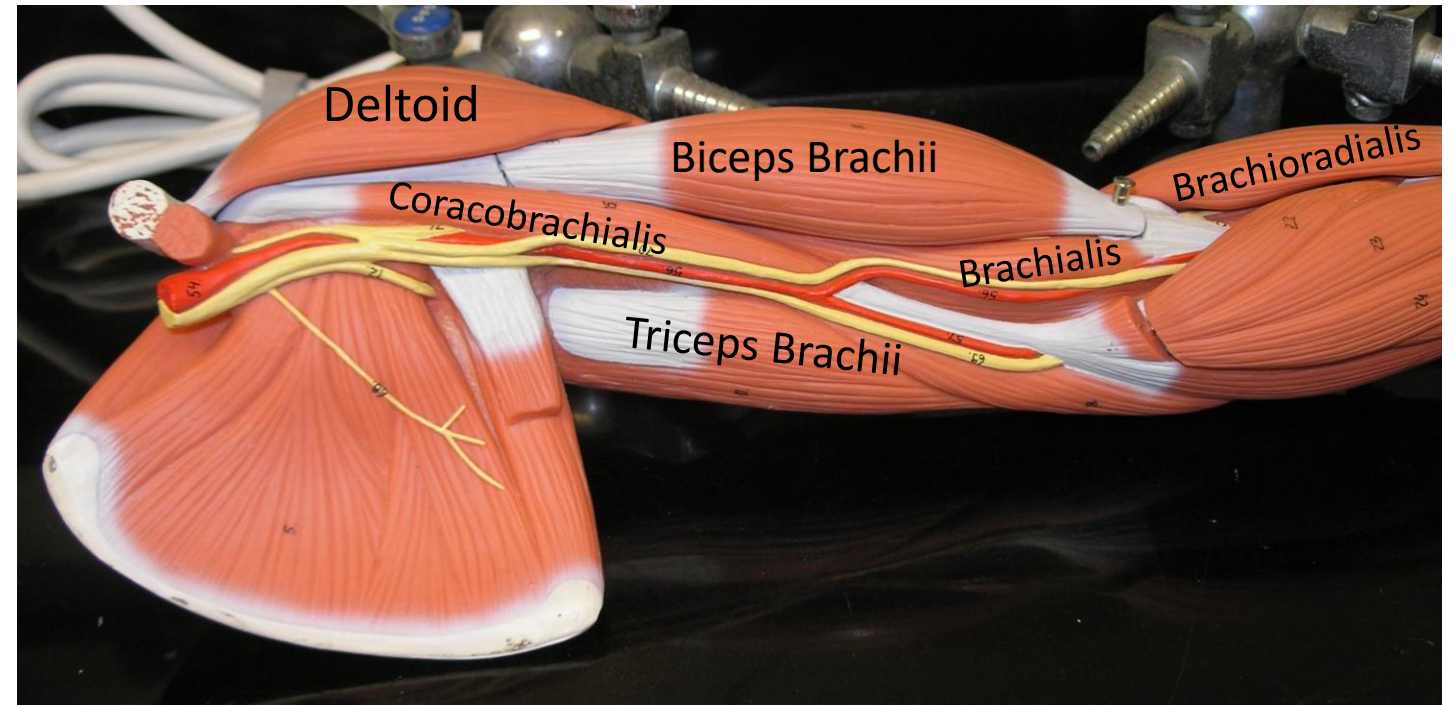
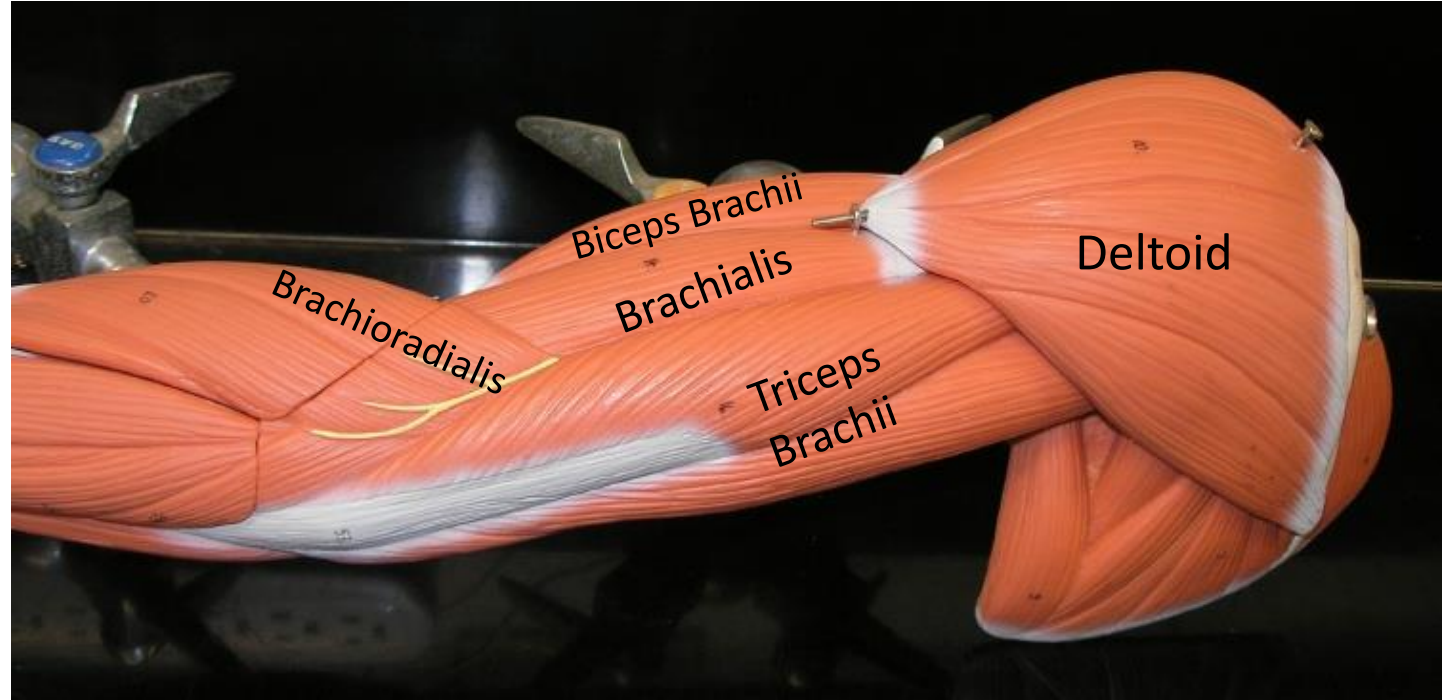
