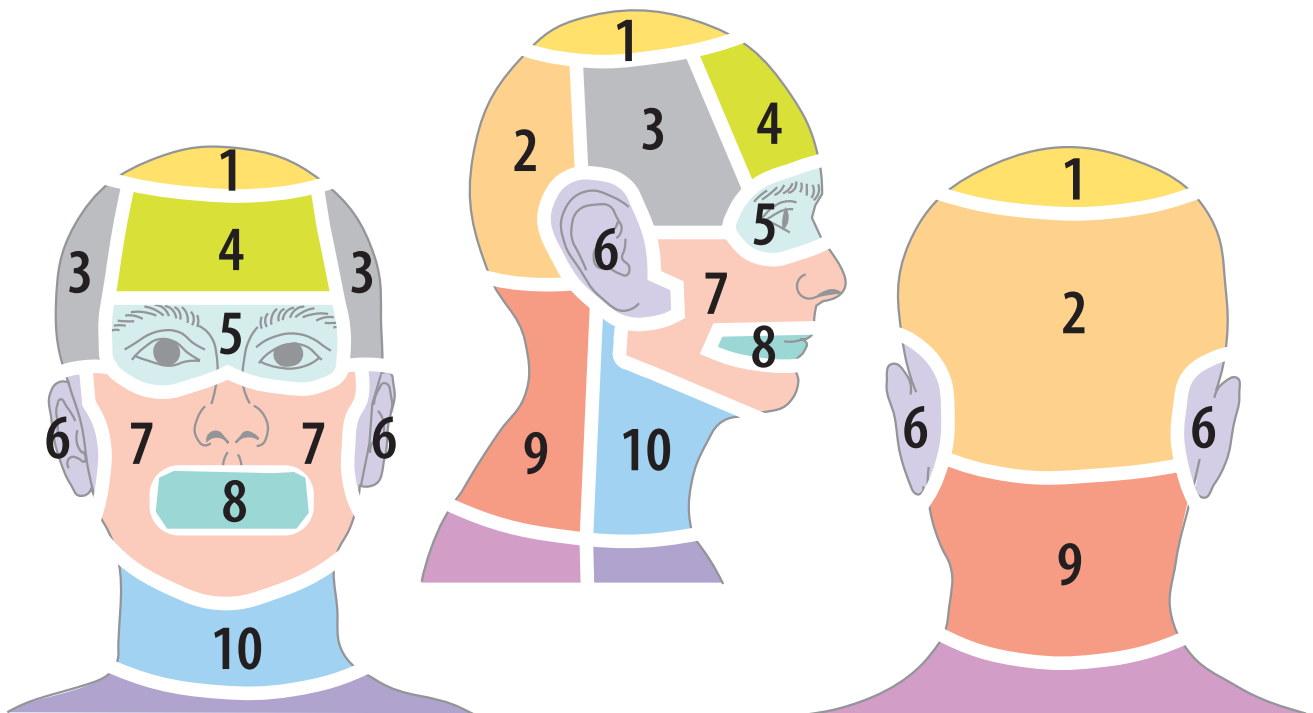


Head & Neck

The muscle names are followed by the chapter number

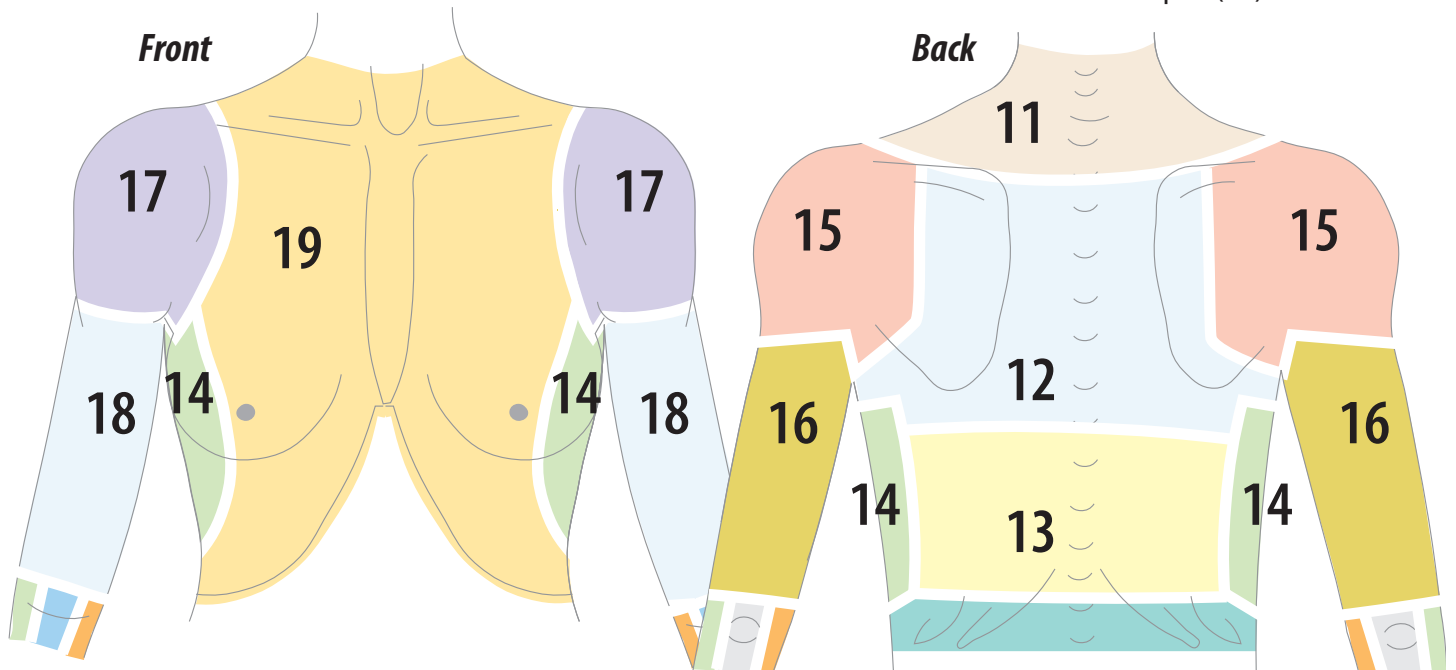
1. Sternocleidomastoid (10)
Splenius capitis (9)
2. Trapezius (8)
Sternocleidomastoid (10)
Posterior neck (9)
Occipitalis (12)
Digastric (16)
Temporalis (11)
3. Trapezius (8)
Sternocleidomastoid (10)
Temporalis (11)
Posterior neck (9)
4. Sternocleidomastoid (10)
Semispinalis capitis (9)
Facial / Scalp (12)
5. Sternocleidomastoid (10)
Temporalis (11)
Posterior neck (9)
Masseter (13)
Facial / Scalp (12)
Trapezius (8)
6. Lateral pterygoid (15)
Masseter (13)
Sternocleidomastoid (10)
Medial pterygoid (14)
7. Sternocleidomastoid (10)
Masseter (13)
Lateral pterygoid (15)
Trapezius (8)
Digastric (16)
Medial pterygoid (14)
Facial / Scalp (12)
8. Temporalis (11)
Masseter (13)
Digastric (16)
9. Trapezius (8)
Cervical multifidi (9)
Splenius cervicis (9)
Levator scapula (19)
Infraspinatus (35)
10. Sternocleidomastoid (10)
Digastric (16)
Medial pterygoid (14)



Upper Torso & Upper Arms

The muscle names are followed by the chapter number

- 11.** Scalene (42)
Levator scapula (19)
Supraspinatus (34)
Trapezius (8)
Multifidi (18)
Rhomboid (20)
Splenius cervicis (9)
Triceps brachii (41)
Biceps brachii (46)
- 12.** Scalene (42)
Latissimus dorsi (38)
Levator scapula (19)
Paraspinals (18)
Rhomboid (20)
