

<b>Compresses Abdomen</b>	<b>Transversus abdominus</b> <b>Internal obliques</b> <b>External obliques</b> <b>Rectus abdominus</b>
<b>Originates at zygomatic area</b>	<b>Zygomaticus major (bone)</b> <b>Masseter (arch)</b>
<b>Inserts at hyoid bone</b>	<b>Digastric</b> <b>Sternohyoid</b>
<b>Originates at iliac crest</b>	<b>Transversus abdominus</b> <b>Internal obliques</b> <b>Latissimus dorsi</b> <b>Tensor fascia latae (anterior)</b> <b>Iliacus</b>
<b>Medially rotates shoulder</b>	<b>Deltoid</b> <b>Teres major</b> <b>Lattisumus dorsi</b> <b>Pectoralis major</b>
<b>Elevates ribs</b>	<b>External intercostals</b> <b>Pectoralis major</b>
<b>Originates at mastoid process</b>	<b>Digastric</b>
<b>Inserts at skin/muscles at corner of mouth</b>	<b>Zygomaticus major</b> <b>Obicularis oris</b> <b>Platysma</b>
<b>Inserts at linea alba</b>	<b>Internal obliques</b> <b>External obliques</b> <b>Transversus abdominus</b>
<b>Inserts at greater tubercle of humerus</b>	<b>Pectoralis major</b> <b>Infraspinatus</b> <b>Supraspinatus</b>
<b>Depresses ribs</b>	<b>Rectus abdominus</b> <b>Internal intercostals</b>
<b>Stabilizes scapula</b>	<b>Trapezius</b>
<b>Originates at mandible</b>	<b>Digastric</b> <b>Buccinator (posterior, molar region)</b> <b>Obicularis oris (indirectly)</b>
<b>Inserts at clavicle</b>	<b>Trapezius</b>
<b>Originate at lumbar fascia of some kind</b>	<b>Latissimus dorsi (lumbodorsal fascia)</b> <b>Internal obliques</b> <b>Transversus abdominus</b>
<b>Depresses mandible</b>	<b>Digastric</b> <b>Platysma</b>
<b>Abducts shoulder</b>	<b>Supraspinatus</b> <b>Deltoid</b> <b>Latissimus dorsi</b>
<b>Originates at scapula</b>	<b>Deltoid (acromion &amp; spine)</b> <b>Infraspinatus (Infraspinus fossa)</b> <b>Supraspinatus (Supraspinu fossa)</b> <b>Teres major (posterior, inferior angle)</b> <b>Biceps brachii (coracoid processs &amp; supraglenoid tubercle)</b> <b>Trieps brachii (infraglenoid tubercle)</b>
<b>Retracts scapula</b>	<b>Trapezius</b>

<b>Inserts at costal cartilages</b>	<b>Rectus abdominus (5-7)</b>
<b>Laterally flexes spine</b>	<b>External obliques Internal obliques Psoas major</b>
<b>Inserts at mastoid process</b>	<b>Sternocleidomastoid</b>
<b>Originates on ribs</b>	<b>External obliques (5-12) External intercostals Internal intercostals Diaphragm (internal surface of ribs) Serratus anterior (1-8) Latissimus dorsi (9-12)</b>
<b>Elevates mandible</b>	<b>Temporalis Masseter</b>
<b>Flexes neck</b>	<b>Sternocleidomastoid</b>
<b>Stabilizes shoulder</b>	<b>Infraspinatus Supraspinatus</b>
<b>Originates at pubic crest</b>	<b>Rectus abdominus (also at symphysis)</b>
<b>Originates at occipital bone</b>	<b>Trapezius Epicranius (occipital belly)</b>
<b>Elevates scapula</b>	<b>Trapezius</b>
<b>Inserts at ribs</b>	<b>Internal intercostals External intercostals Internal obliques (9-12)</b>
<b>Originates on spine</b>	<b>Rhomboid (T2-T5) Trapezius (C7-T12) Diaphragm (lumbar spine)</b>
<b>Extends shoulder</b>	<b>Deltoid Terex major Latissimus dorsi</b>
<b>Elevates larynx</b>	<b>Digastric</b>
<b>Flexes spine</b>	<b>Rectus abdominus External obliques Internal obliques</b>
<b>Protracts scapula</b>	<b>Serratus anterior</b>
<b>Inserts at obicularis oris</b>	<b>Buccinator</b>
<b>Originates at fascia over chest</b>	<b>Platysma</b>
<b>Originates at maxilla</b>	<b>Obicularis oculi Buccinator (posterior) Obicularis oris (indirectly) Masseter</b>
<b>Rotates vertebral column</b>	<b>Internal obliques External obliques Rectus abdominus</b>
<b>Inserts at hamate</b>	<b>Flexor carpi ulnaris</b>
<b>Inserts at palmar aponeurosis</b>	<b>Palmaris longus</b>
<b>Upwardly rotates scapula</b>	<b>Serratus anterior Trapezius</b>
<b>Originates at frontal bone</b>	<b>Obicularis oculi</b>
<b>Inserts at sternum</b>	<b>Rectus abdominus (xiphoid process)</b>
<b>Inserts at mandible</b>	<b>Temporalis (coranoid process) Masseter (angle &amp; ramus) Platysma</b>