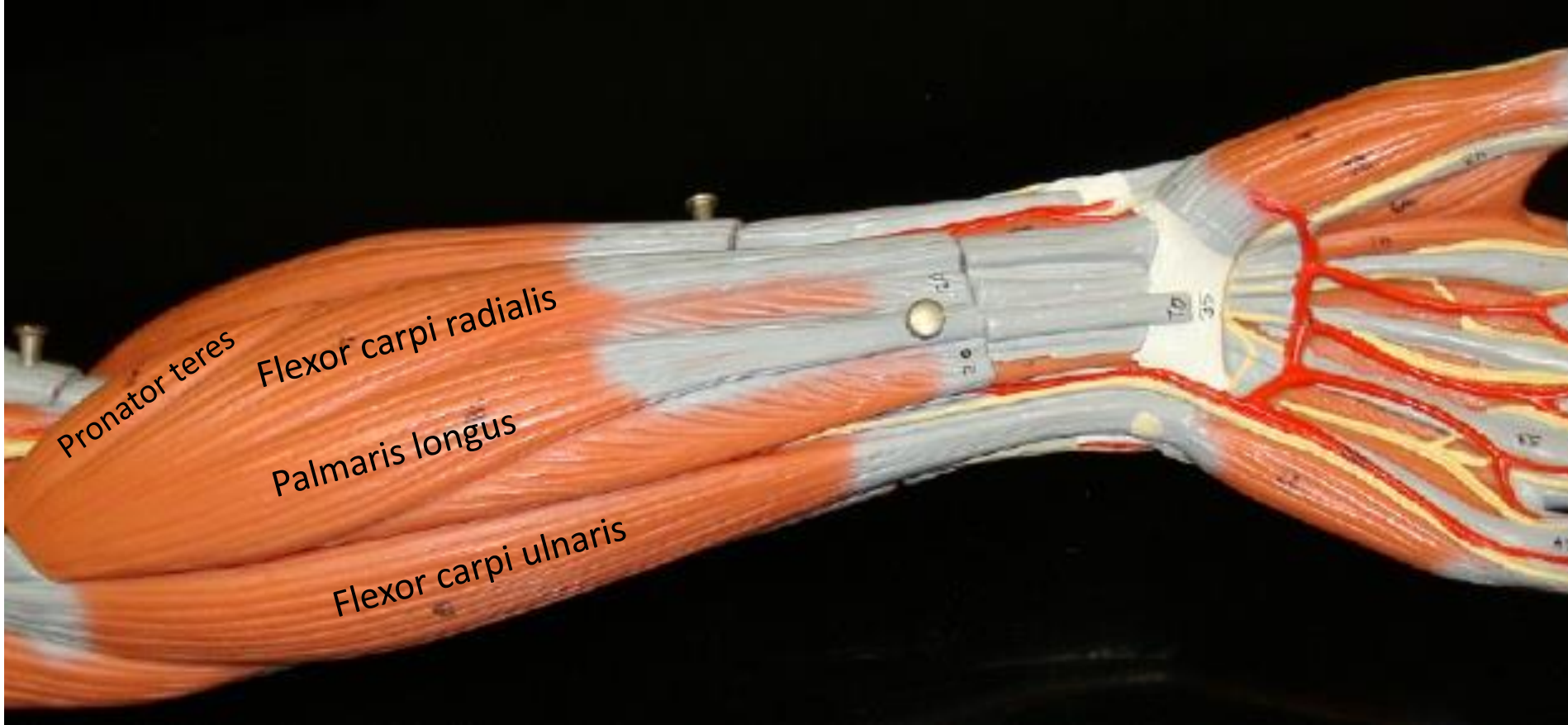