Serratus posterior superior (36)
Infraspinatus (35)
Trapezius (8)
Serratus anterior (26)
Pectoralis major (23)
- 13.** Paraspinals (18)
Serratus posterior inferior (21)
Rectus abdominis (25)
Intercostals / Diaphragm (27)
Latissimus dorsi (38)
Iliopsoas (22)
- 14.** Serratus anterior (26)
Intercostals / Diaphragm (27)
Latissimus dorsi (38)
- 15.** Deltoid (44)
Levator scapula (19)
Scalene (42)
Supraspinatus (34)
Teres major (40)
Teres minor (39)
Subscapularis (37)
Serratus posterior superior (36)
Latissimus dorsi (38)
Triceps brachii (41)
Trapezius (8)
Iliocostalis thoracis (18)
- 16.** Scalene (42)
Triceps brachii (41)
Deltoid (44)
Subscapularis (37)
Supraspinatus (34)
Teres major (40)
Teres minor (39)
Latissimus dorsi (38)
Serratus posterior superior (36)
Coracobrachialis (45)
- 17.** Infraspinatus (35)
Deltoid (44)
Scalene (42)
Supraspinatus (34)
Pectoralis major / Subclavius (23)
Pectoralis minor (43)
Biceps brachii (46)
Coracobrachialis (45)
Sternalis (24)
Latissimus dorsi (38)
- 18.** Scalene (42)
Infraspinatus (35)
Biceps brachii (46)
Brachialis (52)
Triceps brachii (41)
Supraspinatus (34)
Deltoid (44)
Sternalis (24)
Subclavius (23)
- 19.** Pectoralis major / Subclavius (23)
Pectoralis minor (43)
Scalene (42)
Sternocleidomastoid (10)
Sternalis (24)
Intercostals / Diaphragm (27)
Iliocostalis cervicis (18)
External abdominal oblique (25)