<b>Originates at clavicle</b>	<b>Deltoid (lateral third) Pectoralis major (medial) Sternocleidomastoid (medial) Sternohyoid (medial)</b>
<b>Inserts at pubic crest</b>	<b>Transversus abdominus External obliques Internal obliques</b>
<b>Originates at mastoid process</b>	<b>Digastric</b>
<b>Inserts at intertubercular sulcus</b>	<b>Latissimus dorsi Teres major</b>
<b>Inserts at scapula</b>	<b>Rhomboid (medial border) Trapezius (acromion, spine) Serratus anterior (anterior, medial border)</b>
<b>Flexes shoulder</b>	<b>Deltoid Pectoralis major Biceps brachii</b>
<b>Retracts mandible</b>	<b>Temporalis</b>
<b>Depresses hyoid</b>	<b>Sternohyoid</b>
<b>Inserts at iliac crest</b>	<b>External obliques</b>
<b>Adducts scapula</b>	<b>Rhomboid major</b>
<b>Originates at sternum</b>	<b>Diaphragm Sternohyoid (manubrium) Pectoralis major Sternocleidomastoid (manubrium)</b>
<b>Originates at inguinal ligament</b>	<b>Transversus abdominus Internal obliques</b>
<b>Depresses scapula</b>	<b>Trapezius</b>
<b>Originates at temporal bone</b>	<b>Temporalis Epicranius (occipital belly)</b>
<b>Originates from costal cartilages</b>	<b>Pectoralis major (1-6) Transversus abdominus (7-12) Diaphragm (7-12)</b>
<b>Laterally rotates shoulder</b>	<b>Infraspinatus Deltoid</b>
<b>Downwardly rotates scapula</b>	<b>Rhomboid major Trapezius</b>
<b>Adducts shoulder</b>	<b>Teres major Pectoralis major</b>
<b>Flexes toes</b>	<b>Flexor digitorum longus</b>
<b>Inserts at lateral femoral condyle</b>	<b>Semimembranosus</b>
<b>Inserts on radius</b>	<b>Biceps brachii (radial tuberosity) Brachioradialis (styloid process)</b>
<b>Originates at lateral tibial condyle</b>	<b>Extensor digitorum longus</b>
<b>Inserts on olecranon process</b>	<b>Triceps brachii</b>
<b>Originates at lateral epicondyle humerus</b>	<b>Extensor digitorum Extensor carpi ulnaris</b>
<b>Inserts at medial tibial condyle</b>	<b>Semimembranosus</b>
<b>Extends wrist</b>	<b>Extensor carpi radialis longus Extensor carpi ulnaris</b>
<b>Originates at greater trochanter (femur)</b>	<b>Vastus lateralis</b>

<b>Inserts at calcaneus</b>	<b>Gastrocnemius Soleus</b>
<b>Originates on proximal tibia</b>	<b>Tibialis anterior Soleus</b>
<b>Inserts at adductor tubercle of femur</b>	<b>Adductor magnus</b>
<b>Originates at lateral ilium</b>	<b>Gluteus medius</b>
<b>Inserts at lesser trochanter (femur)</b>	<b>Pectineus Iliacus Psoas major</b>
<b>Inserts at proximal medial tibia</b>	<b>Gracilis Semitendinosus</b>
<b>Originates at anterior pubis</b>	<b>Adductor longus</b>
<b>Abducts hip</b>	<b>Gluteus medius Gluteus maximus Tensor fascia latae Sartorius</b>
<b>Inserts base of metacarpal V</b>	<b>Extensor carpi ulnaris Flexor carpi unlaris</b>
<b>Extends hip</b>	<b>Gluteus maximus Biceps femoris Semitendinosus Semimembranosus</b>
<b>Originates ischial ramus &amp; ramus of pubis</b>	<b>Gracilis</b>
<b>Originates medial &amp; lateral femoral condyles</b>	<b>Gastrocnemius</b>
<b>Originats at anterior inferior iliac spine</b>	<b>Rectus femoris</b>
<b>Originates on proximal fibula</b>	<b>Soleus</b>
<b>Originates at sacrum</b>	<b>Gluteus maximus Iliacus</b>
<b>Inserts base of metacarpals II and III</b>	<b>Flexor carpi radialis</b>
<b>Originates at iliac fossa</b>	<b>Iliacus</b>
<b>Originates on shaft of humerus</b>	<b>Triceps brachii (posterior shaft) Brachialis (anterior shaft)</b>
<b>Inserts at tibial tuberosity</b>	<b>Rectus femoris Vastus lateralis Vastus medialis</b>
<b>Extends toes</b>	<b>Extensor digitorum longus</b>

