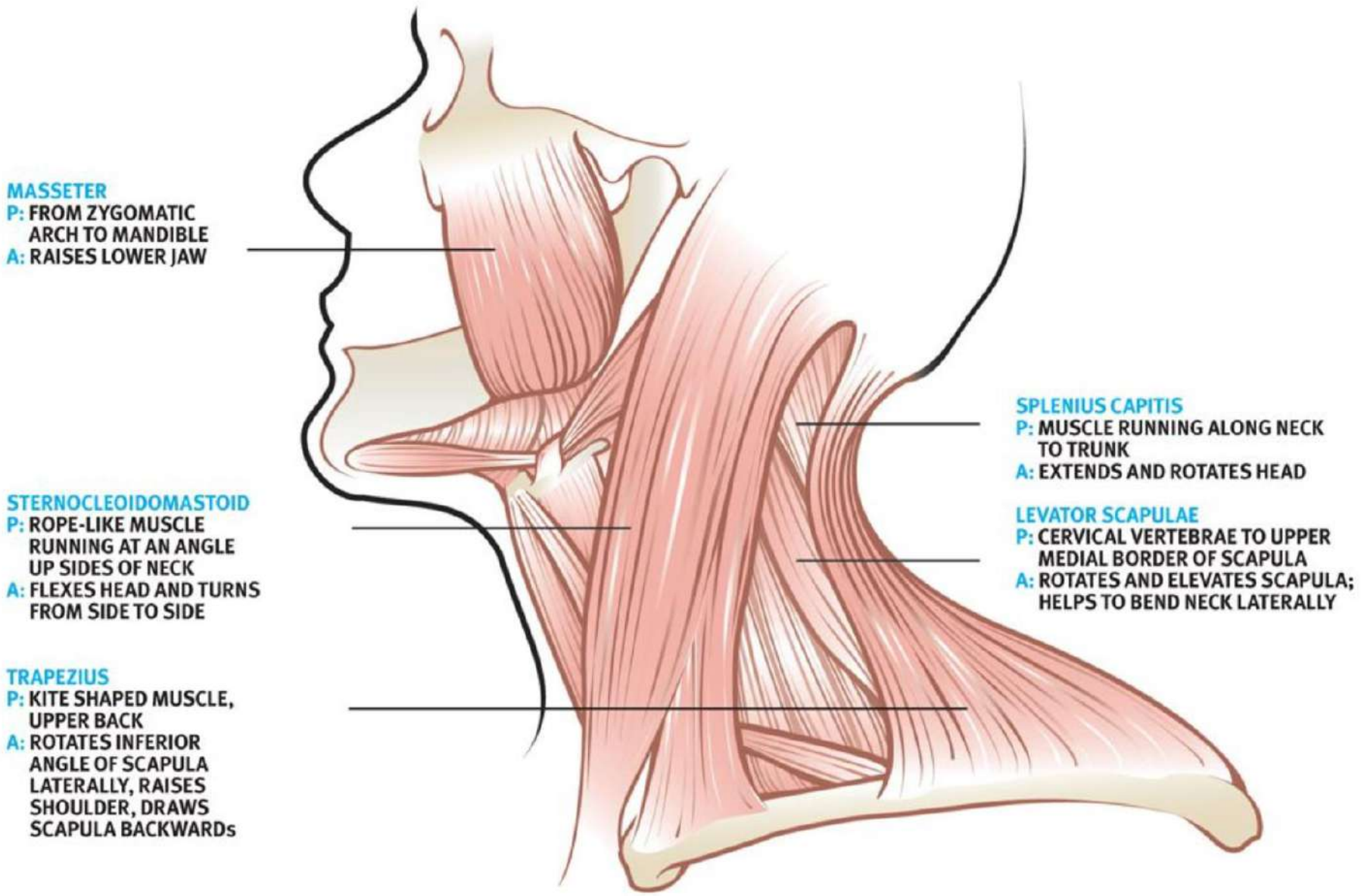

Frontal (1)
Parietal (2)
Sphenoid (1)
Temporal (2)
Ethmoid (1)
Occipital (1)
8 Cranial Bones


1
2
3
4
19
21
5
20
6
7
9
9
17
8
10
14
5
18
22
13
12
11

MASSETER


Frontal (1)
Parietal (2)
Sphenoid (1)
Temporal (2)
Ethmoid (1)
Occipital (1)
8 Cranial Bones

