

	Name of Muscle	Actions	Origin	Insertion
Head, Face & Neck	Epicranius frontalis	Elevates eyebrows, wrinkles skin of forehead	Galea aponeurotica	Skin of eyebrows and nose
	Epicranius occipitalis	Draws scalp posteriorly, fixes aponeurosis	Occipital bone, mastoid process	Galea aponeurotica
	Orbicularis oris	Closes lips, compresses lips against teeth, protrudes lips, shapes lips during speech, "kissing muscle"	Muscle fibers surrounding opening of mouth	Skin at corner of mouth
	Zygomaticus	Draws angle of mouth superiorly and laterally (smiling)	Zygomatic bone	Skin and muscle at corner of mouth
	Buccinator	Presses cheeks against teeth and lips (whistling, blowing, sucking), draws corner of mouth laterally, keeps food between teeth	Molar region of maxilla and mandible	Orbicularis oris
	Platysma	Draws outer part of lower lip inferiorly and posteriorly (pouting), depresses mandible	Fascia over deltoid and pectoralis major	Lower margin of mandible, skin and muscle around angle of mouth
	Orbicularis oris	Closes eye	Frontal and maxillary bones, ligaments around orbit	Tissue of upper eyelid
	Levator palpebrae superioris	Opens eye	Roof of orbit	Skin of upper eyelid
	Masseter	Elevates mandible	Zygomatic bone and arch	Angle and ramus of mandible
	Temporalis	Elevates and retracts mandible	Temporal, frontal and parietal bones (temporal fossa)	Coronoid process of mandible
	Sternocleidomastoid	Together: flex cervical vertebrae and head; singly: laterally flex and rotate head	Manubrium of sternum and medial part of clavicle	Mastoid process and occipital bone (superior nuchal line)
	Splenius	Together: extend head, singly: laterally flex and rotate head	Ligamentum nuchae, spinous processes of C7-T6	Occipital bone, mastoid process, transverse processes of C2-C4

<i>Abdomen</i>	Rectus abdominis	Flexes vertebral column, compresses abdomen, stabilizes pelvis	Pubic crest and symphysis	Costal cartilage of 5 <sup>th</sup> -7 <sup>th</sup> ribs, xiphoid process
	External oblique	Together: compress abdomen, flex vertebral column; singly: laterally flex and rotate vertebral column	Outer surface of inferior 8 ribs	Linea alba, iliac crest, pubic crest
	Internal oblique	Together: compress abdomen, flex vertebral column; singly: laterally flex and rotate vertebral column	Iliac crest, inguinal ligament, lumbar fascia	Linea alba, pubic crest, cartilage of last few ribs
	Transversus abdominis	Compress abdomen	Iliac crest, inguinal ligament, lumbar fascia, cartilages of inferior 6 ribs	Linea alba, pubic crest
<i>Breathing</i>	Diaphragm	Inspiration	Inferior internal surface of ribcage and sternum, costal cartilages of inferior 6 ribs, lumbar vertebrae	Central tendon
	External intercostals	Elevate ribs during inspiration	Inferior border of rib above	Superior border of rib below
	Internal intercostals	Draw ribs together during forced expiration	Superior border of rib below	Inferior border of rib above
<i>Thorax &amp; Back</i>	Pectoralis major	Flexes arm (PM), adducts arm, medially rotates arm	Clavicle, sternum cartilages of first 6 or 7 ribs, aponeurosis of external oblique	Greater tubercle of humerus
	Pectoralis minor	Draws scapula forward and downward when ribs fixed, elevates 3 <sup>rd</sup> -5 <sup>th</sup> ribs during forced expiration when scapula is fixed	3 <sup>rd</sup> -5 <sup>th</sup> ribs	Coracoid process of scapula
	Serratus anterior	Holds scapula against chest wall, rotates scapula, important to stabilize shoulder for arm movements (pushing, punching)	Superior 8 or 9 ribs	Anterior surface of vertebral border of scapula

<i>Thorax &amp; Back</i>	Deltoid	Abducts arm (PM), anterior fibers flex and medially rotate arm, posterior fibers extend and laterally rotate arm	Clavicle, acromion and spine of scapula	Deltoid tuberosity of humerus
	Trapezius	Stabilize scapula, superior fibers elevate scapula and extend head, middle fibers adduct scapula, inferior fibers depress scapula	Superior nuchal line of occipital bone, ligamentum nuchae, spines of C7 and all thoracic vertebrae	Clavicle, acromion and spine of scapula
	Latissimus dorsi	Extends arm (PM), adducts arm, medially rotates arm, draws arm inferiorly and posteriorly	Spines of inferior 6 thoracic vertebrae and lumbar vertebrae (via thoracolumbar fascia), iliac crest, inferior 3-4 ribs, inferior angle of scapula	Intertubercular groove of humerus
	Infraspinatus	Laterally rotates arm, stabilizes shoulder	Infraspinous fossa of scapula	Greater tubercle
	Teres minor	Laterally rotates arm, stabilizes shoulder	Lateral border of posterior surface of scapula	Greater tubercle
	Teres major	Extends arm, adducts arm, medially rotates arm	Inferior angle of scapula on posterior surface	Lesser tubercle on anterior humerus
<i>Upper Limb</i>	Biceps brachii	Flexes forearm, supinates forearm, flexes arm	Tubercle above glenoid cavity (long head), coracoid process (short head)	Radial tuberosity
	Brachialis	Flexes forearm	Distal anterior surface of humerus	Coronoid process of ulna, capsule of elbow joint
	Triceps brachii	Extends forearm (PM)	Projection inferior to glenoid cavity (long head), posterior surface of humerus (lateral and medial heads)	Olecranon process
	Brachioradialis	Flexes forearm, stabilizes elbow	Lateral border of distal end of humerus	Base of styloid process of radius
	Pronator teres	Pronates forearm, weakly flexes forearm	Medial epicondyle, coronoid process	Midlateral surface of radius