Lower Torso & Thigh

The muscle names are followed by the chapter number

- 20.** Paraspinals (18)
Iliopsoas (22)
Rectus abdominis (25)
Gluteus medius (31)
Iliolumbar ligament (28)

- 21.** Pelvic floor (32)
Gluteus medius (31)
Quadratus lumborum (28)
Gluteus maximus (30)
Multifidi (18)
Rectus abdominis (25)
Soleus (59)

- 22.** Gluteus medius (31)
Quadratus lumborum (28)
Gluteus maximus (30)
Paraspinals (18)
Semitendinosus /
Semimembranosus (56)
Iliolumbar
ligament (28)
Piriformis (29)
Gluteus
minimus (62)
Rectus
abdominis (25)
Soleus (59)
Pelvic floor (32)

- 23.** Gluteus minimus (62)
Hamstrings (56)
Piriformis (29)
Obturator internus (29)

- 24.** Gluteus minimus (62)
Quadriceps femoris (65)
Piriformis (29)
Quadratus lumborum (28)
Tensor fasciae latae (63)
Gluteus maximus (30)

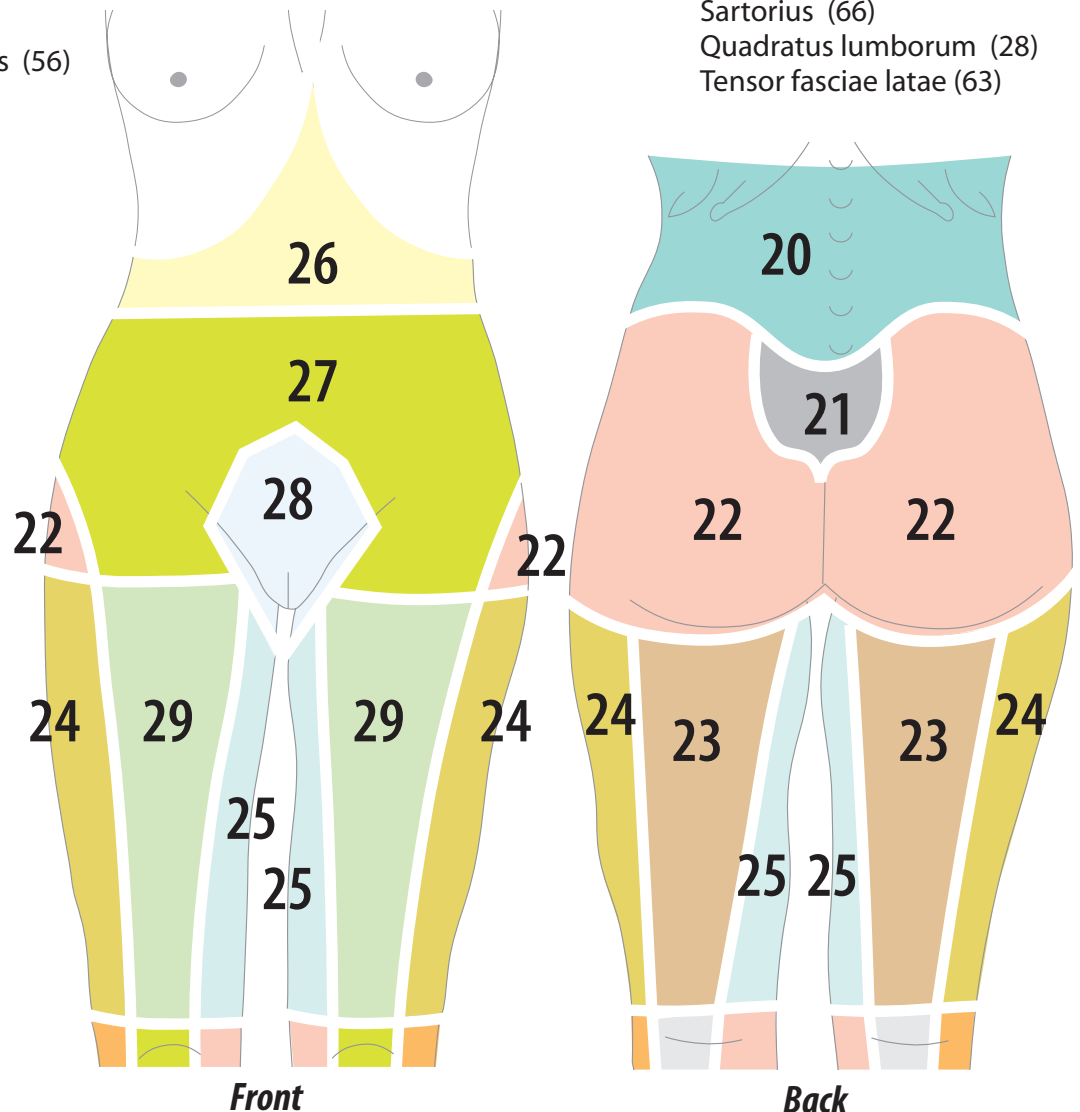
- 25.** Pectineus (68)
Vastus medialis (65)
Adductor muscles
of the hip (67)
Sartorius (66)

