

## **LOWER LEG:**

### **1-Peroneus Longus**

**Origin:** Head of Fibula (Lateral Side)

**Insertion:** First Metatarsal (Lateral base of the fibula, behind the ankle, for the ecorche)

### **2-Peroneus Brevis**

**Origin:** Lower two thirds of Fibula

**Insertion:** Fifth Metatarsal (Lateral base of the fibula, behind the ankle, for the ecorche)

### **3-Tibialis Anterior (with tendon)**

**Origin:** Lateral shaft and condyle of the tibia

**Insertion:** First Metatarsal (Anterior base of the tibia for the ecorche)

### **4-Extensor Digitorum Longus (with tendon)**

**Origin:** Lateral condyle of the tibia and anterior surface of the fibula

**Insertion:** Phalanges (2-5) (Anterior base of the fibula for the ecorche)

**Extensor Digitorum Longus and Tibialis Anterior usually look like one muscle, but in fact are two**

### **5-Flexor Digitorum longus**

**Origin:** Middle third of the posterior of the tibia

**Insertion:** Base of the phalanges (the heel for the ecorche)

### **6-Soleus**

**Origin:** Upper two thirds of the posterior of the tibia and fibula

**Insertion:** Posterior of the calcaneus (heel)

### **7-Gastrocnemius (with tendon)**

**Origin:** Medial and Lateral condyles of the femur

**Insertion:** Posterior of the calcaneus (heel) (Achilles Tendon)

## **UPPER LEG:**

### **Adductor Group:**

#### **8- Psoas Major**

**Origin:** Lumbar vertebrae of spine, connects all 5 lumbar, pull through hole left in support clay

**Insertion:** Lesser trochanter of the femur

#### **9-Iliacus**

**Origin:** medial side of iliac crest

**Insertion:** Lesser trochanter of the femur

#### **10- Adductor Longus**

**Origin:** Anterior side of pubic bone, next to pubic symphysis

**Insertion:** Along the middle third of the posterior surface of the shaft of the femur (called the linea aspera)

#### **11- Adductor Magnus**

**Origin:** Along the bottom of ischium

**Insertion:** Beginning just below the lesser trochanter, down the medial side of the femur to the medial condyle of the femur

#### **12- Gracilis (this is a long and thin muscle)**

**Origin:** Inferior pubic bone near the pubic symphysis

**Insertion:** Superior Medial side of the tibia

## **HAMSTRINGS**

### **13- Biceps Femoris - Short Head**

**Origin:** Linea aspera of femur

**Insertion:** Head of fibula and lateral condyle of tibia

### **14- Biceps Femoris- Long Head (with tendon)**

**Origin:** Ischium (Ischial tuberosity)

**Insertion:** Lateral head of the fibula

### **15- Semimembranosus**

**Origin:** Ischium (Ischial tuberosity)

**Insertion:** Posterior medial condyle of the tibia

### **16- Semitendinosus**

**Origin:** Ischium (Ischial tuberosity)

**Insertion:** Posterior medial condyle of the tibia

## **QUADRICEPS**

### **17- Vastus Intermedius (this muscle is below the Rectus Femoris)**

**Origin:** Upper shaft of the femur, next to the great trochanter

**Insertion:** Patella at the tibial tuberosity

### **18- Rectus Femoris with tendon**

**Origin:** Anterior Inferior Iliac spine

**Insertion:** Patella at the tibial tuberosity

### **19- Vastus Lateralis**

**Origin:** Lateral side of the femur, just below the great trochanter

**Insertion:** Lateral half of the patella and anterior tibial tuberosity

### **20-Vastus Medialis**

**Origin:** Medial side of the femur

**Insertion:** Medial side of the patella and tibial tuberosity

## **GLUTEAL**

### **21-Gluteus Medius**

**Origin:** Lateral side of the iliac crest

**Insertion:** Great Trochanter

### **22-Gluteus Maximus**

**Origin:** Lateral posterior side of the iliac crest and sacrum

**Insertion:** Lesser Trochanter, upper shaft of the femur into the Iliotibial band

### **23-Tensor Fasciae Latae**

**Origin:** Anterior Superior Iliac spine

**Insertion:** Iliotibial band

### **24- Sartorius**

**Origin:** Anterior Superior Iliac spine

**Insertion:** Superior end of the medial side of the tibia

## **BACK**

### **25- ERECTOR SPINAE (three muscles in this group, these are deeper muscles, we are going to combine them in the ecorche)**