<b>Medially rotates hip</b>	<b>Gluteus medius Tensor fascia latae Gracilis Pectineus Adductor longus Adductor magnus Semitendinosus Semimembranosus</b>
<b>Inserts at head of fibula</b>	<b>Biceps femoris</b>
<b>Inversion of ankle</b>	<b>Tibialis anterior Flexor digitorum longus</b>
<b>Extends elbow</b>	<b>Triceps brachii</b>
<b>Laterally rotates hip</b>	<b>Gluteus maximus Sartorius Biceps femoris</b>
<b>Originates on posterior border of ulna</b>	<b>Extensor carpi ulnaris</b>
<b>Plantar flexion</b>	<b>Gastrocnemius Soleus Flexor digitorum longus</b>
<b>Originates on lateral supracondylar ridge</b>	<b>Brachioradialis Extensor carpi radialis longus</b>
<b>Supinates forearm</b>	<b>Biceps brachii</b>
<b>Flexes wrist</b>	<b>Flexor carpi radialis Flexor carpi ulnaris Palmaris longus</b>
<b>Inserts on coronoid process (ulna)</b>	<b>Brachialis</b>
<b>Extends fingers</b>	<b>Extensor digitorum</b>
<b>Inserts at medial cuneiform</b>	<b>Tibialis anterior</b>
<b>Flexes lumbar spine</b>	<b>Iliacus Psoas major</b>
<b>Originates at proximal fibula</b>	<b>Extensor digitorum longus</b>
<b>Inserts at linea aspera</b>	<b>Adductor longus Adductor magnus</b>
<b>Inserts at gluteal tuberosity (femur)</b>	<b>Gluteus maximus</b>
<b>Inserts at pisiform</b>	<b>Flexor carpi ulnaris</b>
<b>Inserts at greater trochanter (femur)</b>	<b>Gluteus medius</b>

<b>Flexes knee</b>	<b>Gastrocnemius Semitendinosus Semimembranosus</b>
<b>Originates at linea aspera</b>	<b>Vastus lateralis Vastus medialis Biceps femoris</b>
<b>Adducts wrist</b>	<b>Extensor carpi ulnaris Flexor carpi ulnaris Adductor magnus</b>
<b>Flexes hip</b>	<b>Tensor fascia latae Gracilis Adductor magnus Adductor longus Sartorius Iliacus Psoas major Rectus femoris</b>
<b>Originates at medial epicondyle humerus</b>	<b>Flexor carpi radialis Flexor carpi ulnaris Palmaris longus</b>
<b>Inserts at patella</b>	<b>Rectus femoris Vastus medialis</b>
<b>Smart person who will ace this practical</b>	<b>Irene Mo</b>
<b>Inserts at lateral tibial condyle</b>	<b>Biceps femoris</b>
<b>Originates at distal femur</b>	<b>Biceps femoris</b>
<b>Dorsiflexion</b>	<b>Tibialis anterior Extensor digitorum longus</b>
<b>Originates at intertrochanteric line</b>	<b>Vastus medialis</b>
<b>Originates at posterior ilium</b>	<b>Gluteus maximus</b>
<b>Inserts at base of metacarpal II</b>	<b>Extensor carpi radialis longus</b>
<b>Originates at pectinal line (pubis)</b>	<b>Pectineus</b>
<b>Originates at ischial and pubic rami</b>	<b>Adductor magnus</b>
<b>Abducts wrist</b>	<b>Extensor carpi radialis longus Flexor carpi radialis</b>
<b>Inserts at medial proximal tibia</b>	<b>Sartorius</b>
<b>Inserts at metatarsal I</b>	<b>Tibialis anterior</b>

<b>Flexes elbow</b>	<b>Biceps brachii Brachialis (synergist)</b>
<b>Originates at anterior superior iliac spine</b>	<b>Tensor fascia latae Sartorius</b>
<b>Inserts distal phalanges II-IV</b>	<b>Extensor digitorum Flexor digitorum longus</b>
<b>Adducts hip</b>	<b>Gracilis Pectineus Adductor longus</b>
<b>Originates at coccyx</b>	<b>Gluteus maximus</b>
<b>Inserts at middle distal phalanges II-V</b>	<b>Extensor digitorum longus</b>
<b>Extends knee</b>	<b>Rectus femoris Vastus lateralis Vastus medialis</b>
<b>Originates at ischial tuberosity</b>	<b>Adductor magnus Biceps femoris Semitendinosus Semimembranosus</b>
<b>Inserts at the Iliotibial tract</b>	<b>Gluteus maximus Tensor fascia latae</b>
<b>Originates at posterior tibia</b>	<b>Flexor digitorum longus</b>