ARM & LEG MUSCLES

Arm Muscles

- Deltoid (10)
Abducts arm (humerus)
- Biceps brachii (11)
Flexes FOREarm or Elbow
- Brachialis (14)
Flexes FOREarm or Elbow
- Brachioradialis (19)
Flexes FOREarm or Elbow
- Triceps brachii (16, 17, 18)
Extends FOREarm or Elbow
- Coracobrachialis (15)
Flexes humerus (arm)





Thumb
“thumbs up radius!”

Anterior Forearm Muscles

Flexor carpi radialis (23)

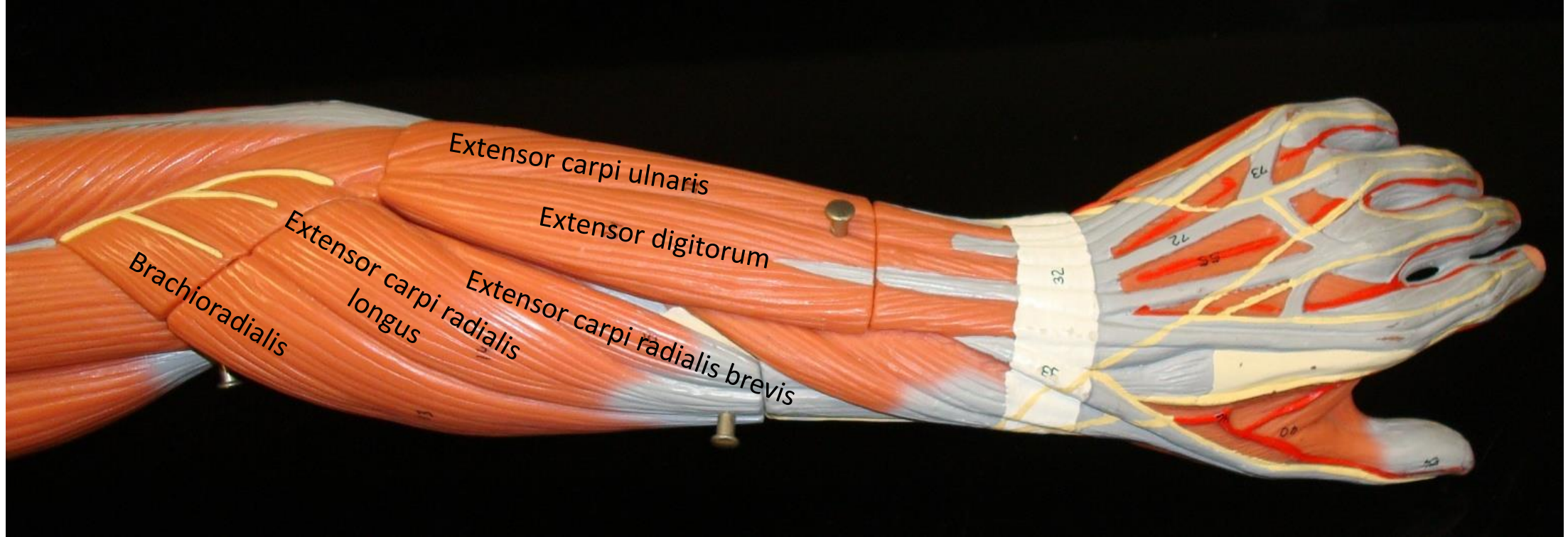
Palmaris longus (24)

Flexor carpi ulnaris (25)

Flexes wrist

Pronator teres (22)

Pronates forearm



Posterior Forearm Muscles

Thumb
“thumbs up radius!”

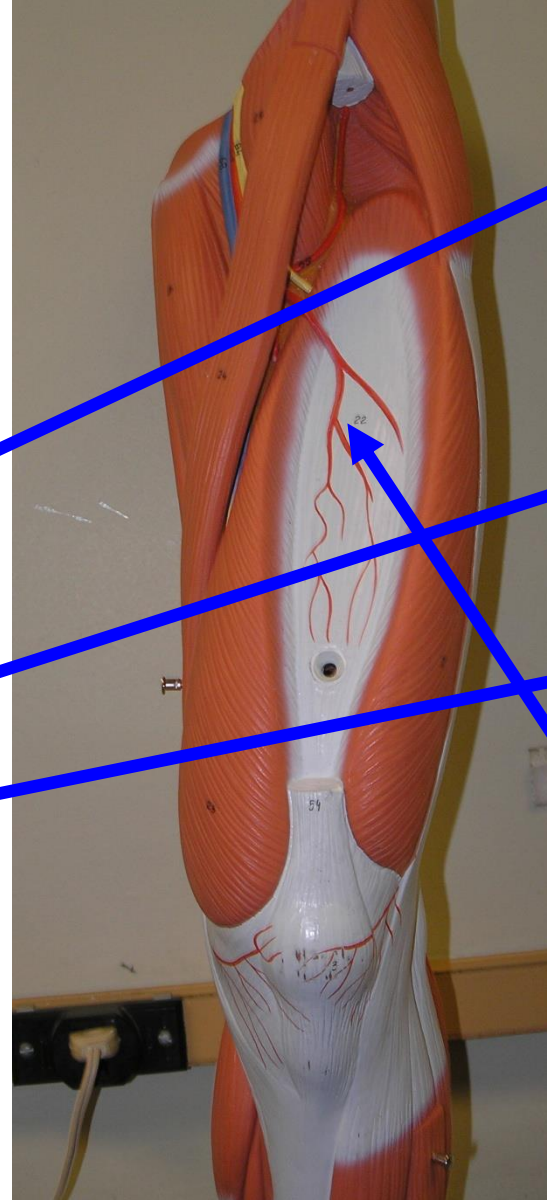
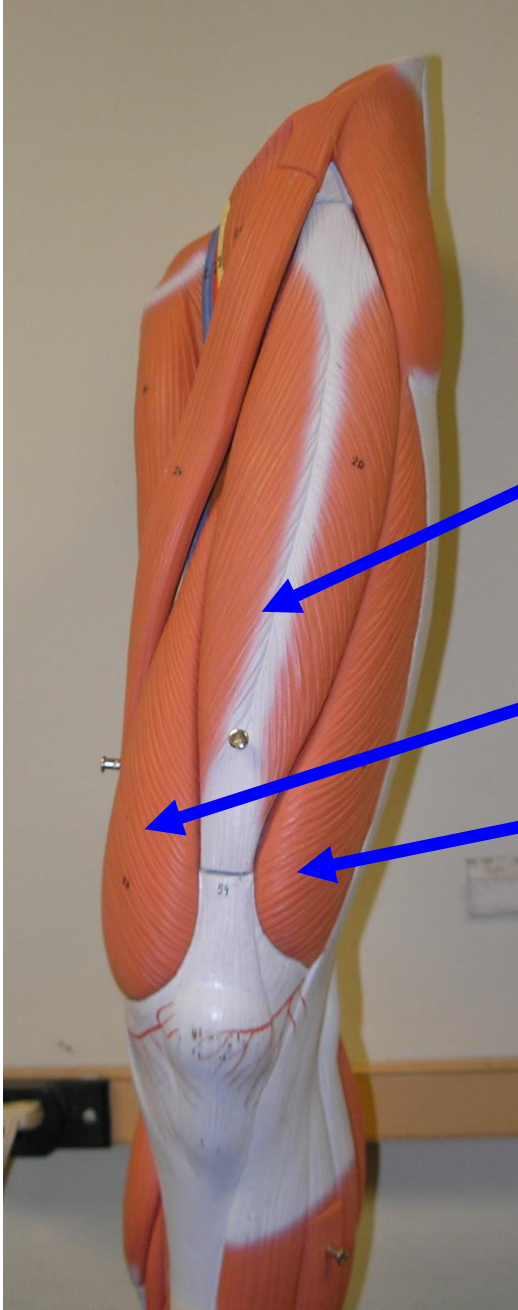
- Brachioradialis (19) **Flexes forearm or elbow**

