

Gross anatomy of the muscular system

HEAD AND NECK

Muscle name	Origin	Insertion	Action
temporalis	temporal bone	mandible	closes jaw, elevates mandible
masseter	zygomatic bone	mandible	closes jaw, elevates mandible
obicularis oris	maxilla and mandible	muscle/skin on mouth	closes lips; kissing, whistling
obicularis oculi	frontal/maxillary bones	eyelids	squinting, blinking
sternocleidomastoid	sternum	temporal bone	head flexion

TRUNK, ANTERIOR THORAX

uscle name	Origin	Insertion	Action
pectoralis major	clavicle, sternum, ribs	humerus	arm flexion, arm adduction
pectoralis minor	ribs	scapula	movements of ribs and scapula
serratus anterior	ribs	scapula	moves scapula forward, helps raise arm
intercostals	ribs	ribs	movements of rib cage -- breathing

TRUNK, ABDOMINAL WALL

Muscle name	Origin	Insertion	Action
rectus abdominis	pubis portion of pelvis	ribs, sternum	depresses thorax, flexion of trunk
external oblique	--	--	side movements/flexion of trunk
internal oblique	--	--	side movements/flexion of trunk
transverse abdominis	--	--	side movements/flexion of trunk

POSTERIOR TRUNK

Muscle name	Origin	Insertion	Action
trapezius	occipital bone, thoracic vertebrae	scapula & clavicle	lifts scapula, braces the shoulder
latissimus dorsi	vertebrae, ribs	humerus	arm extension, arm adduction
splenius capitis	cervical vertebrae	occipital bone	head extension

MUSCLES CROSSING SHOULDER JOINT

Muscle name	Origin	Insertion	Action
deltoid	clavicle, scapula	humerus	arm abduction

MUSCLES CROSSING ELBOW JOINT: POSTERIOR MUSCLES

Muscle name	Origin	Insertion	Action
triceps brachii	scapula, humerus	ulna	forearm extension

MUSCLES CROSSING THE ELBOW JOINT: ANTERIOR MUSCLES

Muscle name	Origin	Insertion	Action
biceps brachii	scapula, humerus	radius	forearm flexion
brachialis	humerus	ulna	forearm flexion
brachioradialis	humerus	radius	forearm flexion

MUSCLES OF THE ANTERIOR FOREARM: hand and finger flexors

MUSCLES OF THE POSTERIOR FOREARM: hand and finger extensors

MUSCLES CROSSING HIP/KNEE JOINT

Muscle name	Origin	Insertion	Action
sartorius	coxal bone	tibia	flexes, laterally rotates thigh
adductor longus	coxal bone	femur	adducts thigh
gracilis	coxal bone	femur	adducts thigh
rectus femoris	coxal bone	tibia	flexes thigh, extends knee
tensor fasciae latae	coxal bone	IT band	abducts thigh
gluteus maximus	coxal bone	femur	extends thigh
biceps femoris	coxal bone, femur	tibia	extends thigh, flexes knee

MUSCLES OF THE LOWER LEG

Muscle name	Origin	Insertion	Action
tibialis anterior	tibia	metatarsals	dorsiflexion of foot
gastrocnemius	femur	tarsals	plantar flexion of foot