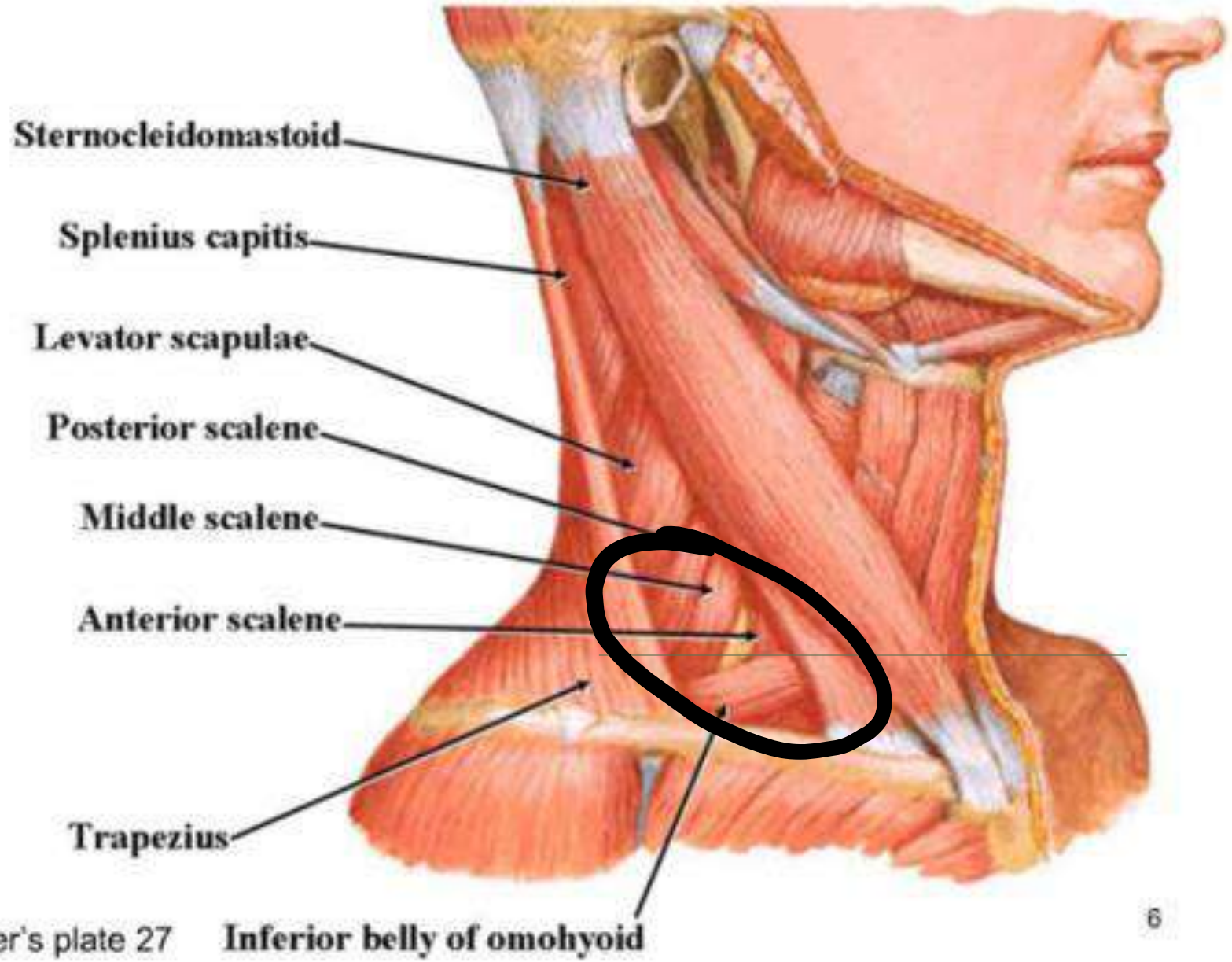

Nasal (2)
Lacrimal (2)
Palatine (2)
Inferior nasal concha (2)
Zygomatic (2)
Maxilla (2)
Mandible (1)
Vomer (1)
14 Facial Bones


MASSETER
P: FROM ZYGOMATIC ARCH TO MANDIBLE
A: RAISES LOWER JAW
STERNOCLEOIDOMASTOID
P: ROPE-LIKE MUSCLE RUNNING AT AN ANGLE UP SIDES OF NECK
A: FLEXES HEAD AND TURNS FROM SIDE TO SIDE
TRAPEZIUS
P: KITE SHAPED MUSCLE, UPPER BACK
A: ROTATES INFERIOR ANGLE OF SCAPULA LATERALLY, RAISES SHOULDER, DRAWS SCAPULA BACKWARDs
SPLENIUS CAPITIS
P: MUSCLE RUNNING ALONG NECK TO TRUNK
A: EXTENDS AND ROTATES HEAD
LEVATOR SCAPULAE
P: CERVICAL VERTEBRAE TO UPPER MEDIAL BORDER OF SCAPULA
A: ROTATES AND ELEVATES SCAPULA; HELPS TO BEND NECK LATERALLY

