

Figure 6.23 Major superficial muscles of the posterior surface of the body.

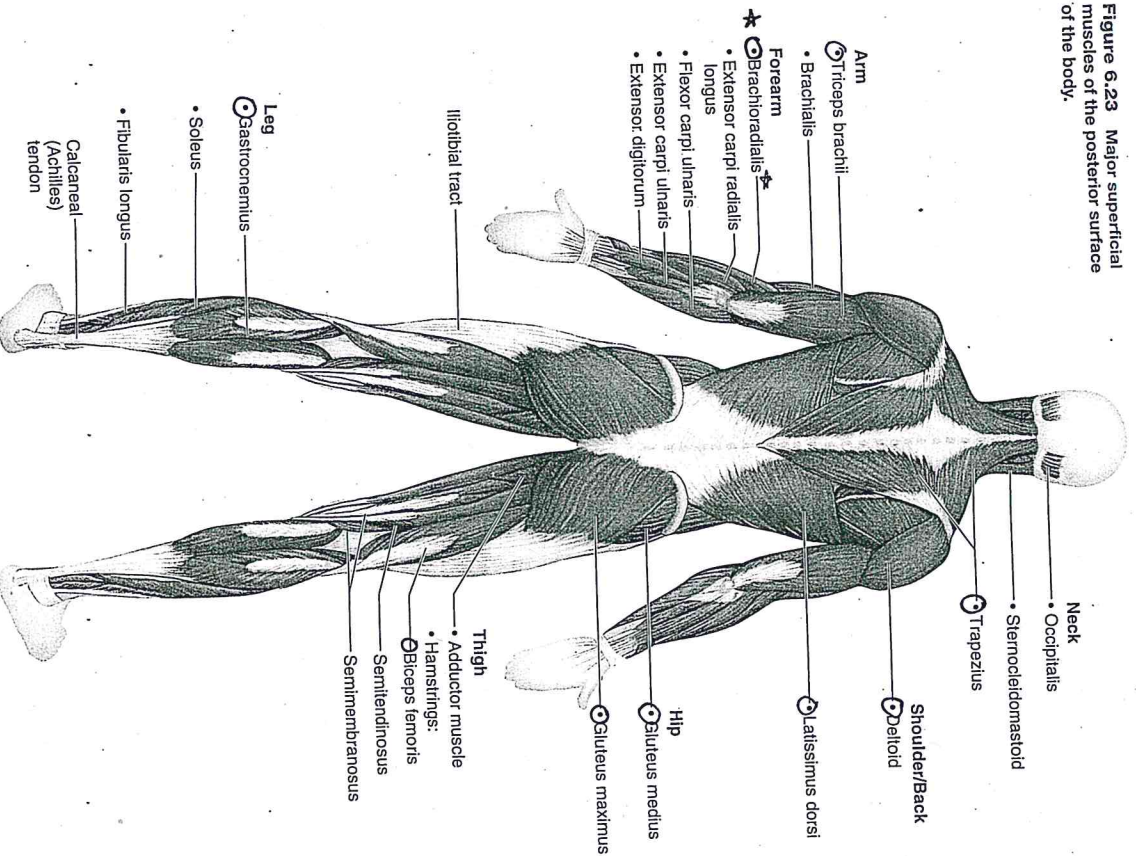


Table 6.4 Superficial Posterior Muscles of the Body (Some Forearm Muscles Also Shown) (See Figure 6.23)

