



Muscle Anatomy Master Class (MAMC)

Complete Muscle List

UPPER EXTREMITY

SHOULDER GIRDLE:

1. Trapezius
2. Rhomboids
3. Levator scapulae
4. Serratus anterior
5. Pectoralis minor
6. Subclavius

ARM:

1. Deltoid
2. Biceps brachii
3. Brachialis
4. Coracobrachialis
5. Triceps brachii
6. Supraspinatus
7. Infraspinatus
8. Teres minor
9. Subscapularis
10. Teres major
11. Latissimus dorsi
12. Pectoralis major



FOREARM:

1. Flexor carpi ulnaris
2. Palmaris longus
3. Flexor carpi radialis
4. Pronator teres
5. Brachioradialis
6. Flexor digitorum superficialis
7. Flexor digitorum profundus
8. Flexor pollicis longus
9. Pronator quadratus
10. Extensor carpi radialis longus
11. Extensor carpi radialis brevis
12. Extensor digitorum
13. Extensor digiti minimi
14. Extensor carpi ulnaris
15. Anconeus
16. Supinator
17. Abductor pollicis longus
18. Extensor pollicis brevis
19. Extensor pollicis longus
20. Extensor indicis

HAND:

1. Abductor pollicis brevis
2. Flexor pollicis brevis
3. Opponens pollicis
4. Abductor digiti minimi manus
5. Flexor digiti minimi manus
6. Opponens digiti minimi
7. Palmaris brevis
8. Adductor pollicis
9. Lumbricals manus
10. Palmar interossei
11. Dorsal interossei manus



LOWER EXTREMITY

PELVIC GIRDLE:

1. Gluteus maximus
2. Gluteus medius
3. Gluteus minimus
4. Piriformis
5. Superior gemellus
6. Obturator internus
7. Inferior gemellus
8. Obturator externus
9. Quadratus femoris
10. Coccygeus
11. Levator ani

THIGH:

1. Tensor fasciae latae
2. Quadriceps femoris group
3. Rectus femoris
4. Vastus lateralis
5. Vastus medialis
6. Vastus intermedius
7. Articularis genu
8. Sartorius
9. Iliacus
10. Psoas major
11. Pectineus
12. Adductor longus
13. Adductor brevis
14. Gracilis
15. Adductor magnus
16. Biceps femoris
17. Semitendinosus
18. Semimembranosus



LEG:

1. Tibialis anterior
2. Extensor digitorum longus
3. Fibularis tertius
4. Extensor hallucis longus
5. Fibularis longus
6. Fibularis brevis
7. Gastrocnemius
8. Soleus
9. Plantaris
10. Popliteus
11. Tibialis posterior
12. Flexor digitorum longus
13. Flexor hallucis longus

FOOT:

1. Extensor digitorum brevis
2. Extensor hallucis brevis
3. Abductor hallucis
4. Abductor digiti minimi pedis
5. Flexor digitorum brevis
6. Quadratus plantae
7. Lumbricals pedis
8. Flexor hallucis brevis
9. Flexor digiti minimi pedis
10. Adductor hallucis
11. Plantar interossei
12. Dorsal interossei pedis



AXIAL BODY

HEAD:

1. Temporalis
2. Masseter
3. Lateral pterygoid
4. Medial pterygoid
5. Occipitofrontalis
6. Temporoparietalis
7. Auricularis group
8. Orbicularis oculi
9. Levator palpebrae superioris
10. Corrugator supercilii
11. Procerus
12. Nasalis
13. Depressor septi nasi
14. Levator labii superioris alaeque nasi
15. Levator labii superioris
16. Zygomaticus minor
17. Zygomaticus major
18. Levator anguli oris
19. Risorius
20. Depressor anguli oris
21. Depressor labii inferioris
22. Mentalis
23. Buccinator
24. Orbicularis oris



NECK:

1. Trapezius
2. Splenius capitis
3. Splenius cervicis
4. Levator scapulae
5. Semispinalis capitis
6. Suboccipital group
7. Rectus capitis posterior major
8. Rectus capitis posterior minor
9. Obliquus capitis inferior
10. Obliquus capitis superior
11. Rectus capitis lateralis
12. Rectus capitis anterior
13. Sternocleidomastoid
14. Scalene group
15. Anterior scalene
16. Middle scalene
17. Posterior scalene
18. Longus colli
19. Longus capitis
20. Platysma
21. Sternohyoid
22. Sternothyroid
23. Thyrohyoid
24. Omohyoid
25. Digastric
26. Mylohyoid
27. Geniohyoid
28. Stylohyoid
29. Hyoid group



BACK:

1. Erector spinae group
2. Transversospinalis group
3. Quadratus lumborum
4. Latissimus dorsi
5. Serratus posterior superior
6. Serratus posterior inferior
7. Interspinales
8. Intertransversarii
9. Levatores costarum
10. Subcostales

CHEST AND ABDOMEN:

1. External intercostals
2. Internal intercostals
3. Transversus thoracis
4. Pectoralis major
5. Pectoralis minor
6. Rectus abdominis
7. External abdominal oblique
8. Internal abdominal oblique
9. Transversus abdominis
10. Psoas major
11. Psoas minor
12. Diaphragm