Scalenes

P: Cervical vertebrae to ribs 1+2

A: Sidebends neck, elevates ribs to assist in breathing



Netter's plate 27



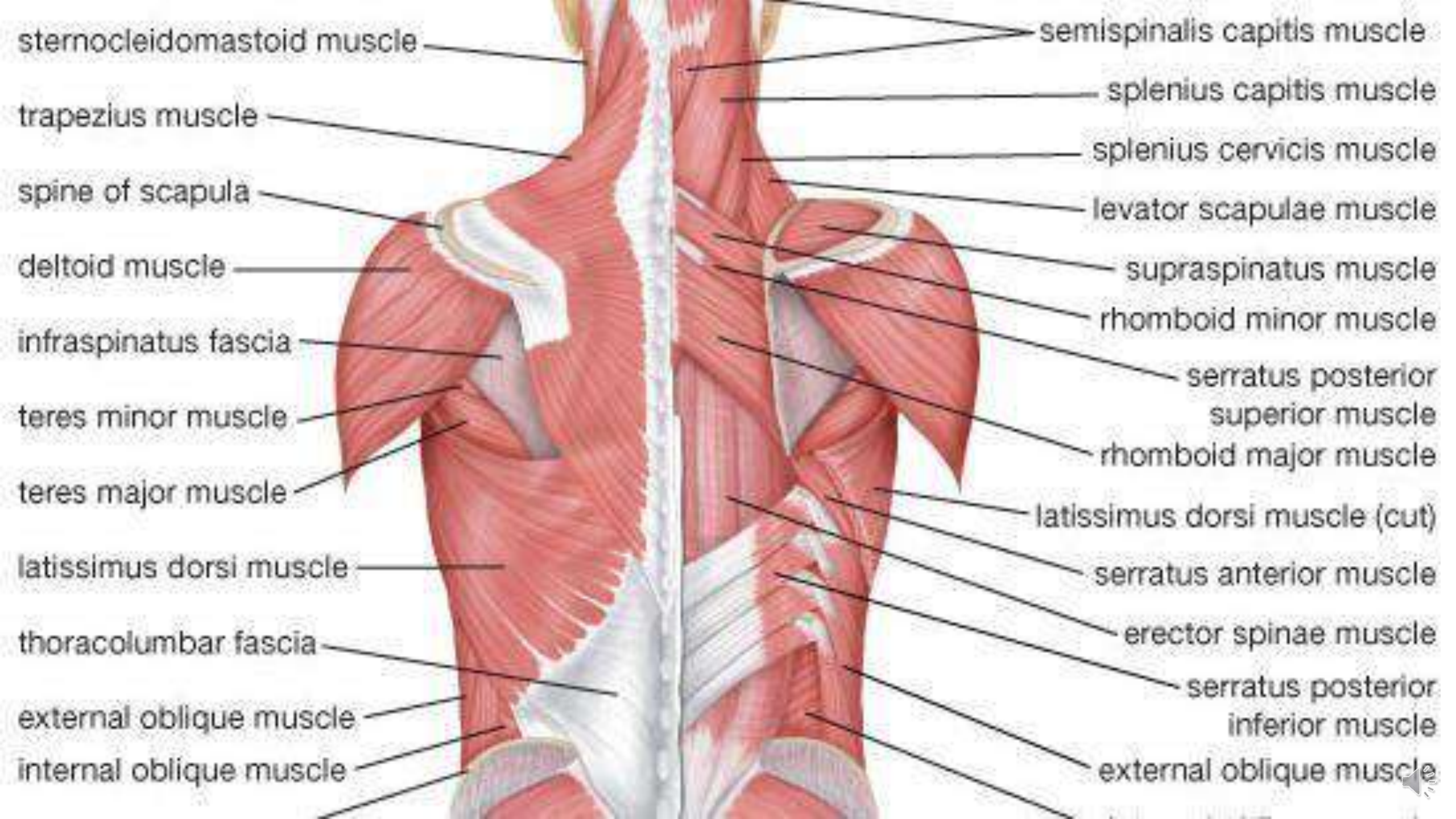
Muscles of the shoulder and back

- Traps
- Levator scapulae
- Lats
- Rhomboids

- Rotator cuff
- Deltoid

- Erector spinae
- QL



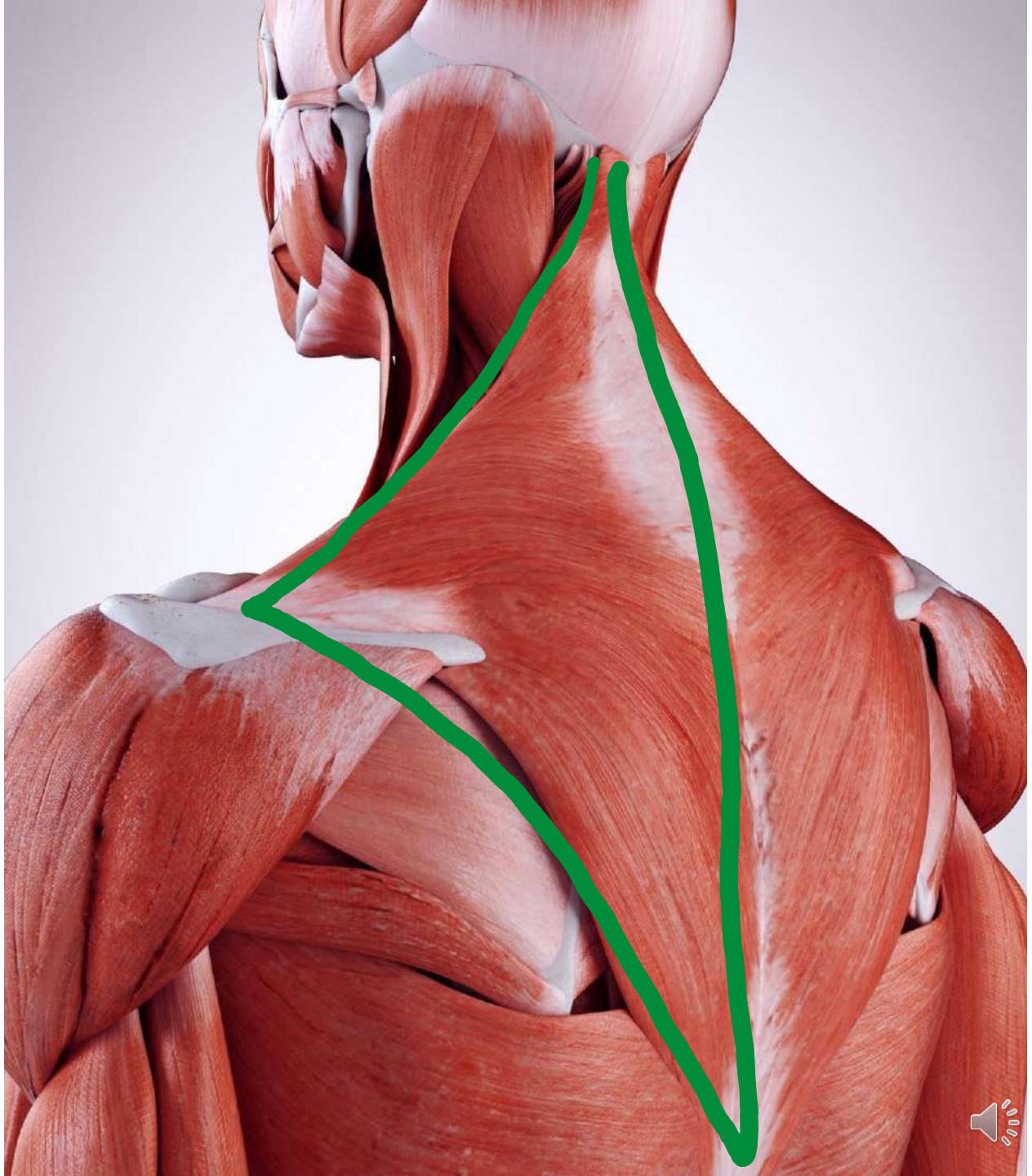

sternocleidomastoid muscle
trapezius muscle
spine of scapula
deltoid muscle
infraspinatus fascia
teres minor muscle
teres major muscle
latissimus dorsi muscle
thoracolumbar fascia
external oblique muscle
