



Muscle Anatomy Review Chart

BACK				
Grouping	Muscle	Action	Innervation	Vasculature
Superficial (5)	Trapezius			Transverse cervical a.
	Latissimus dorsi			Thoracodorsal a.
	Rhomboideus major			Dorsal scapular a.
	Rhomboideus minor			
	Levator scapulae			
Intermediate (2)	Serratus posterior superior			Intercostal a.



EXAMPREP

	Serratus posterior inferior			
Deep (4)	Splenius capitis			
	Splenius cervicis			
	Semispinalis			
	Erector spinae: Iliocostalis Longissimus Spinalis			Lateral sacral a.



SHOULDER AND PECTORAL REGION

Grouping	Muscle	Action	Innervation	Vasculature
Shoulder (7)	Deltoid			Thoracoacromial a. (deltoid branch)
	Supraspinatus			Anastomoses from subclavian or axillar a. that include: Suprascapular a. Dorsal scapular a. Circumflex scapular a.
	Infraspinatus			
	Teres minor			
	Teres major			
	Subscapularis			
	Omohyoid			



EXAMPREP

Pectoral region (4)	Pectoralis major			Thoracoacromial a. (pectoral branches)
	Pectoralis minor			
	Serratus anterior			Lateral thoracic a.
	Subclavius			Thoracoacromial a. (clavicular branch)



ARM				
Grouping	Muscle	Action	Innervation	Vasculature
Anterior (3)	Coracobrachialis			Brachial a. & its branches
	Biceps brachii (long, short)			
	Brachialis			
Posterior (2)	Triceps brachii (long, lateral, medial)			Profunda brachii a.
	Anconeus			



FOREARM				
Grouping	Muscle	Action	Innervation	Vasculature
Anterior (superficial – 5)	Pronator teres			Ulnar a. & radial a.
	Flexor carpi radialis			Ulnar a.
	Flexor carpi ulnaris			
	Flexor digitorum superficialis			
	Palmaris longus			
Anterior (deep – 3)	Flexor digitorum profundus			Anterior interosseus a.
	Pronator quadratus			
	Flexor pollicis longus			



EXAMPREP

Posterior (12)	Brachioradialis			Radial recurrent a.
	Extensor carpi radialis longus			Radial a.
	Extensor carpi radialis brevis			Radial a.
	Supinator			Radial recurrent a.
	Extensor carpi ulnaris			Ulnar a.
	Extensor digitorum			Posterior interosseus a. from common interosseous a. branch from ulnar a.
	Abductor pollicis longus			
	Extensor pollicis longus			
	Extensor pollicis brevis			
	Extensor indices			
	Extensor digiti minimi			



FOREARM				
Grouping	Muscle	Action	Innervation	Vasculature
Thenar (3)	Abductor pollicis brevis			Superficial palmar branch of the radial a.
	Flexor pollicis brevis			
	Opponens pollicis			
Hypothenar (3)	Abductor digiti minimi			Ulnar a.
	Flexor digit minimi brevis			
	Opponens digiti minimi			
Short (Palmar - 9)	Lumbrical 1 + 2			Superficial palmar arch Deep palmar arch Common palmar digital a Dorsal digital a.



EXAMPREP

	Lumbrical 3 + 4			Superficial palmar arch Deep palmar arch Common palmar digital a Dorsal digital a.
	Palmar interossei (1-3)			Dorsal metacarpal a. & palmar metacarpal a.
	Palmaris brevis			Palmar branches of the ulnar a.
	Adductor pollicis			Deep palmar arterial arch
Short (Dorsal - 4)	Dorsal interossei (1-4)			Dorsal metacarpal a. & palmar metacarpal a.



GLUTEAL REGION				
Grouping	Muscle	Action	Innervation	Vasculature
Gluteal Region (8)	Gluteus maximus			Superior a. & inferior gluteal a.
	Gluteus medius			Superior gluteal a.
	Gluteus minimus			
	Piriformis			Inferior gluteal a. Internal pudendal a.
	Obturator internus			Superior gluteal a.
	Superior gemellus			Inferior gluteal a.
	Inferior gemellus			
	Quadratus femoris			



THIGH				
Grouping	Muscle	Action	Innervation	Vasculature
Anterior (7)	Iliopsoas			Lumbar branch of iliopsoas branch of internal iliac a.
	Pectineus			Medial circumflex femoral branch of femoral a. & obturator a.
	Sartorius			Femoral a. branches
	Rectus femoris (<i>quadriceps</i>)			<i>Medial circumflex femoral a.</i>
	Vastus lateralis (<i>quadriceps</i>)			<i>Lateral circumflex femoral a.</i>
	Vastus medialis (<i>quadriceps</i>)			Femoral a. <i>Profunda femoris a.</i> <i>Superior medial genicular branch of popliteal a.</i>



