

The Muscular System

- I. Origins, insertions, and actions**
 - A. Origin
 - B. Insertion
 - C. Action
- II. Functional classification of muscles**
 - A. Agonists
 - B. Antagonists
 - C. Synergists
 - D. Fixators
- III. Arrangement of muscle fascicles**
 - A. Circular
 - B. Convergent
 - C. Parallel
 - D. Fusiform
 - E. Unipennate
 - F. Bipennate
 - G. Multipennate
- IV. Naming muscles**
 - A. Location
 - B. Shape
 - C. Relative size
 - D. Direction of fascicles
 - E. Number of origins
 - F. Location of origin and insertion
 - G. Action
- V. Major skeletal muscles**
 - A. Muscles of the head
 - 1. Facial expression
 - a. Epicranius
 - b. Orbicularis oculi
 - c. Orbicularis oris
 - 2. Mastication
 - a. Masseter
 - b. Temporalis
 - c. Buccinator
 - B. Muscles of the anterior neck and throat
 - 1. Suprahyoid muscles
 - a. Digastric
 - b. Mylohyoid
 - 2. Infrahyoid muscles
 - a. Sternohyoid
 - b. Sternothyroid
 - c. Thyrohyoid

C. Muscles of the neck and vertebral column

1. Head movement
 - a. Sternocleidomastoid
 - b. Scalenes
 - c. Splenius
2. Trunk movement
 - a. Erector spinae
 - i. Iliocostalis
 - ii. Longissimus
 - iii. Spinalis
 - b. Multifidus

D. Muscles of the thorax

1. External intercostals
2. Internal intercostals
3. Diaphragm

E. Muscles of the abdominal wall

1. Rectus abdominis
2. External oblique
3. Internal oblique
4. Transversus abdominis

F. Superficial muscles of the thorax

1. Anterior thorax
 - a. Pectoralis minor
 - b. Serratus anterior
2. Posterior thorax
 - a. Trapezius
 - b. Levator scapulae
 - c. Rhomboid major
 - d. Rhomboid minor

G. Muscles that cross the shoulder joint

1. Pectoralis major
2. Latissimus dorsi
3. Deltoid
4. Subscapularis
5. Supraspinatus
6. Infraspinatus
7. Teres minor
8. Teres major

H. Muscles that cross the elbow joint

1. Posterior muscle
 - a. Triceps brachii
2. Anterior muscles
 - a. Biceps brachii
 - b. Brachialis
 - c. Brachioradialis

I. Muscles of the forearm

1. Anterior muscles
 - a. Pronator teres
 - b. Flexor carpi radialis

- c. Palmaris longus
 - d. Flexor carpi ulnaris
 - e. Flexor digitorum superficialis
 - f. Flexor pollicis longus
 - 2. Posterior muscles
 - a. Extensor carpi radialis longus
 - b. Extensor carpi radialis brevis
 - c. Extensor digitorum
 - d. Extensor carpi ulnaris
 - e. Supinator
- J. Muscles that cross the hip and knee joints**
- 1. Anterior and medial muscles
 - a. Iliopsoas
 - i. Iliacus
 - ii. Psoas major
 - b. Sartorius
 - c. Adductor magnus
 - d. Adductor longus
 - e. Gracilis
 - f. Quadriceps femoris
 - i. Rectus femoris
 - ii. Vastus lateralis
 - iii. Vastus medialis
 - iv. Vastus intermedius
 - g. Tensor fasciae latae
 - 2. Posterior muscles
 - a. Gluteus maximus
 - b. Gluteus medius
 - c. Gluteus minimus
 - d. Piriformis
 - e. Hamstrings
 - i. Biceps femoris
 - ii. Semitendinosus
 - iii. Semimembranosus
- K. Muscles of the leg**
- 1. Anterior and lateral muscles
 - a. Tibialis anterior
 - b. Fibularis longus
 - c. Fibularis brevis
 - 2. Posterior muscles
 - a. Triceps surae
 - i. Gastrocnemius
 - ii. Soleus
 - b. Flexor digitorum longus
 - c. Flexor hallucis longus
 - d. Tibialis posterior