internal oblique muscle
semispinalis capitis muscle
splenius capitis muscle
splenius cervicis muscle
levator scapulae muscle
supraspinatus muscle
rhomboid minor muscle
serratus posterior superior muscle
rhomboid major muscle
latissimus dorsi muscle (cut)
serratus anterior muscle
erector spinae muscle
serratus posterior inferior muscle
external oblique muscle

Trapezius

P: Occiput to clavicle, acromion, scapula

A:

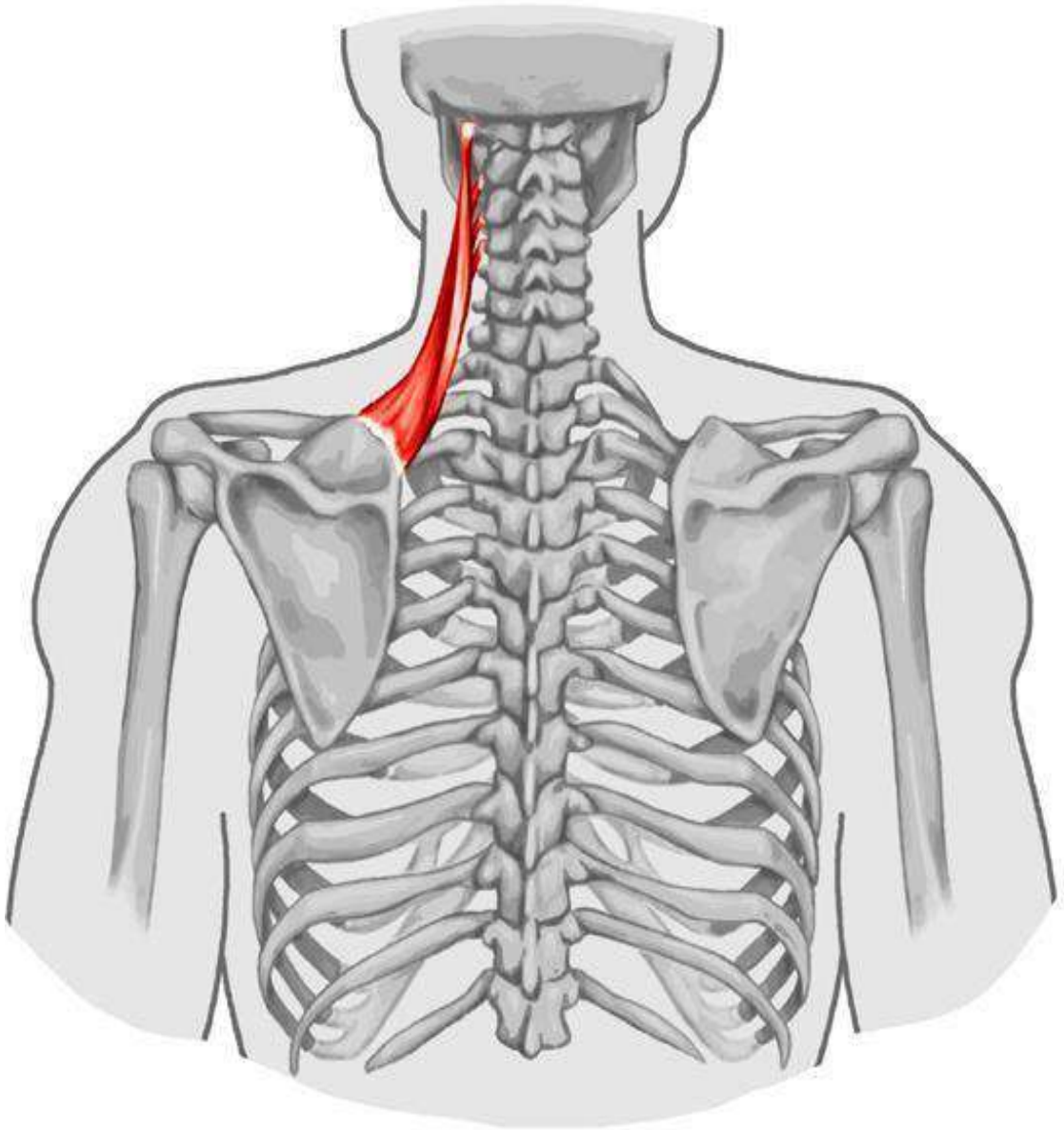
- Extends the neck
- Elevates the shoulder
- Moves the scapula



