



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	Splenius capitis		both extend head, single rotates head
19	Digastric	ant & post bellies	raises hyoid, lowers mandible
20	Mylohyoid	floor of mouth	raises hyoid and floor of mouth
21	Sternohyoid		depresses hyoid
22	Omoxyoid	shoulder, 2 bellies	depresses hyoid
23	Thyrohyoid*		elevates thyroid cartilage, lowers hyoid
24	Sternothyroid*		depresses thyroid cartilage
25	Longissimus thoracis	erector spinae	extend vertebral column
26	Quadratus lumborum	4 sided	both extend vert. column, single flexes laterally
27	Serratus posterior	saw toothed	pulls the lower ribs down and back
28	Diaphragm		inspiration and expiration
29	External intercostals	ribs	normal inspiration and expiration
30	Internal intercostals	ribs	forceful expiration
31	Rectus abdominis	parallel to midline	flexes vertebral column, compresses abdomen
32	External oblique abdominis	diagonal to midline	flexes, rotates vertebral column
33	Internal oblique abdominis		flexes, rotates vertebral column
34	transversus abdominis	perpendicular	compresses abdomen
35	<b>Shoulder and upper extremity</b>		
	Trapezius	trapezoid	extends head, adduct scapula,
36	Levator scapulae		elevates scapula, rotates downward
37	Rhomboid minor	diamond shaped	elevates scapula, rotates downward
38	Rhomboid major		elevates scapula, rotates downward
39	Pectoralis minor	chest	elevates scapula, elevates 3-5 ribs
40	Serratus anterior	boxer's muscle	abducts, rotates scapula upward
41	Deltoid	triangular	abducts shoulder, flexes, extends shoulder/arm
42	Latissimus dorsi	widest	extends, adducts shoulder, medial rotation
43	Pectoralis major	chest, larger	adducts, flexes shoulder
44	Coracobrachialis		flexes and adducts shoulder
45	Supraspinatus	cuff rotator	abducts shoulder, synergist deltoid
46	Infraspinatus	cuff rotator	lateral rotation of shoulder
47	Teres minor	cuff rotator	lateral rotation of shoulder
48	Subscapularis	cuff rotator	medial rotation of shoulder
49	Teres major	teres = round	extends arm, adduction
50	Biceps brachii	2 origins, humerus	flexes elbow, supinates forearm
51	Brachialis		flexes forearm at elbow joint
52	<b>Muscle</b>	<b>Hint</b>	<b>Function</b>

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