



Excellence in Anatomy Instruction

# 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



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## 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



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## 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



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## 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



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## 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 sept 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



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## NECK:

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



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## 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