

ANAT1005

Muscular Component of the Skeletal Module

The content within this document is based off the following lectures and their relevant practical notes:

LECTURE 11 – Skeletal Muscle

LECTURE 12 – Muscles of the Head & Neck

LECTURE 13 – Muscles of the Back & Trunk

LECTURE 14 – Muscles of the Pectoral Girdle & Arm

LECTURE 15 – Muscles of the Forearm & Hand

LECTURE 16 – Muscles of the Hip & Thigh

LECTURE 17 – Muscles of the Leg & Foot

	NAME	ORIGIN	INSERTION	ACTION	NERVE	
WRIST FLEXORS	Flexor carpi radialis 72	medial epicondyle of humerus	base of 2nd & 3rd metacarpals (anterior)	<ul style="list-style-type: none"> powerful flexor of wrist abducts the hand weak synergist of elbow flexion 	Median nerve	
	Palmaris longus 73	medial epicondyle of humerus	palmar aponeurosis, skin & fascia of palm	<ul style="list-style-type: none"> weak wrist flexor weak synergist of elbow flexion tenses skin of palm during hand movements 	Median nerve	
	ulnaris 74	humerus, olecranon process & posterior surface of ulna	bones & base of 5th metacarpal (anterior)	<ul style="list-style-type: none"> adducts hand with extensor carpi ulnaris stabilized wrist during finger extension 		
WRIST EXTENSORS	Extensor carpi radialis longus 75	lateral supracondylar ridge of humerus	base of 2nd metacarpal (posterior)	<ul style="list-style-type: none"> extends wrist with extensor carpi ulnaris abducts write with flexor carpi radialis 	Radial nerve	
	Extensor carpi ulnaris 76	lateral epicondyle of humerus & posterior border of ulna	base of 5th metacarpal (posterior)	<ul style="list-style-type: none"> extends & adducts wrist 	Deep branch of radial nerve	
WRIST EXTENSORS	Flexor digitorum superficialis 77	medial epicondyle of humerus, coronoid process of ulna, shaft of radius	by four tendons into middle phalanges of fingers 2-5	<ul style="list-style-type: none"> flexes wrist & middle phalanges of fingers 2-5 	Median nerve	
	Extensor digitorum 78	lateral epicondyle of humerus	by four tendons into extensor expansions & distal phalanges of fingers 2-5	<ul style="list-style-type: none"> prime mover of finger extension extends wrist can abduct (flare) fingers 	Posterior interosseous nerve, a branch of radial nerve	
	Extensor digiti minimi 79	lateral epicondyle of humerus	extensor expansion of 5th digit	<ul style="list-style-type: none"> extends 5th digit 	Posterior interosseous nerve, deep branch of radial nerve	
FINGER MOVERS	Extensor pollicis longus 80	posterior surface of middle 3rd of ulna	base of distal phalanx of thumb	<ul style="list-style-type: none"> extends thumb 	Posterior interosseous nerve	
	Abductor pollicis longus 81	posterior surface of radius & ulna	base of 1st metacarpal & trapezium	<ul style="list-style-type: none"> abducts & extends thumb 	Posterior interosseous nerve	

	NAME	ORIGIN	INSERTION	ACTION	NERVE	
THIGH MOVERS	Sartorius 82	anterior superior iliac spine	medial aspect of proximal tibia	<ul style="list-style-type: none"> flexes, abducts & laterally rotates the thigh flexes knee (weak) 	Femoral nerve	
	Iliopsoas Iliacus 83	iliac fossa & crest, lateral sacrum	lesser trochanter of femur	<ul style="list-style-type: none"> prime mover of thigh flexion lateral flexion of vertebral column (psoas) 	Femoral nerve	
	Iliopsoas Psoas major 84	transverse processes of L1-L5, bodies & discs of T12-L5	lesser trochanter of femur		Ventral nerve	
	Pectineus 85	pectineal line of pubis	inferior from lesser trochanter to linea aspera	<ul style="list-style-type: none"> adducts, flexes & medially rotates thigh 	Femoral & obturator nerve	
	Gracilis 86	inferior ramus & body of pubis, ischial ramus	medial surface of tibial shaft just inferior to medial condyle	<ul style="list-style-type: none"> adducts thigh flexes & medially rotates leg (when walking) 	Obturator nerve	
	Adductor magnus 87	ischial & pubic rami, ischial tuberosity	linea aspera & adductor tubercle of femur	<ul style="list-style-type: none"> adducts & medially rotates thigh (anterior part) synergist of hamstring in thigh extension (posterior part) 	Obturator nerve	
	Adductor longus 88	pubic near pubic symphysis	linea aspera	<ul style="list-style-type: none"> adducts, flexes & medially rotates thigh 	Anterior division of obturator nerve	
	Tensor fasciae latae 89	anterior iliac crest & anterior superior iliac spine	iliotibial tract	<ul style="list-style-type: none"> flexes & abducts thigh (synergist of iliopsoas & gluteus muscles) rotates thigh medially steadies the trunk by pulling iliotibial tract taut (locking the knee) 	Superior gluteal nerve	
	Gluteus maximus 90	dorsal ilium, sacrum & coccyx	gluteal tuberosity of femur, iliotibial tract	<ul style="list-style-type: none"> major extensor of thigh laterally rotates & abducts thigh inactive during standing 	Inferior gluteal nerve	
	Gluteus medius 91	lateral surface of ilium between anterior & posterior gluteal lines	via short tendon into lateral aspect of greater trochanter	<ul style="list-style-type: none"> abducts thigh anterior part rotates hip medially posterior part rotates hip laterally 	Superior gluteal nerve	
Gluteus minimus 92	dorsal ilium between anterior & inferior gluteal lines	superior border of greater trochanter of femur	<ul style="list-style-type: none"> abducts & medially rotates thigh 	Superior gluteal nerve		

