

## HUMAN MUSCLES

### Muscles of the Face

Temporalis	Buccinator
Orbicularis Oculi	Orbicularis Oris
Zygomaticus major	Mentalis
Masseter	

### Muscles of the Neck

Semispinalis	Sternocleidomastoid
Splenius capitis	Sternohyoid
Splenius cervicis	Thyrohyoid
Trapezius (upper region )	Mylohyoid
Scaleni muscles	

### Muscles of the Back and Shoulder Girdle

Levator scapulae	Infraspinatus
Deltoid (alternative view)	Rhomboideus minor
Trapezius	Rhomboideus major
Supraspinatus	Serratus anterior
Teres minor	Latissimus Dorsi
Teres major	Subscapularis

### Muscles of the Thorax

Pectoralis major	Internal intercostals
Pectoralis minor	Serratus anterior (alternative view)
External intercostals	Diaphragm

### Muscles of the Abdominal Wall

External oblique	Internal oblique
Rectus abdominis	Transversus abdominis

## Muscles of the Arm and Shoulder Girdle

Deltoid	Flexor carpi radialis
Supraspinatus	Palmaris longus
Infraspinatus	Flexor carpi ulnaris
Teres major	Pronator teres
Teres minor	Supinator
Brachialis	Extensor carpi ulnaris
Brachioradialis	Extensor carpi radialis
Biceps brachii	Extensor digitorum
Triceps brachii	Lumbricals
Interossei	

## Muscles of the Leg

Gluteus maximus	Rectus femoris
Gluteus medius	Vastus medialis
Gluteus minimus	Vastus lateralis
Tensor fascia latae	Vastus intermedius
Biceps femoris	Tibialis anterior
Semitendinosus	Extensor digitorum longus
Semimembranosus	Peroneus longus or Fibularis longus
Iliopsoas= Psoas major / Iliacus	Peroneus brevis or Fibularis brevis
Pectineus	Gastrocnemius
Sartorius	Soleus
Gracilis	Flexor digitorum longus
Adductor longus	Calcaneal tendon
Adductor magnus	