	Vastus intermedius (<i>quadriceps</i>)			<i>Lateral circumflex femoral a.</i>
Medial (5)	Gracilis			Obturator a.
	Obturator externus			
	Adductor longus			
	Adductor brevis			
	Adductor magnus			
Posterior (3)	Semimembranosus (<i>hamstrings</i>)			Perforating branches of: Profunda femoris a. Inferior gluteal a. Superior branches of popliteal a.
	Semitendinosus (<i>hamstrings</i>)			
	Biceps femoris (long head) (<i>hamstrings</i>)			
	Biceps femoris (short head)			
N/a	Tensor fasciae latae			Superior gluteal a. <i>Lateral circumflex femoral a.</i>



LEG				
Grouping	Muscle	Action	Innervation	Vasculature
Anterior (4)	Tibialis anterior			Anterior tibial a.
	Extensor hallucis longus			
	Extensor digitorum longus			
	Fibularis tertius			
Lateral (2)	Fibularis longus			Branches of fibular a.
	Fibularis brevis			
Posterior (superficial – 3)	Soleus			Posterior tibial a.
	Gastrocnemius			



EXAMPREP

	Plantaris			
Posterior (deep – 4)	Tibialis posterior			
	Flexor digitorum longus			
	Flexor hallucis longus			
	Popliteus			



FOOT				
Grouping	Muscle	Action	Innervation	Vasculature
Flexor (layer 1) (3)	Flexor digitorum brevis			Medial plantar a.
	Abductor hallucis			
	Abductor digiti minimi			Lateral plantar a.
Flexor (layer 2) (6)	Flexor hallucis brevis			Medial plantar a.
	Lumbrical 1			
	Lumbrical 2			Lateral plantar a.
	Lumbrical 3			
	Lumbrical 4			



EXAMPREP

	Quadratus plantae			
Flexor (layer 3) (2)	Adductor hallucis (transverse head) Adductor hallucis (oblique head)			Lateral plantar a.
	Flexor digiti minimi brevis			
Flexor (layer 4) (7)	Plantar interossei (1- 3)			
	Dorsal interossei (1- 4)			



Filled - in Muscle Anatomy Review Chart

BACK				
Grouping	Muscle	Action	Innervation	Vasculature
Superficial (5)	Trapezius	rotate scapula; elevate, retract shoulder	Accessory n. (CN XI)	Transverse cervical a.
	Latissimus dorsi	extend, ADduct, medially rotate humerus	Thoracodorsal n.	Thoracodorsal a.
	Rhomboides major	retract and rotate scapula, fix scapula to thoracic wall	Dorsal scapular n.	Dorsal scapular a.
	Rhomboides minor	""		
	Levator scapulae	elevate, rotate scapula		
Intermediate (2)	Serratus posterior superior	elevate ribs on inspiration	2 – 5 Intercostal n.	Intercostal a.
	Serratus posterior inferior	ribs down, out on inspiration	VPR T9 – T12	
Deep (4)	Splenius capitis	laterally bend neck to ipsilateral side; extend head, neck in conjunction	Dorsal rami of spinal n.	
	Splenius cervicis	""		
	Semispinalis	extend neck; rotate head	Dorsal rami of cervical spinal n.	Lateral sacral a.
	Erector spinae: Iliocostalis, Longissimus, Spinalis	extend vertebral column, bend laterally	Dorsal rami of respective spinal n.	



SHOULDER AND PECTORAL REGION				
Grouping	Muscle	Action	Innervation	Vasculature
Shoulder (7)	Deltoid	flex, extend, ABduct humerus	Axillary n.	Thoracoacromial a. (deltoid branch)
	Supraspinatus	ABduct humerus	Suprascapular n.	Anastomoses from subclavian or axillar a. that include: Suprascapular a. Dorsal scapular a. Circumflex scapular a.
	Infraspinatus	laterally rotate humerus	Suprascapular n.	
	Teres minor	""	Axillary n.	
	Teres major	ADDuct, extend, medially rotate humerus	Lower subscapular n.	
	Subscapularis	medially rotate humerus	Upper & lower subscapular n.	
	Omohyoid	depress hyoid bone	Cervical n. C1-C3 via ansa cervicalis	
Pectoral region (4)	Pectoralis major	ADduct, medially rotate, extend, flex humerus	Lateral & medial pectoral n.	Thoracoacromial a. (pectoral branches)
	Pectoralis minor	protract, depress scapula	Medial pectoral n.	
	Serratus anterior	protract, rotate scapula	Long thoracic n.	Lateral thoracic a.
	Subclavius	depress scapula	Subclavian n.	Thoracoacromial a. (clavicular branch)