Levator scapula

P: Cervicals to top of scapula

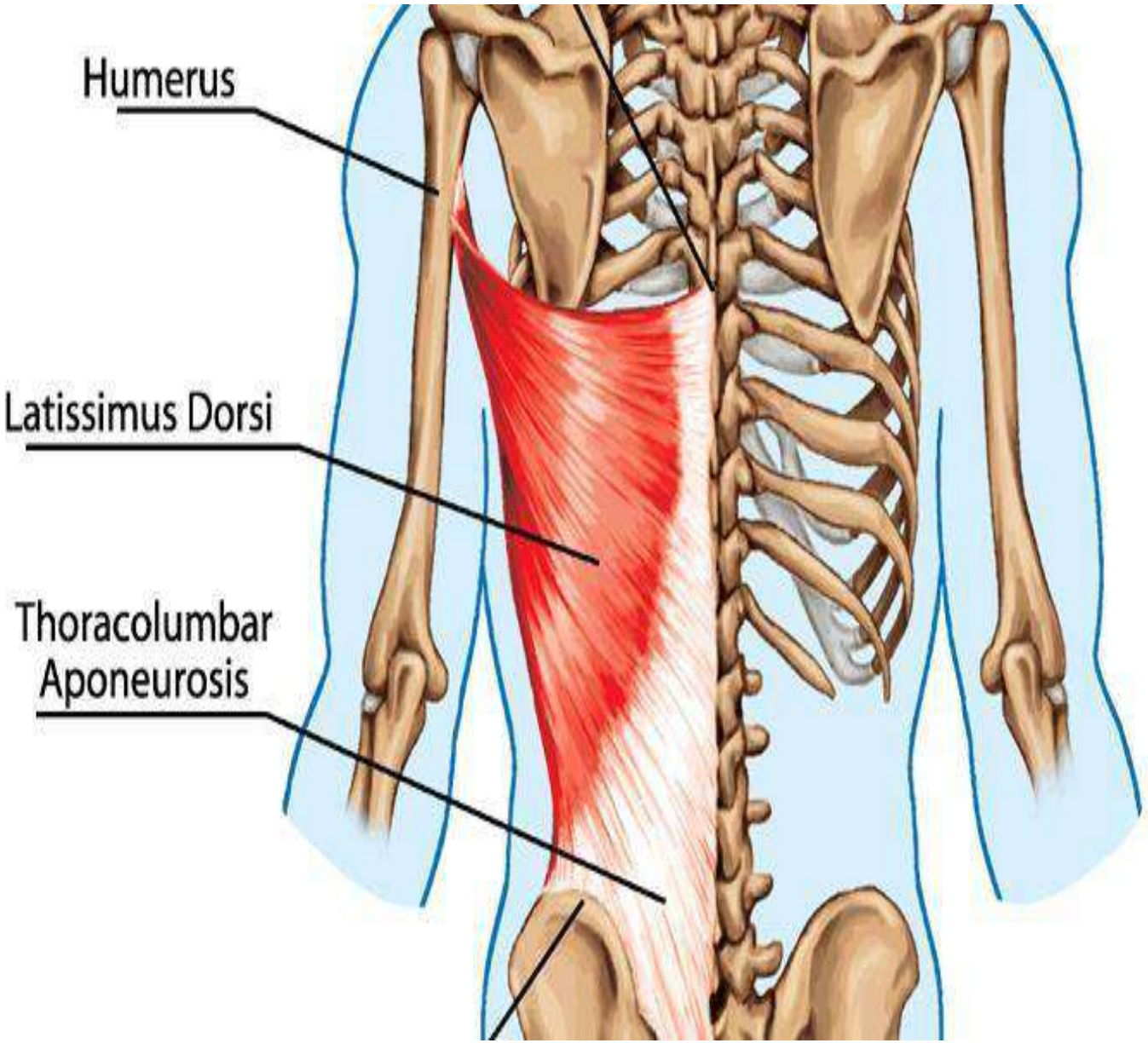
A: Elevates the scapula



Latissimus dorsi