Upper Limb	Flexor carpi radialis	Flexes hand, abducts hand	Medial epicondyle	Base of 2 <sup>nd</sup> and 3 <sup>rd</sup> metacarpals
	Palmaris longus	Weakly flexes hand	Medial epicondyle	Deep fascia of palm
	Flexor carpi ulnaris	Flexes hand, adducts hand, stabilizes wrist	Medial epicondyle, olecranon process and posterior surface of ulna	Some carpals, base of 5 <sup>th</sup> metacarpal
	Flexor digitorum superficialis	Flexes middle phalanx of each finger at proximal interphalangeal joint, flexes proximal phalanx of each finger at metacarpophalangeal joint, flexes hand	Medial epicondyle, coronoid process, anterior surface of radius	Middle phalanges of each finger
	Extensor carpi radialis	Extends hand, abducts hand	Lateral supracondylar ridge of humerus	Base of second metacarpal
	Extensor digitorum	Extends fingers (PM), extends hand	Lateral epicondyle	Distal and middle phalanges of each finger
	Extensor carpi ulnaris	Extends hand, adducts hand	Lateral epicondyle, posterior border of ulna	Base of 5 <sup>th</sup> metacarpal
	Abductor pollicis brevis	Abducts thumb at carpometacarpal joint	Deep fascia of palm, some carpals	Lateral side of proximal phalanx of thumb
	Flexor pollicis brevis	Flexes thumb at carpometacarpal and metacarpophalangeal joint	Deep fascia of palm, some carpals	Lateral side of proximal phalanx of thumb

<i>Buttock &amp; Lower Limb</i>	Gluteus maximus	Extends thigh, laterally rotates thigh, abducts thigh	Ilium, sacrum, coccyx, aponeurosis of sacrospinalis	Iliotibial tract, gluteal tuberosity of femur
	Gluteus medius	Abducts thigh, medially rotates thigh, stabilizes pelvis	Lateral surface of ilium	Greater trochanter
	Rectus femoris	Extends leg, flexes thigh	Anterior inferior iliac spine	Patella via quadriceps tendon to tibial tuberosity via patellar ligament
	Vastus lateralis	Extends leg	Greater trochanter, intertrochanteric line, linea aspera	Patella via quadriceps tendon to tibial tuberosity via patellar ligament
	Vastus medialis	Extends leg	Intertrochanteric line, linea aspera	Patella via quadriceps tendon to tibial tuberosity via patellar ligament
	Gracilis	Adducts thigh, flexes leg	Pubic bone, ischial ramus	Medial surface of tibia
	Adductors	Adducts thigh, flexes thigh, medially rotates thigh	Pubic bone, ischial tuberosity and ramus	Linea aspera of femur and inferior portions of femur
	Pectineus	Flexes thigh, adducts thigh	Superior ramus of pubis	Femur between lesser trochanter and linea aspera
	Iliopsoas	Flexes thigh/trunk (PM), psoas portion also does lateral flexion of vertebral column	Iliac fossa, T12 and lumbar vertebrae	Lesser trochanter
	Sartorius	Flexes leg, flexes thigh, abducts thigh, laterally rotates thigh	Anterior superior iliac spine	Medial surface of tibia
	Tensor fasciae latae	Flexes thigh, abducts thigh, medially rotates thigh	Iliac crest	Iliotibial tract

<b>Buttock &amp; Lower Limb</b>	Biceps femoris	Flexes leg, extends thigh	Ischial tuberosity (long head), linea aspera of femur (short head)	Head of fibula, lateral condyle of tibia
	Semitendinosus	Flexes leg, extends thigh	Ischial tuberosity	Proximal part of medial surface of tibia
	Semimembranosus	Flexes leg, extends thigh	Ischial tuberosity	Medial condyle of tibia
	Tibialis anterior	Dorsiflexes foot (PM), inverts foot	Lateral condyle of tibia and interosseous membrane	First metatarsal, one tarsal
	Extensor digitorum longus	Dorsiflexes foot, Extends toes (PM) at metatarsophalangeal joint	Lateral condyle of tibia, anterior surface of fibula, interosseous membrane	Middle and distal phalanges of toes 2-5
	Fibularis (Peroneus) longus	Plantar flexes foot, everts foot	Head and lateral side of fibula, lateral condyle of tibia	Passes under foot to first metatarsal and one tarsal
	Gastrocnemius	Plantarflexes foot, flexes leg	Lateral and medial condyles of femur	Calcaneus
	Soleus	Plantarflexes foot	Superior tibia, fibula and interosseous membrane	Calcaneus

Special Note: Keep in mind that to describe an action, you must name the movement, and name either the part of the body that is moving or the joint at which the movement occurs. For example, you may say that a particular muscle “flexes leg” or “flexes knee” – both of those mean the same thing. You may NOT say “moves knee” – that is not specific enough.

So which terms to describe body parts are essentially interchangeable?

Head or neck (cervical vertebrae)

Arm or shoulder

Forearm or elbow

Hand or wrist

Thigh or hip

Leg or knee