ARM				
Grouping	Muscle	Action	Innervation	Vasculature
Anterior (3)	Coracobrachialis	flex, ADduct arm	Musculocutaneous n.	Brachial a. & its branches
	Biceps brachii (long, short)	flex arm, forearm; supinate forearm		
	Brachialis	flex forearm		
Posterior (2)	Triceps brachii (long, lateral, medial)	extend arm, forearm	Radial n.	Profunda brachii a.
	Anconeus	extend forearm		



FOREARM				
Grouping	Muscle	Action	Innervation	Vasculature
Anterior (superficial – 5)	Pronator teres	pronate, flex forearm	Median n.	Ulnar a. & radial a.
	Flexor carpi radialis	flex hand, ABduct wrist		Ulnar n.
	Flexor carpi ulnaris	flex, ADduct wrist		
	Flexor digitorum superficialis	flex PIP; flex MP	Median n.	
	Palmaris longus	flex wrist; tighten palmar aponeurosis		
Anterior (deep – 3)	Flexor digitorum profundus	flex DIP of digits	Medial: ulnar n. Lateral: median n.	Anterior interosseus a.
	Pronator quadratus	pronate forearm	Anterior interosseus n. of median n.	
	Flexor pollicis longus	flex IP of thumb		
Posterior (12)	Brachioradialis	flex forearm	Radial n.	Radial recurrent a.
	Extensor carpi radialis longus	extend, ABduct wrist; fist clenching		Radial a.
	Extensor carpi radialis brevis	""	Deep branch of radial n.	Radial a.
	Supinator	supinate forearm, rotate radius	Posterior interosseus n. of radial n.	Radial recurrent a.
	Extensor carpi ulnaris	extend, ADduct wrist		Ulnar a.
	Extensor digitorum	extend MP of digits; extend IP		Posterior
	Abductor pollicis longus	extend IP, ABduct, extend thumb		



EXAMPREP

	Extensor pollicis longus	extend IP thumb, ABduct, extend thumb		interosseus a. from common interosseous a. branch from ulnar a.
	Extensor pollicis brevis	extend MP and MCP of thumb, ABduct, extend thumb		
	Extensor indices	extend 2 nd digit		
	Extensor digiti minimi	extend MP 5 th digit; extend IP		



HAND				
Grouping	Muscle	Action	Innervation	Vasculature
Thenar (3)	Abductor pollicis brevis	ABduct/oppose thumb	Recurrent branch of median n.	Superficial palmar branch of the radial a.
	Flexor pollicis brevis	flex thumb		
	Opponens pollicis	oppose, medially rotate thumb		
Hypothenar (3)	Abductor digiti minimi	ABduct 5 th digit	Deep branch of ulnar n.	Ulnar a.
	Flexor digit minimi brevis	flex MPC of 5 th digit		
	Opponens digiti minimi	oppose 5 th digit to thumb		
Short (Palmar – 9)	Lumbrical 1 + 2	flex MPC joint; extend IP joint	Median n.	Superficial palmar arch Deep palmar arch Common palmar digital a Dorsal digital a.
	Lumbrical 3 + 4	""	Deep branch of ulnar n.	Superficial palmar arch Deep palmar arch Common palmar digital a Dorsal digital a.



EXAMPREP

	Palmar interossei (1-3)	ADduct digits; flex MCP joint; extend IP joint		Dorsal metacarpal a. & palmar metacarpal a.
	Palmaris brevis	improves grip	Superficial branch of ulnar n.	Palmar branches of the ulnar a.
	Adductor pollicis	ADduct thumb	Deep branch of ulnar n.	Deep palmar arterial arch
Short (Dorsal – 4)	Dorsal interossei (1-4)	ABduct digits; flex MCP joint; extend IP joint	Deep branch of ulnar n.	Dorsal metacarpal a. & palmar metacarpal a.



GLUTES				
Grouping	Muscle	Action	Innervation	Vasculature
Gluteal Region (8)	Gluteus maximus	extend, laterally rotate thigh	Inferior gluteal n.	Superior a. & inferior gluteal a.
	Gluteus medius	ABduct, medially rotate thigh	Superior gluteal n.	Superior gluteal a.
	Gluteus minimus	""		
	Piriformis	laterally rotate thigh	Ventral rami of S1 and S2	Inferior gluteal a. Internal pudendal a. Superior gluteal a.
	Obturator internus	""	Nerve to obturator internus	
	Superior gemellus	""	Nerve to quadratus femoris	Inferior gluteal a.
	Inferior gemellus	""		
	Quadratus femoris	""		



