

Labs 8-9 – Muscle Review Chart

Muscle	Location	Description (shape, useful identification features)	Origin (bone)	Insertion (bone, etc.)	Action (main movements produced)
Muscles on the Head and Shoulder Model					
Epicranius					
Orbicularis oculi*					
Levator labii superioris					
Zygomaticus (major & minor)					
Risorius					
Depressor anguli oris					
Orbicularis oris*					
Buccinator					
Masseter*					
Temporalis*					
Lateral Pterygoid					
Medial Pterygoid					

* = also know on “muscle man” model

Muscle	Location	Description (shape, useful identification features)	Origin (bone)	Insertion (bone)	Action (main movements produced)
Muscles on the Head and Shoulder Model, continued					
Sternocleidomastoid*					
Scalenes*					
Digastric					
Omohyoid					
Sternohyoid					
Pectoralis major*					
Deltoid*					
Pectoralis minor					
Trapezius*					
Levator scapulae					
Rhomboids (major & minor)					
Splenius					

* = also know on “muscle man” model

Muscle	Location	Description (shape, useful identification features)	Origin (bone)	Insertion (bone)	Action (main movements produced)
Muscles Only on the Muscle Man Model (additional muscle man muscles listed above and below)					
Serratus anterior					
Rectus abdominis					
External oblique					
Latissimus dorsi					
Infraspinatus					
Teres major					
Muscles on the Arm Model					
Deltoid*					
Infraspinatus*					
Supraspinatus					
Teres major*					
Triceps brachii*					
Biceps brachii*					

* = also know on “muscle man” model

Muscle	Location	Description (shape, useful identification features)	Origin (bone)	Insertion (bone)	Action (main movements produced)
Muscles on the Arm Model, continued					
Brachioradialis					
Pronator teres					
Flexor carpi radialis					
Palmaris longus					
Flexor carpi ulnaris					
Extensor carpi radialis longus					
Extensor carpi radialis brevis					
Extensor digitorum					
Extensor carpi ulnaris					
Abductor pollicis longus					
Extensor pollicis brevis					

* = also know on “muscle man” model

Muscle	Location	Description (shape, useful identification features)	Origin (bone)	Insertion (bone)	Action (main movements produced)
Muscles on the Leg Model					
Sartorius*					
Adductor longus*					
Adductor magnus					
Pectineus*					
Gracilis*					
Rectus femoris*					
Vastus lateralis*					
Vastus medialis*					
Tensor fasciae latae*					
Gluteus maximus*					
Gluteus medius*					

* = also know on “muscle man” model

Muscle	Location	Description (shape, useful identification features)	Origin (bone)	Insertion (bone)	Action (main movements produced)
Muscles on the Leg Model, continued					
Biceps femoris*					
Semitendinosus*					
Semimembranosus					
Fibularis longus					
Fibularis brevis					
Tibialis anterior					
Extensor digitorum longus					
Gastrocnemius*					
Soleus					
Flexor digitorum longus					

* = also know on “muscle man” model