- Extensor carpi radialis longus (20)
- Extensor carpi radialis brevis (21)

Extends wrist

- Extensor digitorum (30) - **This one also** Extends fingers
- Extensor carpi ulnaris (32)

Hip & Thigh Muscles – ANTERIOR VIEW



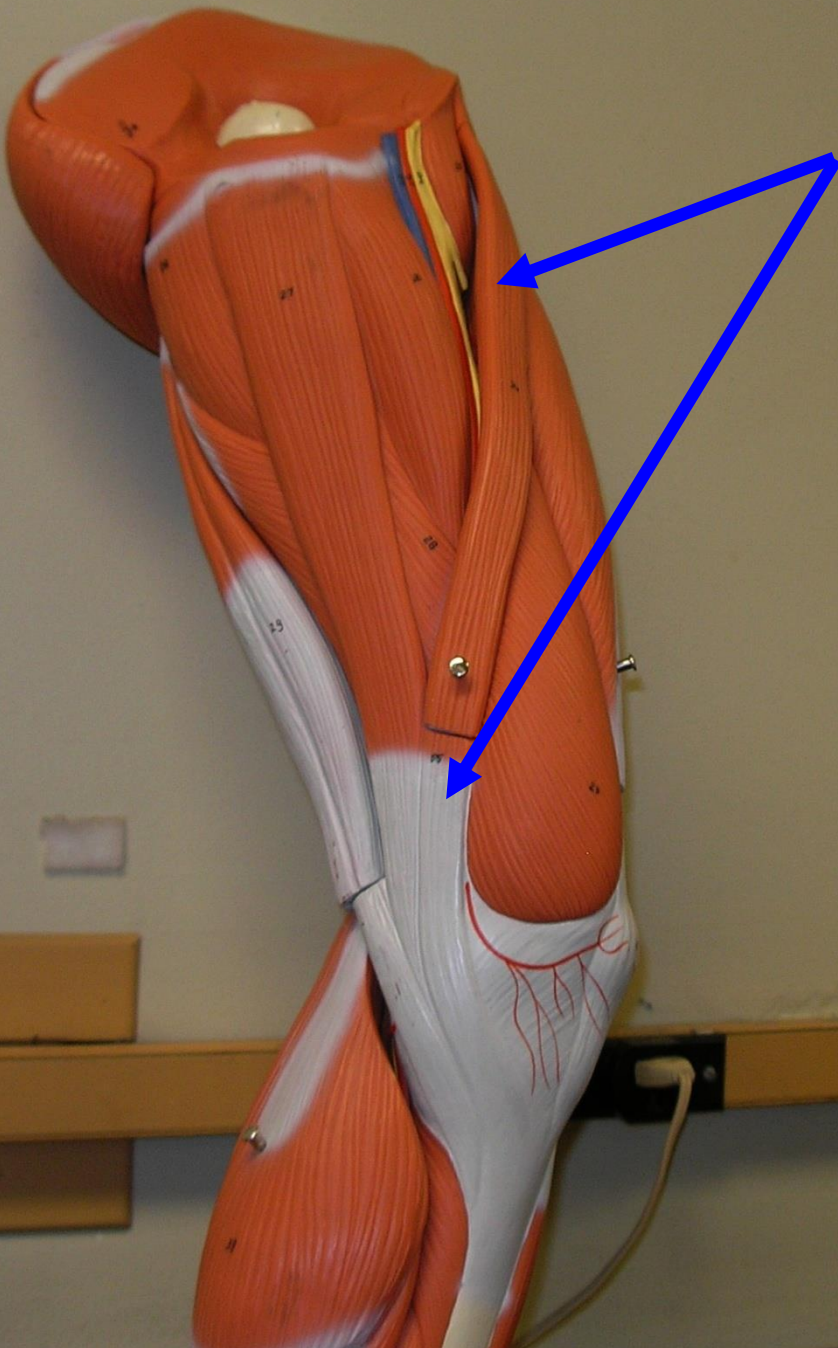
- Rectus femoris (20)
**This one also
Flexes thigh (femur)**
- Vastus medialis (23)
- Vastus lateralis (21)
- Vastus intermedius (22)