P: T7 to sacrum to top of humerus

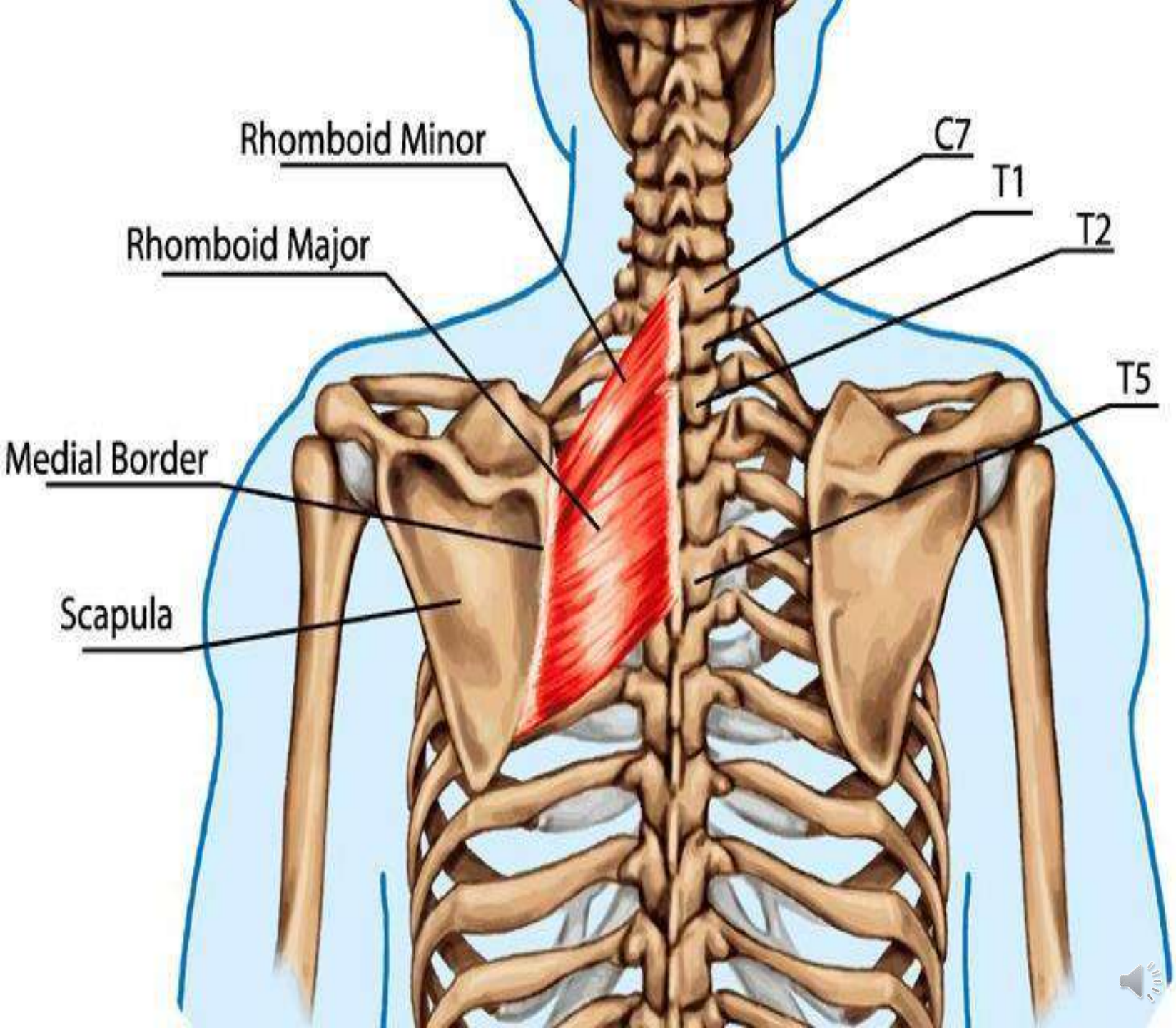
A: Adducts, extends & medially rotates arm at the shoulder

