



**LOCATION:** ORBIT (SURROUNDS RIM)  
**ORIGIN:** Frontal and Maxilla  
**INSERTION:** tissues of eyelid  
**ACTION:** blinking, squinting, closes eyes

**LOCATION:** MANDIBLE'S RAMUS (COVERS LATERAL ASPECT)  
**ORIGIN:** Zygomatic and Temporal (zygomatic process)  
**INSERTION:** Mandible (angle and ramus)  
**ACTION:** elevates mandible (closes jaw)

**LOCATION:** MOUTH (ENCIRCLES)  
**ORIGIN:** Maxilla and Mandible  
**INSERTION:** muscle and skin at mouth angles  
**ACTION:** closes and purses lips

**LOCATION:** NECK (ANTERIOR/LATERAL; TWO HEADS)  
**ORIGIN:** Manubrium and Clavicle  
**INSERTION:** Temporal bone (mastoid process)  
**ACTION:** flexes/rotates the head; flexes head towards shoulders

**LOCATION:** SHOULDER  
**ORIGIN:** Scapula (acromion and spine)  
**INSERTION:** Humerus (deltoid tuberosity)  
**ACTION:** abduction and rotation of the arm

**LOCATION:** CHEST; UPPER/AXILLARY (ANTERIOR)  
**ORIGIN:** Clavicle, Sternum, cartilage of ribs 1-6  
**INSERTION:** Humerus (greater tubercle)  
**ACTION:** arm flexion, medial rotation; forced inspiration: rib cage elevation

**LOCATION:** ARM, (TWO - HEADS)  
**ORIGIN:** Scapula- short: coracoid process; long: glenoid cavity  
**INSERTION:** Radius (radial tuberosity)  
**ACTION:** flexes elbow joint; rotates hand laterally

**QUADRICEPS FEMORIS:** RECTUS FEMORIS, VASTUS LATERALIS, VASTUS MEDIALIS  
 FRONT AND SIDE OF THIGHS (4 HEADS)  
**RECTUS FEMORIS ORIGIN:** ilium spine; acetabulum margin  
**VASTUS LATERALIS ORIGIN:** greater trochanter of femur  
**VASTUS MEDIALIS ORIGIN:** anterior/medial surfaces of femur  
 VASTUS INTERMEDIUS this is a deep muscle; you need not be able to identify at this time.  
**INSERTION:** ALL INSERT at the patella and the Tibia (tibial tuberosity)  
**ACTION:** ALL extend knees

**LOCATION:** LEG, (TWO - HEADS)  
**ORIGIN:** Femur (medial and lateral condyles)  
**INSERTION:** Calcaneous  
**ACTION:** foot plantar/flexion

**LOCATION:** THORAX (POSTERIOR)  
**ORIGIN:** Occipital/C-7 all T  
**INSERTION:** Scapula: acromion/spine; lateral third of scapula  
**ACTION:** raises, lowers, rotates scapula

**LOCATION:** AXILLA (POSTERIOR), BACK (LUMBAR REGION)  
 spines of T-7 to T-12; all lumbar, lowest 3-4 ribs,  
 Iliac crest, inferior angle of scapula  
**INSERTION:** Humerus (intertubercular groove)  
**ACTION:** arm adduction/extension; arm rotation at shoulder

**LOCATION:** ABDOMINAL MUSCLE  
 (ANTERIOR, LATERAL ABDOMINAL WALL)  
**ORIGIN:** lower 8 ribs  
**INSERTION:** pubic crest, iliac crest  
**ACTION:** flexes vertebral column

**LOCATION:** ABDOMINAL MUSCLE  
 (ANTERIOR ABDOMINAL WALL)  
**ORIGIN:** Pubis  
**INSERTION:** Sternum at xiphoid process  
**ACTION:** flexes and rotates vertebrae

**LOCATION:** THIGH (ANTERIOR)  
**ORIGIN:** anterior/superior iliac spine  
**INSERTION:** Tibia (medial surface of proximal)  
**ACTION:** flexion: leg at knee; hip at thigh

**LOCATION:** LEG (ANTERIOR)  
**ORIGIN:** Tibia (lateral condyle); upper 2/3 of tibia  
**INSERTION:** first tarsal and first metatarsal  
**ACTION:** foot dorsiflexion

**TRAPEZIUS**

**LATISSIMUS DORSI**

SERRATUS ANTERIOR

**EXTERNAL OBLIQUE**

**RECTUS ABDOMINIS**

TENSOR FASCIAE LATAE

**SARTORIUS**

**RECTUS FEMORIS**

ADDUCTOR LONGUS

**VASTUS LATERALIS**

PERONEUS LONGUS

EXTENSOR DIGITORUM LONGUS

**TIBIALIS ANTERIOR**

FRONTALIS

**ORBICULARIS OCULI**

ZYGOMATICUS

**MASSETER**

**ORBICULARIS ORIS**

**STERNOCLEIDOMASTOID**

**DELTOID**

**PECTORALIS MAJOR**

BRACHIALIS

**BICEPS BRACHII**

BRACHIORADIALIS

GRACILLIS

**VASTUS MEDIALIS**

**GASTROCNEMIUS**

SOLEUS