THIGH				
Grouping	Muscle	Action	Innervation	Vasculature
Anterior (7)	Iliopsoas	flex thigh; flex and laterally bend lumbar spine	Femoral n. (for iliacus) & lumbar plexus (psoas)	Lumbar branch of iliopsoas branch of internal iliac a.
	Pectineus	flex, ADduct, laterally rotate thigh at hip	Femoral n. & obturator n.	Medial circumflex femoral branch of femoral a. & obturator a.
	Sartorius	flex, ABduct, laterally rot hip; flex, medially rotate knee	Femoral n.	Femoral a. branches
	Rectus femoris (<i>quadriceps</i>)	flex hip; extend knee		Medial circumflex femoral a.
	Vastus lateralis (<i>quadriceps</i>)	extend leg at knee		Lateral circumflex femoral a.
	Vastus medialis (<i>quadriceps</i>)	""		Femoral a. <i>Profunda femoris a.</i> <i>Superior medial genicular branch of popliteal a.</i>
	Vastus intermedius (<i>quadriceps</i>)	""		Lateral circumflex femoral a.



Medial (5)	Gracilis	flex, ADduct, thigh at hip; flex, medially rot knee	Obturator n.	Obturator a.
	Obturator externus	laterally rotate, ADuct hip; holds head of femur in acetabulum		
	Adductor longus	flex, ADduct thigh at hip		
	Adductor brevis	flex, extend, ADduct, laterally rotate thigh at hip		
	Adductor magnus	ADduct thigh; adductor – flex thigh; hamstring – extend thigh	Obturator n. & tibial n.	
Posterior (3)	Semimembranosus (<i>hamstrings</i>)	extend thigh; flex, medially rotate leg	Tibial n.	Perforating branches of: Profunda femoris a. Inferior gluteal a. Superior branches of popliteal a.
	Semitendinosus (<i>hamstrings</i>)	""		
	Biceps femoris (long head) (<i>hamstrings</i>)	extend thigh; flex, laterally rotate leg		
	Biceps femoris (short head)	flex, laterally rotate leg	Common fibular n.	
N/a	Tensor fasciae latae	ABduct, medially rotate, flex thigh	Superior gluteal n.	Superior gluteal a. <i>Lateral circumflex femoral a.</i>



LEG				
Grouping	Muscle	Action	Innervation	Vasculature
Anterior (4)	Tibialis anterior	dorsiflex ankle; invert foot	Deep fibular n.	Anterior tibial a.
	Extensor hallucis longus	dorsiflex ankle; extend 1 st digit		
	Extensor digitorum longus	dorsiflex ankle; extend 2 – 5 digit		
	Fibularis tertius	dorsiflex ankle; evert foot		
Lateral (2)	Fibularis longus	evert foot; weak plantarflexion of ankle	Superficial fibular n.	Branches of fibular a.
	Fibularis brevis	""		
Posterior (superficial – 3)	Soleus	plantarflex ankle; raise heel to walk	Tibial n.	Posterior tibial a.
	Gastrocnemius	flex leg; plantarflex foot		
	Plantaris	""		
Posterior (deep – 4)	Tibialis posterior	plantarflex ankle; invert foot		
	Flexor digitorum longus	flex digits 2 – 5, plantarflex ankle, supports long arch		
	Flexor hallucis longus	flex 1 st digit; plantarflex ankle; support med long arch of foot		
	Popliteus	weakly flex knee; rotate femur on fixed tibia and unlocks leg; medially rotate tibia of unplanted limb		



FOOT				
Grouping	Muscle	Action	Innervation	Vasculature
Flexor (layer 1) (3)	Flexor digitorum brevis	flex digits 2 – 5	Medial plantar n.	Medial plantar a.
	Abductor hallucis	ADduct 1 st digit; support transverse arch		
	Abductor digiti minimi	ABduct, flex 5 th digit	Lateral plantar n.	Lateral plantar a.
Flexor (layer 2) (6)	Flexor hallucis brevis	flex proximal phalanx 1 st digit	Medial plantar n.	Medial plantar a.
	Lumbrical 1	flex PIP; extend DIP digit 2 – 4	Lateral plantar n.	Lateral plantar a.
	Lumbrical 2	""		
	Lumbrical 3	""		
	Lumbrical 4	""		
	Quadratus plantae	flex digits 2 – 5		
Flexor (layer 3) (2)	Adductor hallucis (transverse head) Adductor hallucis (oblique head)	ADduct 1 st digit; support transverse arch	Deep branch of lateral plantar n.	Lateral plantar a.
	Flexor digiti minimi brevis	flex proximal phalanx 5 th digit	Superficial branch of lateral plantar n.	
	Flexor (layer 4) (7)	Plantar interossei (1-3)	ADduct digits 2 – 4; flex MP	
Dorsal interossei (1-4)		ABduct digits 2 – 4; flex MP		