**Extends
knee**

Hip & Thigh Muscles – MEDIAL VIEW

- Sartorius (24)

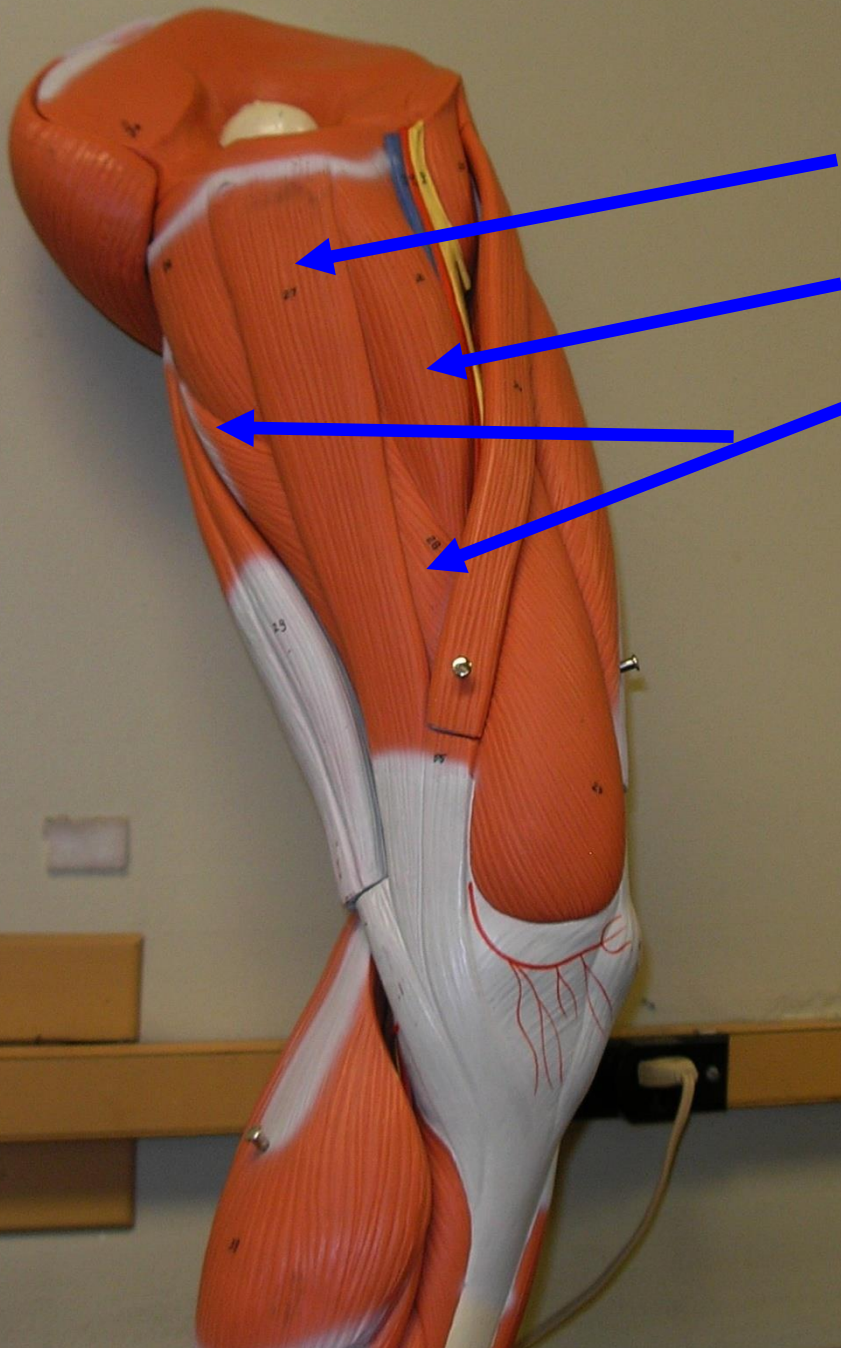
Flexes thigh (femur), Laterally rotates thigh (femur)



Hip & Thigh Muscles – MEDIAL VIEW

- Gracilis (27)
- Adductor Longus (26)
- Adductor Magnus (28)