- 26.** Abdominal (25)
Paraspinals (18)
Quadratus lumborum (28)

- 27.** Abdominal (25)
Paraspinals (18)
Quadratus lumborum (28)

- 28.** Pelvic floor (32)
Adductor magnus (67)
Piriformis (29)
Abdominal (25)

- 29.** Adductor muscles
of the hip (67)
Iliopsoas (22)
Quadriceps femoris (65)
Pectineus (68)
Sartorius (66)
Quadratus lumborum (28)
Tensor fasciae latae (63)



Elbow, Lower Arm & Hand

The muscle names are followed by the chapter number

30. Triceps brachii (41)
Serratus posterior superior (36)

31. Supinator (49)
Hand / Finger extensors (48)
Triceps brachii / Anconeus (41)
Supraspinatus (34)

32. Triceps brachii (41)
Pectoralis major (23)
Pectoralis minor (43)
Serratus anterior (26)
Serratus posterior superior (36)

33. Triceps brachii (41)
Teres major (40)
Hand / Finger extensors (48)
Coracobrachialis (45)
Scalene (42)
Trapezius (8)

34. Infraspinatus (35)
Scalene (42)
Brachioradialis (48)
Supraspinatus (34)
Subclavius (40)

35. Latissimus dorsi (38)
Pectoralis major (23)
Pectoralis minor (43)
Serratus posterior superior (36)

36. Hand / Finger extensors (48)
Subscapularis (37)
Coracobrachialis (45)
Scalene (42)
Latissimus dorsi (38)
Serratus posterior superior (36)
First dorsal interosseous (54)
Trapezius (8)

37. Supinator (49)
Scalene (42)
Brachialis (52)
Infraspinatus (35)
Hand / Finger extensors (48)
Adductor / Opponens pollicis (53)
Subclavius (23)
First dorsal interosseous (54)
Flexor pollicis longus (51)