Name	Origin	Insertion	Primary action(s)
Neck/Trunk/Shoulder Muscles			
12 Trapezius	Occipital bone and all cervical and thoracic vertebrae	Scapular spine and clavicle	Raises, retracts, and rotates scapula
13 Latissimus dorsi	Lower spine and iliac crest	Proximal humerus	Extends and adducts humerus
Erector spinae*	Iliac crests, ribs 3–12, and vertebrae	Ribs, thoracic and cervical vertebrae	Extends and laterally flexes spine
Quadratus lumborum*	Iliac crest, lumbar fascia	Transverse processes of upper lumbar vertebrae	Flexes spine laterally; extends spine
9 Deltoid	Scapular spine and clavicle	Humerus (deltoid tuberosity)	Abducts humerus
Arm/Forearm Muscles			
14 Triceps brachii	Shoulder girdle and proximal humerus	Olecranon process of ulna	Extends elbow
15 Flexor carpi radialis	Distal humerus	Second and third metacarpals	Flexes wrist and abducts hand (see Figure 6.22)
Flexor carpi ulnaris	Distal humerus and posterior ulna	Carpals of wrist and fifth metacarpal	Flexes wrist and adducts hand
Flexor digitorum superficialis†	Distal humerus, ulna and radius	Middle phalanges of second to fifth fingers	Flexes wrist and fingers
Extensor carpi radialis	Humerus	Base of second and third metacarpals	Extends wrist and abducts hand
Extensor digitorum	Distal humerus	Distal phalanges of second to fifth fingers	Extends fingers
Hip/Thigh/Leg Muscles			
16 Gluteus maximus	Sacrum and ilium	Proximal femur (gluteal tuberosity)	Extends hip (when forceful extension is required)
17 Gluteus medius	Ilium	Proximal femur	Abducts thigh; steadies pelvis during walking
Hamstring muscles (semitendinosus, semimembranosus, biceps femoris)	Isochial tuberosity	Proximal tibia (head of fibula in the case of biceps femoris)	Flex knee and extend hip
18 Gastrocnemius	Distal femur	Calcaneus (heel via calcaneal tendon)	Plantar flexes foot and flexes knee
Soleus	Proximal tibia and fibula	Calcaneus	Plantar flexes foot

*Brachioradialis not listed in table.

†Erector spinae and quadratus lumborum are deep muscles and not shown in Figure 6.23; see Figure 6.18b.

Although its name indicates that it is a superficial muscle, the flexor digitorum superficialis lies deep to the flexor carpi radialis and is not visible in a superficial view.