**Adducts
thigh (femur)**

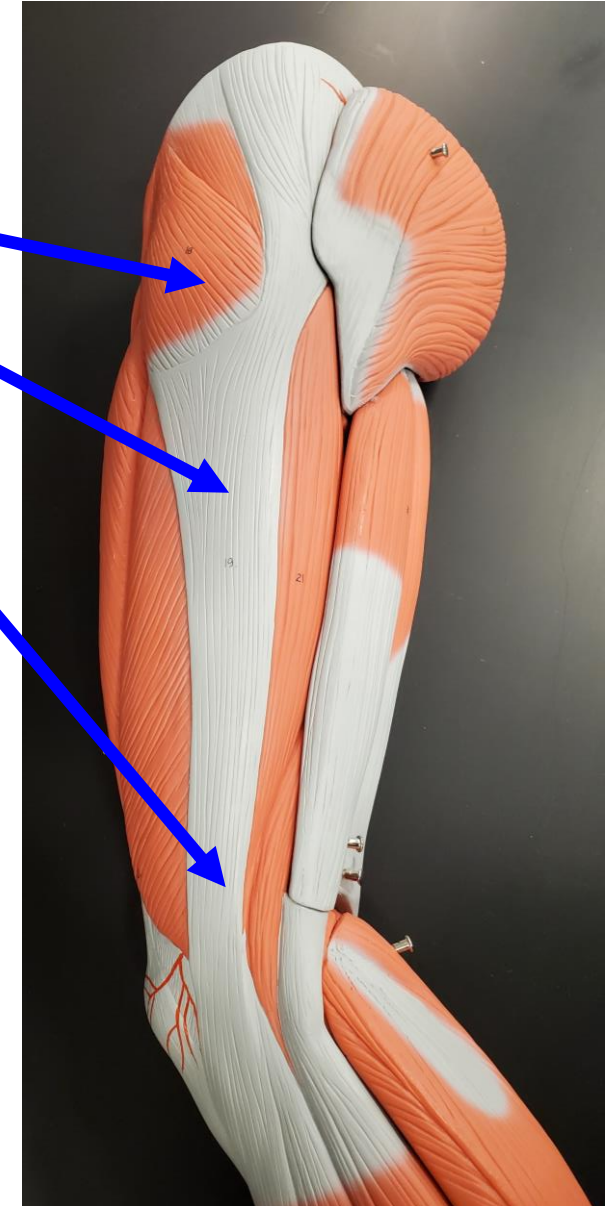


Hip & Thigh Muscles – LATERAL VIEW



- Tensor Fasciae Latae (18)
Abducts thigh (femur)

- Gluteus Maximus (10)
Extends thigh (femur)



Hip & Thigh Muscles – POSTERIOR VIEW

Gluteus Maximus (11)

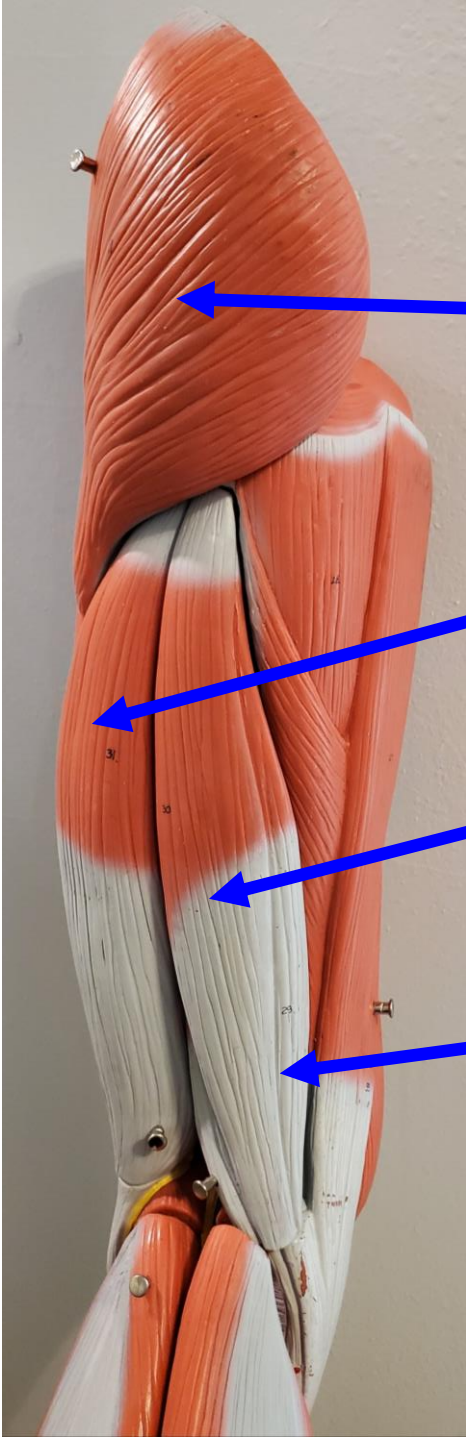
Extends thigh (femur)

• Biceps Femoris (31)

• Semitendinosus (30)

• Semimembranosus (29)