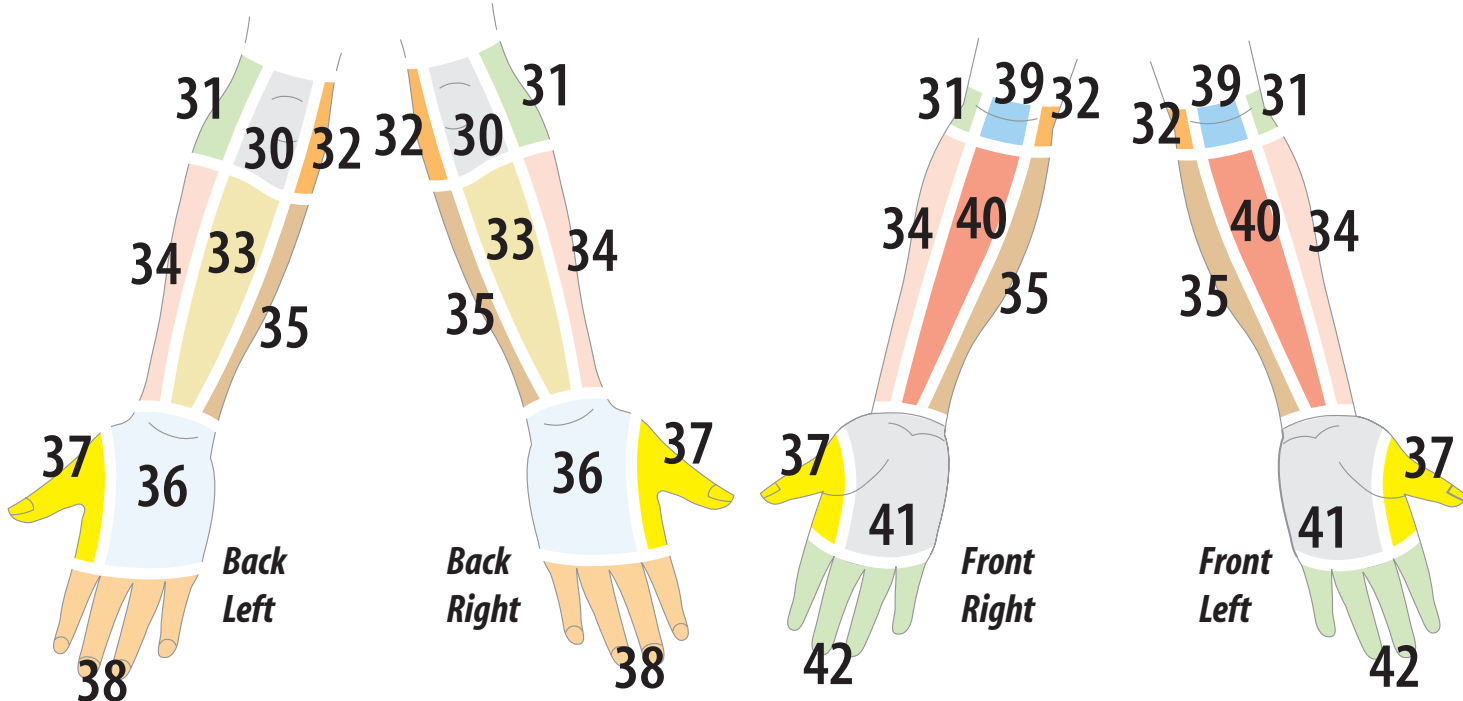
38. Finger extensor digitorum (48)
Hand interosseous (54)
Scalene (42)
Pectoralis major (23)
Pectoralis minor (43)
Latissimus dorsi (38)
Subclavius (23)

39. Brachialis (52)
Biceps brachii (46)

40. Palmaris longus (50)
Pronator teres (51)
Serratus anterior (26)
Triceps brachii (41)

41. Hand / Finger flexors (51)
Opponens pollicis (53)
Pectoralis major (23)
Pectoralis minor (43)
Latissimus dorsi (38)
Palmaris longus (50)
Serratus anterior (26)

