

List of Muscles – name and function			
	Head, neck and torso	Hint	Function
1	Buccinator	cheek	compresses cheek, blowing, sucking
2	depressor anguli oris	corner of mouth	draws laterally and inferiorly corners of mouth
3	depressor labii inferioris	lower lip	depresses lower lip
4	Frontalis	frontal belly	raises eyebrows, draws scalp anteriorly
5	Occipitalis	temporal belly	draws scalp posteriorly
6	levator labii superioris	upper lip	raises upper lip
7	Mentalis	chin	raises skin of chin
8	Orbicularis oculi	circular, eye	closes eye
9	Orbicularis oris	circular, mouth	closes and raises mouth
10	Platysma	flat	depresses lower lip, lowers mandible
11	Risorius	laughter	pulls laterally corners of mouth
12	Zygomaticus major	smiling	raises corners of mouth superiorly & laterally
13	Zygomaticus minor		raises upper lip
14	Masseter	mastication	raises mandible, chewing
15	Temporalis	temporal bone	raises mandible draws it posteriorly
16	Sternocleidomastoid	cleido = clavicle	both neck flexion, single rotation of neck
17	Scalenes	uneven	flex, flex laterally and rotates neck
18	Semispinalis capitis		both extend head, single rotates head
19	Splenius capitis		both extend head, single rotates head
20	Digastric	ant & post bellies	raises hyoid, lowers mandible
21	Mylohyoid	floor of mouth	raises hyoid and floor of mouth
22	Sternohyoid		depresses hyoid
23	Omohyoid	shoulder, 2 bellies	depresses hyoid
24	Thyrohyoid		elevates thyroid cartilage, lowers hyoid
25	Sternothyroid		depresses thyroid cartilage
26	Longissimus thoracis	erector spinae	extend vertebral column
27	Quadratus lumborum	4 sided	both extend vert. column, single flexes laterally
28	Serratus posterior	saw toothed	pulls the lower ribs down and back
29	Diaphragm		inspiration and expiration
30	External intercostals	ribs	normal inspiration and expiration
31	Internal intercostals	ribs	forceful expiration
32	Rectus abdominis	parallel to midline	flexes vertebral column, compresses abdomen
33	External oblique abdominis	diagonal to midline	flexes, rotates vertebral column
34	Internal oblique abdominis		flexes, rotates vertebral column
35	transversus abdominis	perpendicular	compresses abdomen
	Shoulder and upper extremity		
36	Trapezius	trapezoid	extends head, adduct scapula,
37	Levator scapulae		elevates scapula, rotates downward
38	Rhomboid minor	diamond shaped	elevates scapula, rotates downward
39	Rhomboid major		elevates scapula, rotates downward
40	Pectoralis minor	chest	elevates scapula, elevates 3-5 ribs
41	Serratus anterior	boxer's muscle	abducts, rotates scapula upward
42	Deltoid	triangular	abducts shoulder, flexes, extends shoulder/arm
43	Latissimus dorsi	widest	extends, adducts shoulder, medial rotation
44	Pectoralis major	chest, larger	adducts, flexes shoulder
45	Coracobrachialis		flexes and adducts shoulder
46	Supraspinatus	cuff rotator	abducts shoulder, synergist deltoid
47	Infraspinatus	cuff rotator	lateral rotation of shoulder
48	Teres minor	cuff rotator	lateral rotation of shoulder
49	Subscapularis	cuff rotator	medial rotation of shoulder
50	Teres major	teres = round	extends arm, adduction
51	Biceps brachii	2 origins, humerus	flexes elbow, supinates forearm
52	Brachialis		flexes forearm at elbow joint

	Muscle	Hint	Function
53	Brachioradialis		flexes forearm at elbow joint
54	Pronator Teres		pronates forearm
55	Triceps brachii	3 origins, humerus	extends forearm at elbow
56	Supinator		supinates forearm
57	Flexor carpi radialis	carpi = wrist	flexes and abducts hand at wrist
58	Palmaris longus		flexes weakly hand
59	Flexor carpi ulnaris		flexes and adducts hand wrist
60	Flexor digitorum superficilais		flexes digits
61	Flexor digitorum profundus		flexes digits
62	Flexor pollicis longus		flexes thumb
63	Extensor carpi radialis longus		extends and abducts hand at wrist
64	Extensor carpi radialis brevis		extends and adducts hand at wrist
65	Extensor digitorum		extends digit
66	Extensor digiti minimi	little finger	extends little digit
67	Extensor carpi ulnaris		extends and adducts hand at wrist
68	Abductor pollicis longus		abducts and extends thumb
69	Extensor pollicis	pollex = great toe	extends thumb
	Muscles of Torso		
70	Iliacus	Iliopsoas	flexes thigh at hip, flexes trunk at hip
71	Psoas major		flexes thigh at hip, flexes trunk at hip
	Muscles of lower extremity		
72	Tensor fasciae latae		flexes and abducts thigh at hip joint
73	Pectineus, - comb like	Adductor group	flexes and adducts thigh
74	Adductor Longus		adducts, flexes thigh, extends thigh
75	Adductor magnus	magnus = large	adducts and extends thigh
76	Gracilis	slender	adducts thigh, flexes leg
77	Gluteus maximus	largest	extends thigh, rotates thigh laterally
78	Gluteus medius	medium sized	abducts thigh and medially rotates thigh
79	Piriformis	pear shaped	laterally rotates and abducts thigh
80	Gemellus superior	twin muscles	laterally rotates and abducts thigh
81	Obturator internus		laterally rotates and abducts thigh
82	Gemellus inferior		laterally rotates and abducts thigh
83	Quadratus femoris	squrare, 4 sided	laterally rotates and stabilizes hip joint
84	Sartorius, - tailor	longest muscle	laterally rotates, flexes, abducts thigh
85	Rectus femoris	Quadriceps	extends leg at knee, flexes thigh
86	Vastus lateralis, = huge	Quadriceps	extends leg at knee
87	Vastus medialis	Quadriceps	extends leg at knee
88	Vastus intermedius	Quadriceps	extends leg at knee
89	Biceps femoris	Hamstrings	flexes leg at knee at extends thigh
90	Semitendinosus	Hamstrings	flexes leg at knee at extends thigh
91	Semimembranosus	Hamstrings	flexes leg at knee at extends thigh
92	Popliteus	behind knee	flexes leg at knee, medially rotates tibia
93	Tibialis anterior	Ant. Compant.	dorsiflexes foot at ankle, inverts foot
94	Exensor Digitorum longus	Ant. Compant.	dorsiflexes foot, extends toes
95	Extensor hallucis longus	Ant. Compant.	dorsiflexes foot, extends great toe
96	Fibularis longus	lateral compant.	plantar flexes foot, everts foot
97	Fibularis brevis	short, lateral comp	plantar flexes foot, everts foot
98	Flexor digitorum longus	Post. Compant.	plantar flexes foot, flexes toes
99	Flexor hallucis longus	Post. Compant.	plantar flexes foot, flexes great toe
100	Tibialis posterior	Post. Compant.	plantar flexes foot, inverts foot
101	Plantaris	Post. Compant.	plantar flexes foot, flexes leg at knee
102	Gastrocnemius, - triceps surae	Post. Compant.	plantar flexes foot, flexes leg at knee
103	Soleus, - triceps surae	Post. Compant.	plantar flexes foot