**Extends
thigh AND
Flexes
knee**



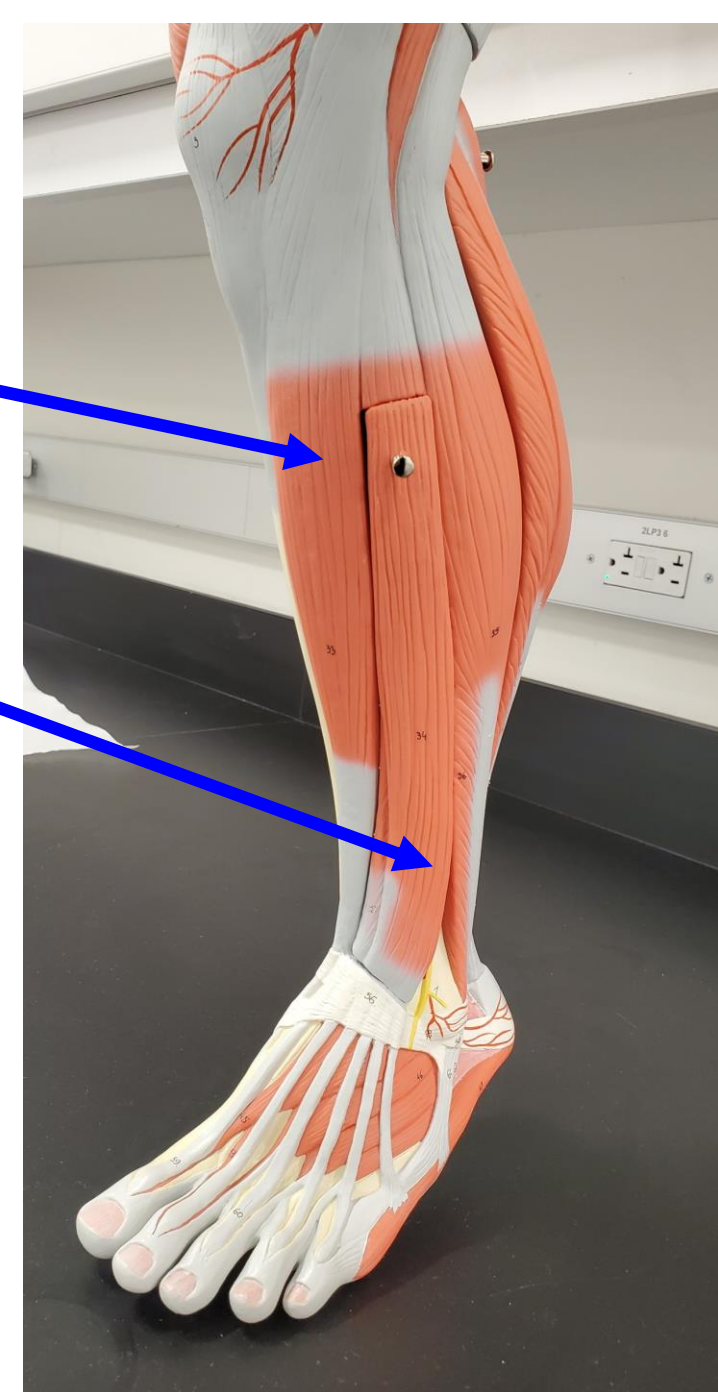
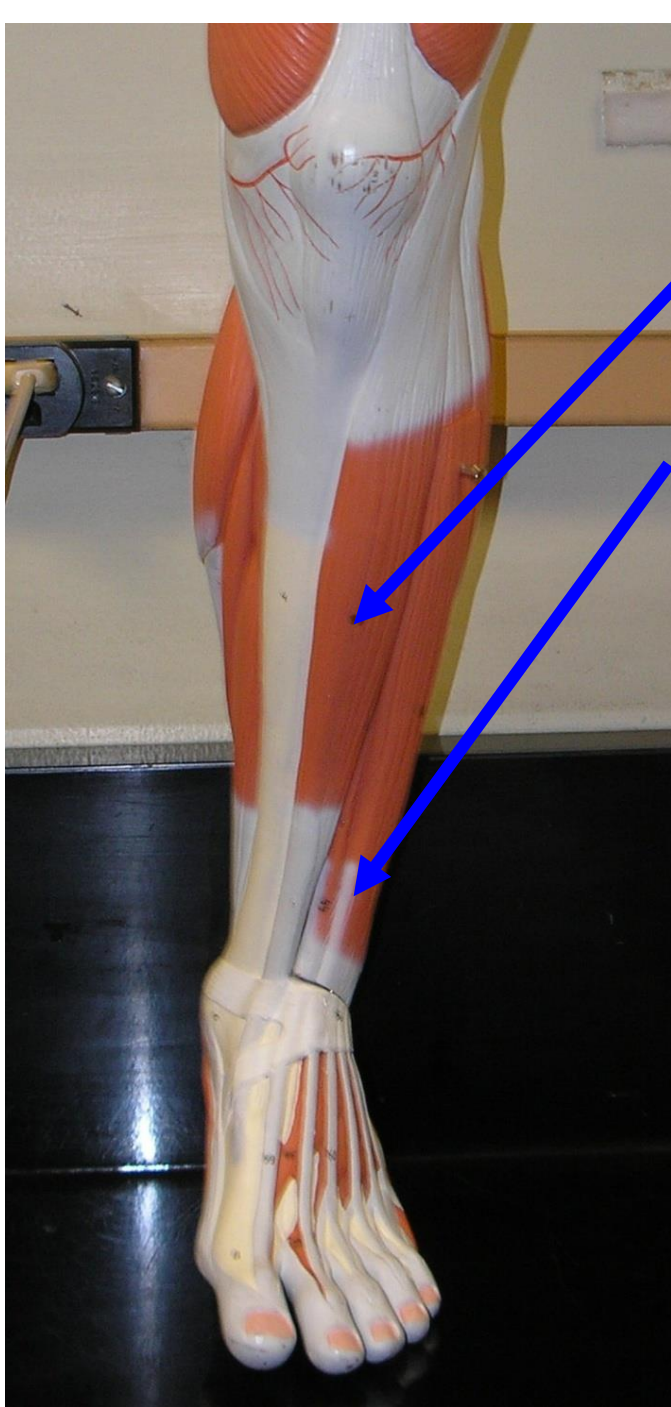
LOWER LEG MUSCLES	
Tibialis anterior	Dorsiflexion (of foot)
Extensor digitorum longus	Extend toes
Fibularis Longus or Peroneus Longus	Plantar flexion (of foot)
Gastrocnemius	Plantar flexion (of foot)
Soleus	Plantar flexion (of foot)

