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| --- | --- | --- | --- |
| Muscles of the Shoulder Girdle | Origin | Insertion | Action |
| Pectoralis Minor |  |  | Downward rotation of scapula |
| Rhomboid Major |  | Vertebral (medial) border of scapula |  |
| Serratus Anterior |  |  | Upward rotation of scapula |
| Trapezius |  |  | Elevation of scapula  Rotation (up/down) of scapula  Adduction of scapula |
| Muscles of the Shoulder Joint | **Origin** | **Insertion** | **Action** |
| Pectoralis major |  | (Inferior to)  Greater tubercle of humerus |  |
| Lastissimus dorsi |  | Intertubercular sulcus of humerus |  |
| Deltoid | Lateral clavicle &  Acromion of scapula |  |  |
| Teres major |  |  | Adduction of shoulder  Extension of shoulder  Internal rotation of shoulder |
| Rotator Cuff (SITS) | **Origin** | **Insertion** | **Action** |
| Supraspinatus |  | Greater tuberosity of humerus |  |
| Infraspinatus |  |  | External rotation of shoulder  Extension of shoulder |
| Teres minor |  | Greater tuberosity of humerus |  |
| Subscapularis | Subscapular fossa of scapula |  |  |
| Muscles of the Elbow/Forearm | **Origin** | **Insertion** | **Action** |
| Biceps brachii | **Long:**  **Short:** | Radial tuberosity of radius |  |
| Brachialis |  | Coronoid tuberosity & process of ulna |  |
| Triceps brachii | **Long:**  **Lateral:**  **Medial:** | Olecranon process of ulna |  |
| Muscles of the Wrist/Hand | **Origin** | **Insertion** | **Action** |
| Extensor digitorum |  |  | Extension of DIP, PIP, & MP joints in phalanges 2-5  Extension of wrist |
| Flexor digitorum superficialis | Common flexor tendon &  Proximal radius |  |  |
| Palmaris longus |  |  | Flexion of wrist |
| Abductor pollicus longus |  | Base of 1st metacarpal |  |
| Muscles of the Hip/Thigh | **Origin** | **Insertion** | **Action** |
| Psoas major  (Iliopsoas) | Lumbar vertebrae |  |  |
| Gluteus maximus | Iliac crest,  Sacrum  Coccyx |  |  |
| Gluteus medius |  |  | Abduction of hip  Rotation of hip |
| Tensor fasciae latae | Iliac crest &  Between ASIS/AIIS |  |  |
| Gracilis |  | Medial surface of tibia |  |
| Sartorius | Anterior superior iliac spine (ASIS) |  |  |
| Anterior Thigh -  Quadriceps Femoris | **Origin** | **Insertion** | **Action** |
| Rectus femoris |  | Patella &  Tibial tuberosity |  |
| Vastus lateralis |  |  | Extension of knee  Flexion of hip |
| Vastus medialis |  | Patella &  Tibial tuberosity |  |
| Vastus intermedius | Anterior & lateral femur surface |  |  |
| Posterior Thigh Hamstrings | **Origin** | **Insertion** | **Action** |
| Biceps femoris | **Long:**  **Short:** |  | Extension of hip  Adduction of hip  Flexion of knee |
| Semitendinosus |  | (Inferior to)  Medial tibial condyle |  |
| Semimembranosus | Ischial tuberosity |  |  |
| Muscles of the Lower Leg/Ankle | **Origin** | **Insertion** | **Action** |
| Gastrocnemius |  |  | Flexion of knee  Plantar flexion of ankle |
| Soleus | Head of fibula & Medial tibia |  |  |
| Tibialis anterior |  |  | Dorsiflexion of ankle  Inversion of foot |
| Flexor hallucis longus | Distal fibula |  |  |