

	List of Muscles – Origins and Insertions:		
	Head and neck	Origin	Insertion
1	Frontalis - frontal belly	galea aponeurotica	skin superior to orbit
2	Occipitalis - occipetal belly	Occipetal bone, mastoid process	galea aponeurotica
3	Zygomaticus major	zygomatic bone	muscle/skin of angle of mouth
4	Temporalis - temporal belly	temporal bone	coronoid process of mandible
5	Masseter	zygomatic bone / arch	angle and ramus of mandible
6	Sternocleidomastoid	sternum and clavicle	mastoid process
7	Scalenes	C ₃ - C ₇ vertebrae	1st and 2nd ribs
8	Splenius capitis	C7 - T4 vertebrae	mastoid process, occipetal bone
9	Digastric - 2 bellies	Mandible, mastoid process	hyoid bone
10	Thyrohyoid	thyroid cartilage	Hyoid bone
11	Omohyoid - shoulder	superior border of scapula	hyoid bone
	Shoulder and upper extremity		
12	Pectoralis major	Sternum, clavicle, ribs	greater tubercle of humerus
13	Pectoralis minor	2-5 ribs	coracoid process
14	Trapezius	thoracic / lumbar vertebrae	Clavicle, acromion, scapular spine
15	Latissimus dorsi	thoracic / lumbar vertebrae, sacrum	intertubercular groove of humerus
16	Levator scapulae	1-4 cervical vertebrae	Superior border of scapula
17	Deltoid	Clavicle, acromion, scapular spine	deltoid tuberosity
18	Supraspinatus	supraspinous fossa	greater tubercle of humerus
19	Rhomboid major	T2-T5 vertebrae	medial border of scapula
20	Biceps brachii	supraglenoid part, coracoid process	radial tuberosity
21	Brachialis	distal humerus	coronoid process of ulna
22	Brachioradialis	distal humerus	styloid process of radius
23	Triceps brachii	infraglenoid tubercle, humerus	olecranon process of ulna
24	Coracobrachialis	Coracoid process	middle humerus
25	Pronator Teres	medial epicondyle of humerus	middle radius
26	Flexor carpi radialis	lateral epicondyle of humerus	2-3 metacarpals
27	Flexor carpi ulnaris	lateral epicondyle of humerus	distal carpals, 5th metacarpal
28	Extensor carpi radialis	medial epicondyle of humerus	2nd, 3rd metacarpals
	Muscles of Torso		
29	Diaphragm	xiphoid process, costal cartilages	central tendon
30	Rectus abdominis	Pubis and pubic symphysis	5-7 costal cartilages, xiphoid process
31	Psoas major	Lumbar vertebrae, sacrum	lesser trochanter of femur
	Muscles of lower extremity		
32	Gluteus maximus	sacrum, iliac crest	gluteal tuberosity, iliotibial tract
33	Gluteus medius	ilium	greater trochanter of femur
34	Sartorius	superior anterior iliac spine	proximal medial tibia
35	Gracilis	pubis, symphysis	proximal medial tibia
36	Adductor Longus	pubis, symphysis	linea aspera
37	Rectus femoris	inferior anterior iliac spine	tibial tuberosity
38	Vastus lateralis	greater trochanter, linea aspera	tibial tuberosity
39	Vastus medialis	linea aspera	tibial tuberosity
40	Vastus intermedius	anterior middle femur	tibial tuberosity
41	Biceps femoris	ischial tuberosity, greater trochanter	head of fibula, lateral tibia
42	Semitendinosus	ischial tuberosity	proximal medial tibia
43	Semimembranosus	ischial tuberosity	proximal medial tibia
44	Gastrocnemius	epicondyles of femur	calcaneus - calcaneal tendon
45	Soleus	proximal tibia and fibula	calcaneus - calcaneal tendon
46	Tibialis anterior	lateral condyle of tibia	1st metatarsal, 1st cuneiform
	Learn names and actions of all muscles in lab hand out we covered in class.		