

Key to Muscles of Upper Limb		Key to Muscles of Lower Limb		
#	Name of Muscle	#	Name of Muscle	
1	Supraspinatus	1	Psoas Major	
2	Infraspinatus	2	Iliacus	
3	Teres Major	3	Gluteus Maximus	
4	Teres Minor	4	Gluteus Medius	
5	Latissimus Dorsi	5	Piriformis	
6	Subscapularis	9	Tensor Fasciae Latae	
7	Deltoid	10	Sartorius	
8	Pectoralis Major	11a	Rectus Femoris	
9	Biceps Brachii	11b	Vastus Medialis	
10	Brachialis	11c	Vastus Lateralis	
11	Triceps Brachii	11d	Vastus intermedius	
12	Pronator teres	13	Adductor Longus	
13	Flexor Carpi Radialis	14	Adductor Magnus	
14	Palmaris Longus	15	Gracialis	
15	Flexor Carpi Ulnaris	16	Semitendinosus	
16	Extensor Carpi Ulnaris	17	Semimembranosus	
17	Extensor Digitorum	18a	Biceps Femoris	
18	Extensor Carpi Radialis Brevis	19	Tibialis anterior	
19	Extensor Carpi Radialis Longus	20	Extensor Hallucis longus	deep
20	Brachioradialis	21	Extensor Digitorum	superficial
21	Tendon of Pollicis Longus	22	Fibularis Longus	
22	Extensor Pollicis Brevis	23	Fibularis brevis	
23	Abductor Pollicis Longus	24b	Gastrocnemius	
24	Flexor Digitorum Superficialis	24c	Soleus	
		24d	Calcaneal Tendon	
		25	Plantaris	
		26	Popliteus	
		27	Flexor Digitorum	
		28	Tibialis posterior	
		29	Flexor Hallucis Longus	