

NAME	ORIGIN	INSERTION	ACTION
Serratus anterior	outer surface of upper ribs	ventral surface of scapula	pulls scapula anteriorly, downward
External oblique	outer surface of lower ribs	outer lip of iliac crest, linea alba	twisting/ tenses abdominal wall, compress contents
Internal oblique	ilium crest, inguinal ligament	cartilage of ribs, linea alba, pubis crest	“ ”
Rectus abdominus	pubis crest, symphysis pubis	xiphoid process, costal cartilages	sit ups
Transversus abdominis	costal cart, lumbar process, etc	linea alba, crest of pubis	twisting/ tenses abdominal wall, compress contents
Linea alba	xiphoid process	symphysis pubis	attachment for abdominal wall muscles
Tensor fasciae latae	anterior iliac crest	fascia of thigh	abducts, flexes, rotates thigh medially
Sartorius	anterior superior iliac spine	medial surface of tibia	flexes leg/thigh, abducts thigh, rot. thigh lat
Rectus femoris	spine of ilium, margin of acetabulum	patella by tendon	extends leg at knee
Vastus lateralis	greater trochanter/post of femur	patella by tendon	extends leg at knee
Vastus medialis	medial surface of femur	patella by tendon	extends leg at knee
Gracilis	lower edge of symphysis pubis	medial surface of tibia	adducts thigh, flex & rotate lower limb medially
Biceps femoris	ischial tuberosity, post of femur	head of fibula, lateral condyle of tibia	flexes leg, extend thigh
Gluteus medius	lateral surface of ilium	greater trochanter of femur	abducts and rotates thigh medially
Gluteus maximus	lateral surface of ilium	greater trochanter of femur	extends thigh dorsally
Peroneus longus	lateral condyle of tibia, head/shaft of tibia	tarsal/metatarsal bones	plantar flexion/eversion of foot, supports arch
Extensor digitorum longus	lateral condyle of tibia, anterior sur of tibia	dorsal surfaces of 2,3 phalanges of toes	dorsiflexion/eversion of foot, extension of toes
Tibialis anterior	lateral condyle/lateral surface of tibia	cuneiform tarsal bone, 1st metatarsal	dorsiflexion/inversion of foot
Soleus	head/shaft of fibula, post surface of tibia	post surface of calcaneous	elevates calcaneous/plantar flexion of foot
Gastrocnemius	lateral/medial condyle of femur	post surface of calcaneous	elevates calcaneous/plantar flexion of foot, flexion
Brachioradialis	distal lateral end of humerus	lat surface of radius above styloid process	flex forearm @ elbow
Flexor carpi radialis	medial epicondyle of humerus	base of 2nd, 3rd metacarpals	flex/abduct wrist
Palmaris longus	medial epicondyle of humerus	fascia of palm	flex distal joints of fingers
Extensor digitorum	lateral epicondyle of humerus	posterior surface of phal in 2-5	extends fingers/toes
Biceps brachii	coracoid process/tubercle above scapula	radial tuberosity of radius	flex forearm @ elbow, rotate hand laterally
Triceps brachii	tubercle below scapula, lat/medial of humerus	olecranon process of ulna	extends forearm @ elbow
Deltoid	acromion process, spine of scapula, clavicle	deltoid tuberosity of humerus	abduct arm

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Pectoralis major	sternum	proximal portion of humerus	adduct humerus
Sternocleidomastoid	sternum, clavicle	mastoid process of temporal bone	bring head down and medial
Trapezius	occipital bone, spines of cervical/thoracic vert	clavicle, spine/acromion of scapula	rotate scapula dorsally, raises arm/scapula, etc.
Latissimus dorsi	spines of sac,lum,thor vert; iliac crest; ribs	intertubercular groove of humerus	bring humerus down and dorsal
Orbicularis oris	mandible/maxilla	skin of lips	kissing
Buccinator	outer surfaces of maxilla & mandible	orbicularis oris	compresses cheeks inward
Masseter	lower border of zygomatic arch	lateral surface of mandible	chewing/closes mandible
Platysma	fascia in upper chest	lower border of mandible	angle of mouth down & dorsal
Zygomaticus	zygomatic bone	orbicularis oris	smile
Orbicularis oculi	maxillary and frontal bones	skin around eye	squint eyes
Frontalis	frontal bone	skin of eyebrows	raise eyebrows
Temporalis	temporal bone	coronoid process/lateral of mandible	closes mandible
Occipitalis	occipital bone	epicranium	pulls ears/hair back