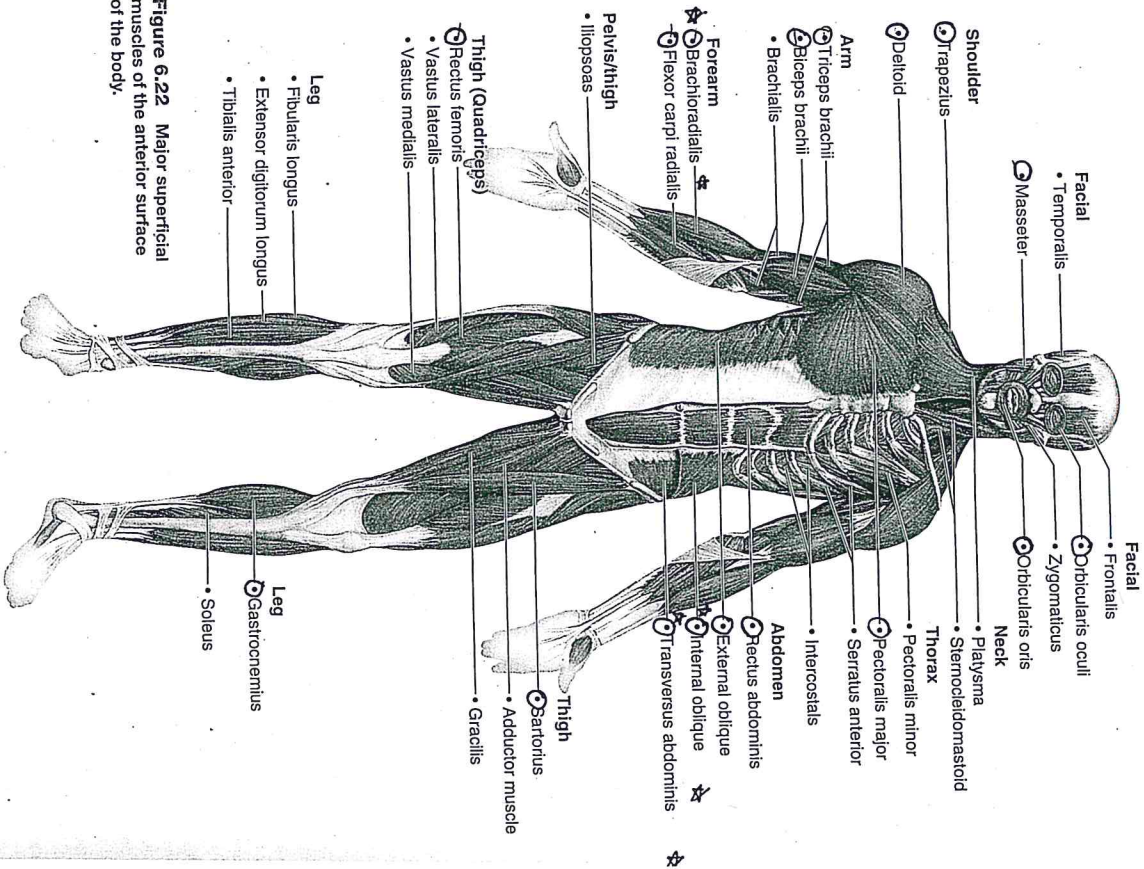


Figure 6.22 Major superficial muscles of the anterior surface of the body.

Table 6.3 Superficial Anterior Muscles of the Body (See Figure 6.22)

Name	Origin	Insertion	Primary action(s)
Head/Neck Muscles			
Frontalis	Cranial aponeurosis	Skin of eyebrows	Raises eyebrows
1 Orbicularis oculi	Frontal bone and maxilla	Tissue around eyes	Blinks and closes eye
2 Orbicularis oris	Mandible and maxilla	Skin and muscle around mouth	Closes and protrudes lips
Temporals	Temporal bone	Mandible	Closes jaw
Zygomaticus	Zygomatic bone	Skin and muscle at corner of lips	Raises corner of mouth
3 Masseter	Temporal bone	Mandible	Closes jaw
Buccinator	Maxilla and mandible near molars	Orbicularis oris	Compresses cheek (as in sucking), holds food between teeth during chewing
Sternocleidomastoid	Sternum and clavicle	Temporal bone (mastoid process)	Flexes neck; laterally rotates head
Platysma	Connective tissue covering of superior chest muscles	Tissue around mouth	Tenses skin of neck (as in shaving)
Trunk Muscles			
4 Pectoralis major	Sternum, clavicle, and first to sixth ribs	Proximal humerus	Adducts and flexes humerus
5 Rectus abdominis	Pubis	Sternum and fifth to seventh ribs	Flexes vertebral column
6 External oblique	Lower eight ribs	Iliac crest	Flexes and rotates vertebral column
Arm/Shoulder Muscles			
7 Biceps brachii	Scapula of shoulder girdle	Proximal radius	Flexes elbow and supinates forearm
Brachialis	Distal humerus	Proximal ulna	Flexes elbow
8 Deltoid	See Table 6.4	Abducts arm	Abducts arm
Hip/Thigh/Leg Muscles			
Iliopsoas	Ilium and lumbar vertebrae	Femur (lesser trochanter)	Flexes hip
Adductor muscles	Pelvis	Proximal femur	Adduct and medially rotate thigh
9 Sartorius	Ilium	Proximal tibia	Flexes thigh on hip
Quadriceps group (vastus medialis, intermedialis, and lateralis; and the rectus femoris)	Vastii: Femur	Tibial tuberosity via patellar ligament	All extend knee; rectus femoris also flexes hip on thigh
10 Tibialis anterior	Rectus femoris; Pelvis	Tibial tuberosity via patellar ligament	
Extensor digitorum longus	Proximal tibia	First metatarsal (tarsal) and first metatarsal of foot	Dorsiflexes and inverts foot
Fibularis muscles	Proximal tibia and radius	Distal toes 2–5	Extends toes
	Fibula	Metatarsals of foot	Plantar flex and evert foot

* Brachioradialis, Internal obliquis, Transverse abdominis not listed in table.