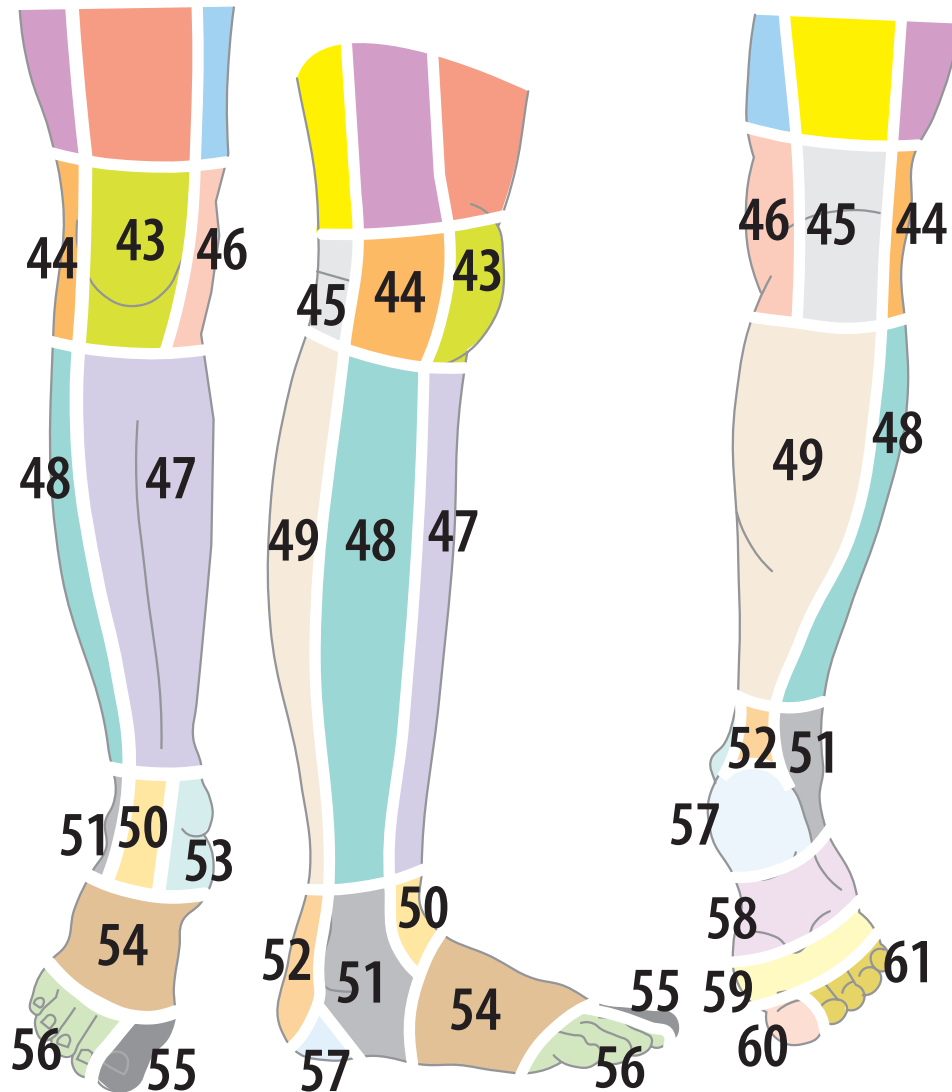
42. Flexores digitorum superficialis and profundus (51)
Hand interosseous (54)
Latissimus dorsi (38)
Serratus anterior (26)
Subclavius (23)



Knee, Lower Leg, Ankle & Foot

The muscle names are followed by the chapter number

- 43.** Quadriceps femoris muscles (65)
Adductors longus & brevis (67)
- 44.** Vastus lateralis (65)
- 45.** Gastrocnemius (58)
Hamstring muscles (56)
Popliteus (57)
Soleus (59)
- 46.** Quadriceps femoris muscles (65)
Adductor muscles of the hip (67)
Sartorius (66)
- 47.** Tibialis anterior (69)
Adductors longus & brevis (67)
- 48.** Gastrocnemius (58)
Gluteus minimus (62)
Peroneus longus & brevis (64)
Vastus lateralis (65)
- 49.** Soleus (59)
Gastrocnemius (58)
Gluteus minimus (62)
Semimembranosus & Semitendinosus (56)
Flexor digitorum longus (61)
Tibialis posterior (60)
- 50.** Tibialis anterior (69)
Peroneus tertius (64)
Long extensor muscles of the toes (70)
- 51.** Peroneal muscles (64)
- 52.** Soleus (59)
Tibialis posterior (60)
- 53.** Abductor hallucis (71)
Flexor digitorum longus (61)
- 54.** Extensors digitorum brevis and hallucis Brevis (71)
Long extensor muscles of the toes (70)
Deep intrinsic foot muscles (72)
Tibialis anterior (69)
- 55.** Tibialis anterior (69)
Extensor hallucis longus (70)
Flexor hallucis brevis (72)



- 56.** Foot interossei (72)
Extensor digitorum longus (70)
- 57.** Soleus (59)
Quadratus plantae (72)
Abductor hallucis (71)
Tibialis posterior (60)
- 58.** Gastrocnemius (58)
Flexor digitorum longus (61)
Deep intrinsic foot muscles (72)
Soleus (59)
Abductor hallucis (71)
Tibialis posterior (60)
- 59.** Deep intrinsic foot muscles (72)
Superficial intrinsic foot muscles (71)
Long flexor muscles of the toes (61)
Tibialis posterior (60)
- 60.** Flexor hallucis longus (61)
Flexor hallucis brevis (72)
Tibialis posterior (60)
- 61.** Flexor digitorum longus (61)
Tibialis posterior (60)