

<b>Muscles of the Shoulder Girdle</b>	<b>Origin</b>	<b>Insertion</b>	<b>Action</b>
<b>Pectoralis Minor</b>			Downward rotation of scapula
<b>Rhomboid Major</b>		Vertebral (medial) border of scapula	
<b>Serratus Anterior</b>			Upward rotation of scapula
<b>Trapezius</b>			Elevation of scapula Rotation (up/down) of scapula Adduction of scapula
<b>Muscles of the Shoulder Joint</b>	<b>Origin</b>	<b>Insertion</b>	<b>Action</b>
<b>Pectoralis major</b>		(Inferior to) Greater tubercle of humerus	
<b>Lastissimus dorsi</b>		Intertubercular sulcus of humerus	
<b>Deltoid</b>	Lateral clavicle & Acromion of scapula		
<b>Teres major</b>			Adduction of shoulder Extension of shoulder Internal rotation of shoulder

Rotator Cuff (SITS)	Origin	Insertion	Action
<b>Supraspinatus</b>		Greater tuberosity of humerus	
<b>Infraspinatus</b>			External rotation of shoulder Extension of shoulder
<b>Teres minor</b>		Greater tuberosity of humerus	
<b>Subscapularis</b>	Subscapular fossa of scapula		
Muscles of the Elbow/Forearm	Origin	Insertion	Action
<b>Biceps brachii</b>	Long:  Short:	Radial tuberosity of radius	
<b>Brachialis</b>		Coronoid tuberosity & process of ulna	
<b>Triceps brachii</b>	Long:  Lateral:  Medial:	Olecranon process of ulna	

<b>Muscles of the Wrist/Hand</b>	<b>Origin</b>	<b>Insertion</b>	<b>Action</b>
<b>Extensor digitorum</b>			Extension of DIP, PIP, & MP joints in phalanges 2-5  Extension of wrist
<b>Flexor digitorum superficialis</b>	Common flexor tendon & Proximal radius		
<b>Palmaris longus</b>			Flexion of wrist
<b>Abductor pollicis longus</b>		Base of 1 <sup>st</sup> metacarpal	
<b>Muscles of the Hip/Thigh</b>	<b>Origin</b>	<b>Insertion</b>	<b>Action</b>
<b>Psoas major (Iliopsoas)</b>	Lumbar vertebrae		
<b>Gluteus maximus</b>	Iliac crest, Sacrum Coccyx		
<b>Gluteus medius</b>			Abduction of hip Rotation of hip
<b>Tensor fasciae latae</b>	Iliac crest & Between ASIS/AIIS		

<b>Gracilis</b>		Medial surface of tibia	
<b>Sartorius</b>	Anterior superior iliac spine (ASIS)		
Anterior Thigh - Quadriceps Femoris			
	Origin	Insertion	Action
<b>Rectus femoris</b>		Patella & Tibial tuberosity	
<b>Vastus lateralis</b>			Extension of knee Flexion of hip
<b>Vastus medialis</b>		Patella & Tibial tuberosity	
<b>Vastus intermedius</b>	Anterior & lateral femur surface		
Posterior Thigh Hamstrings			
	Origin	Insertion	Action
<b>Biceps femoris</b>	Long:  Short:		Extension of hip Adduction of hip Flexion of knee
<b>Semitendinosus</b>		(Inferior to) Medial tibial condyle	

<b>Semimembranosus</b>	Ischial tuberosity		
<b>Muscles of the Lower Leg/Ankle</b>	<b>Origin</b>	<b>Insertion</b>	<b>Action</b>
<b>Gastrocnemius</b>			Flexion of knee Plantar flexion of ankle
<b>Soleus</b>	Head of fibula & Medial tibia		
<b>Tibialis anterior</b>			Dorsiflexion of ankle Inversion of foot
<b>Flexor hallucis longus</b>	Distal fibula		