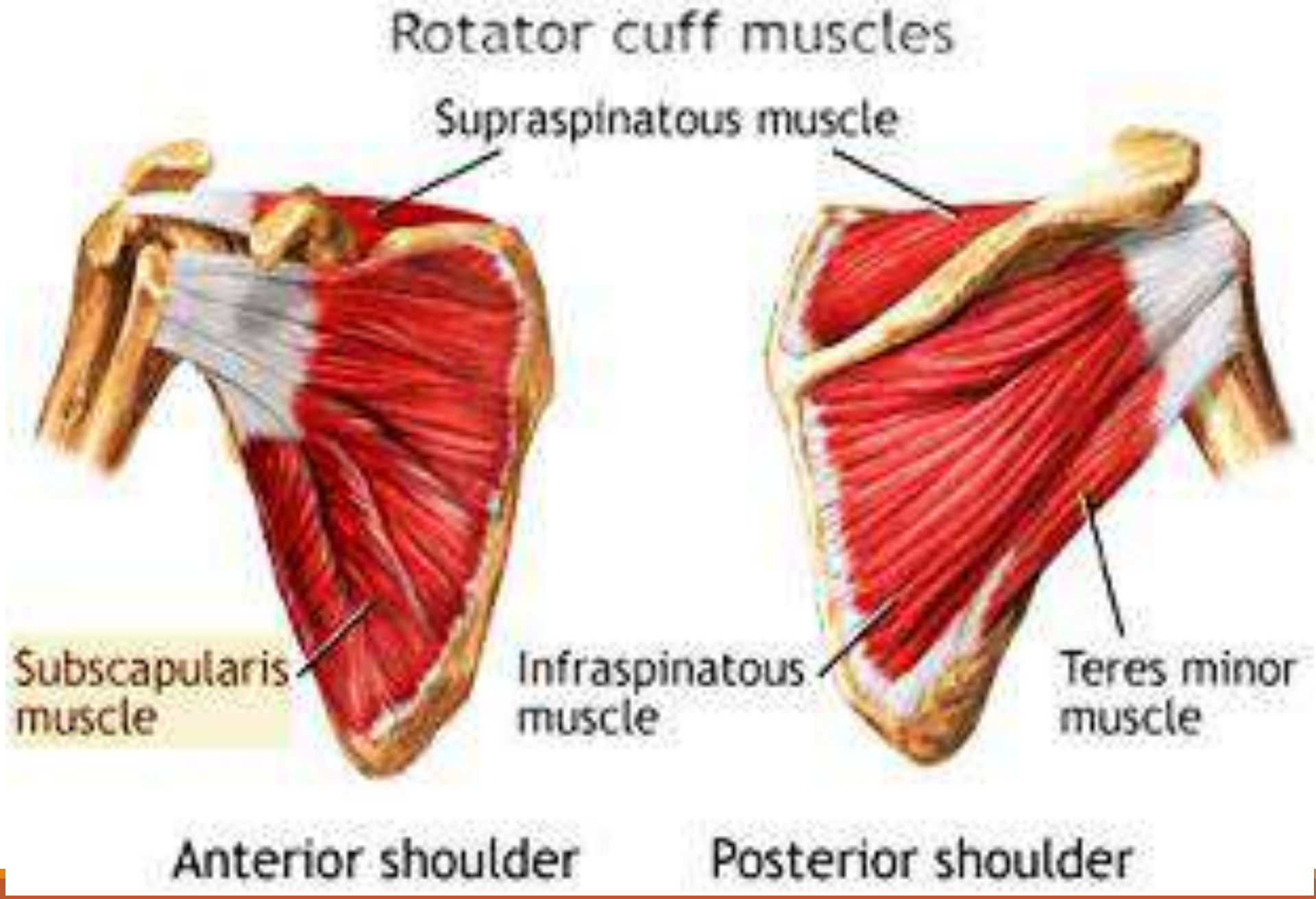


Rhomboids

P: Cervical and upper thoracic spine to medial scapula

A: Retracts the scapula





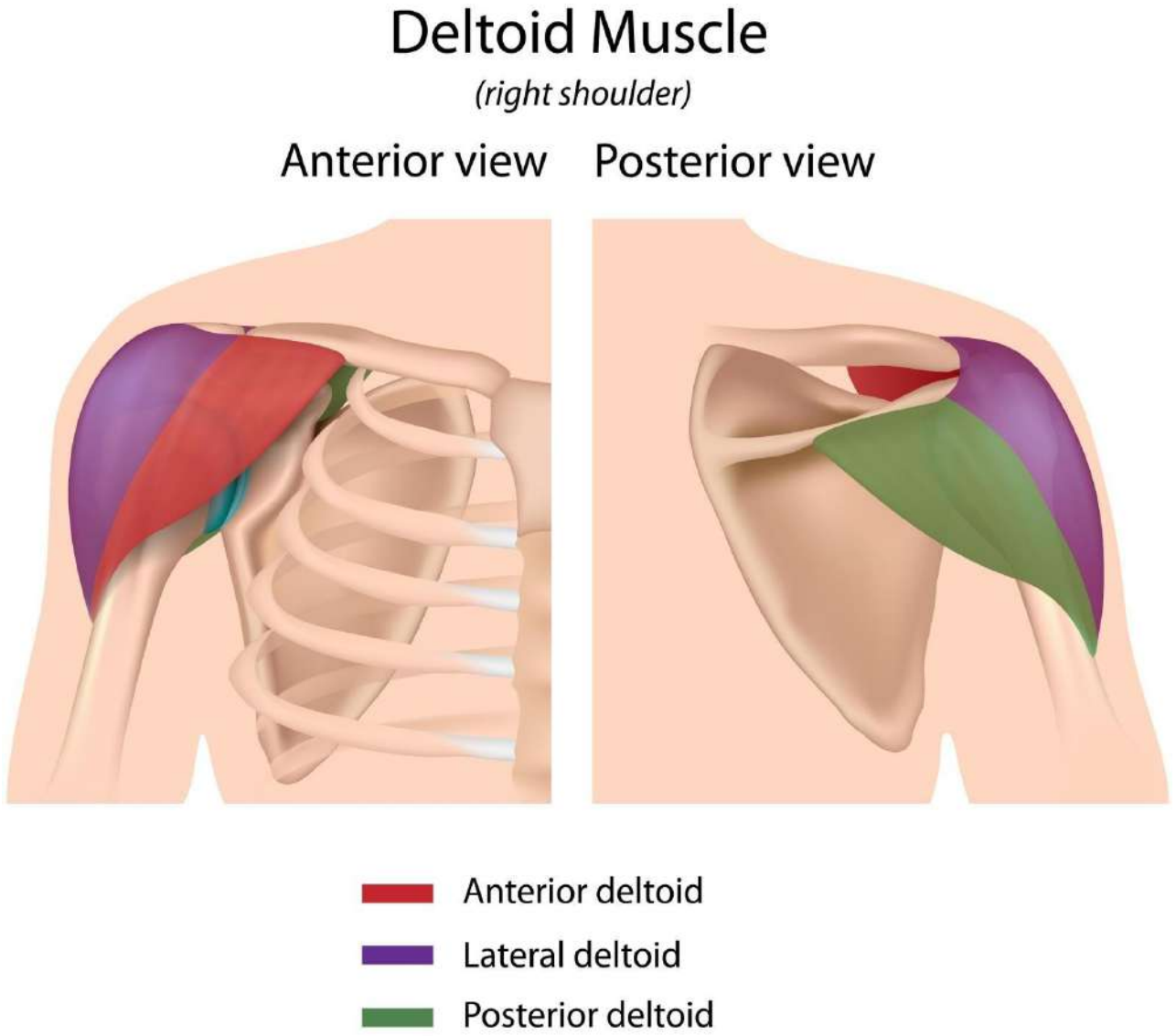
S - abduction
I – ext. rotation
T – ext. rotation
S – int. rotation