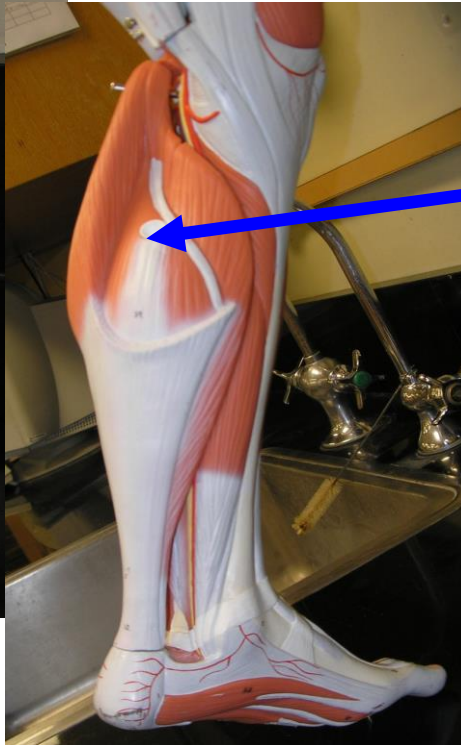
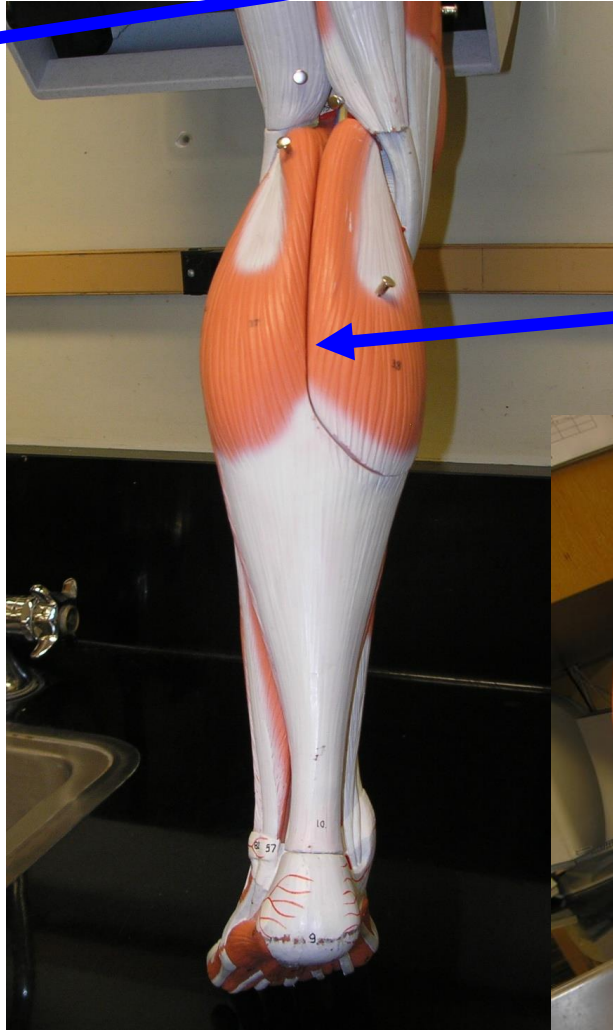
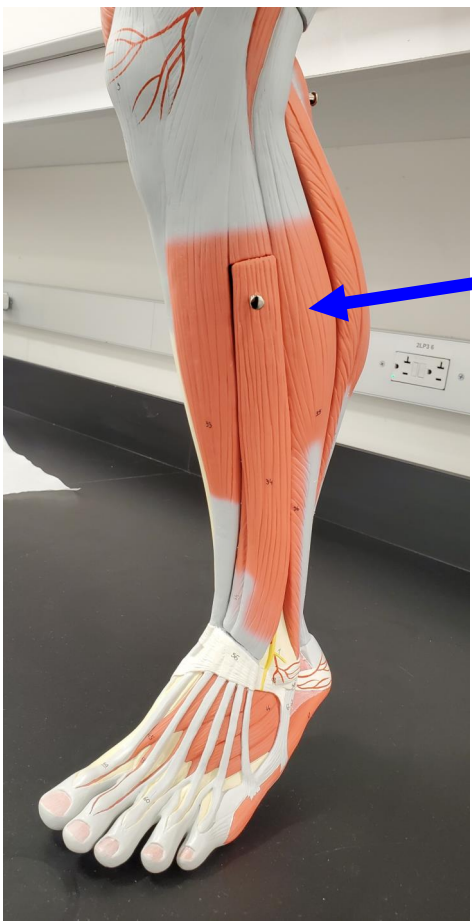
ANTERIOR lower leg
muscle do **DORSIFLEXION**

POSTERIOR lower leg
muscles do **PLANTAR
FLEXION!**

Anterior/Lateral Lower Leg Muscles

- Tibialis anterior (33)
Dorsiflexion
- Extensor Digitorum Longus (34)
Extends toes





Fibularis longus
(35)
(Peroneus longus)

Gastrocnemius
(37 & 38)

Soleus (39)

**Plantar
Flexion**