Origin:

P: Clavicle, top of scapula to humerus

A: Flex, extend and abduct the humerus

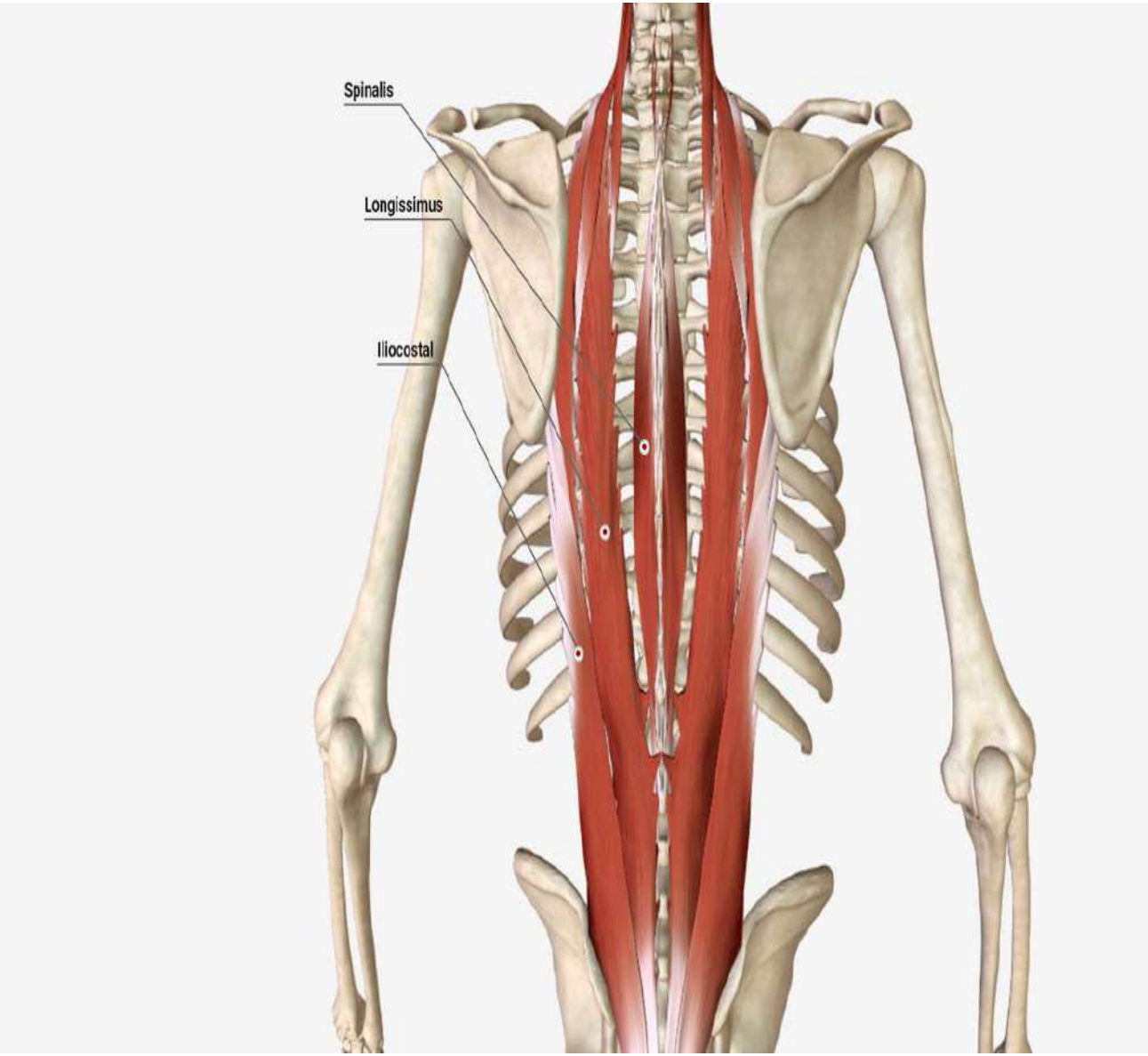




Erector Spinae

P: Runs from the sacrum parallel to the spine

A: Extends the spine



Quadratus Lumborum

P: Iliac crest to 12th rib and lumbars

A: Flexes trunk laterally (sidebending)