**Origin:** The three columns of the erector spinae group have a common origin, the sacrum, lumbar vertebrae and last 6 thoracic vertebrae

**Insertion:** The insertion is on the cervical and first 6 thoracic vertebrae, the skull, mastoid process and occipital bone.

## **UPPER ARM**

### **26- Tricep (medial head) do not go past the middle of the side**

**Origin:** Humerus, about 1/4 of the way down from the head of the humerus

**Insertion:** Olecranon process (the elbow)

### **27- Tricep (long head)**

**Origin:** Scapula, just before the glenoid cavity (the socket jocket)

**Insertion:** Olecranon process (the elbow)

### **28- Tricep (lateral head) sometimes called short head**

**Origin:** Humerus, just below the head of the humerus

**Insertion:**

## **Scapula Muscles**

### **29-Teres minor**

**Origin:** Humerus, lateral side of the head of the humerus

**Insertion:** lateral edge of the scapula

### **30- Infraspinatus**

**Origin:** Medial edge of the scapula

**Insertion:** Lateral side of the head of the humerus

### **31- Teres Major**

**Origin:** Medial edge of the scapula

**Insertion:** Inferior angle of the scapula (just below the insertion of the teres minor)

### **32- Supraspinatus**

**Origin:** Medial edge of the scapula, above the spine of the scapula

**Insertion:** Lateral side of the head of the humerus

**33- Rhomboid (there are 2 muscles here, a minor and a major, we are going to combine them in the ecorche)**

**Origin:** Spine (C7-T5)

**Insertion:** medial edge of the scapula

**34- Serratus Anterior**

**Origin:** First 8 to 9 ribs, This varies from person to person

**Insertion:** inner vertebral edge of the scapula

**36- Latissimus Dorsi**

**Origin:** Iliac crest, Thoracic and Lumbar vertabre (T7-T5), lower ribs

**Insertion:** lower bicep groove of the humerus (anterior side)

**38- Coracobrachialis**

**Origin:** Coracoid Process of the Scapula

**Insertion:** medial surface of the humerus (anterior side)

**39- Brachialis**

**Origin:** middle of the anterior side of the humerus

**Insertion:** tuberosity of the ulna (just below the elbow joint, anterior side)  
(the edge of this muscle touches the triceps medial head)

**40- Biceps**

**Origin:** Coracoid process of the scapula and supraglenoid tubercle of the scapula

**Insertion:** tuberosity of the radius (just below the elbow joint, anterior side)

## **41-FOREARM (consists of the Flexors and Extensors)**

### **Deep Flexors (put on as a group)**

**Origin:** Head of the radius

**Insertion:** Phallanges (fingers)

### **42-Flexors (4 muscles put on as a group) “draw on” the 4 muscles**

**Flexor Carpi Ulnaris, Pronator Teres, Flexor Carpi Radialis, Palmaris Longus- all of these muscles will look like one overall muscles of the figure drawing model)**

**Origin:** Medial Epicondyle of the Humerus

**Insertion:** Phallanges (fingers) (will end just before the wrist on the ecorche)

## **Extensors**

### **43-Abductor Pollicis Longus**

**Origin:** Posterior of the radius and ulna

**Insertion:** First metacarpal (wrist on the ecorche)

### **44-Extensor Pollicis Brevis**

**Origin:** Posterior of the radius

**Insertion:** Base of the thumb (wrist on the ecorche)

**(put both of these on as one, then “draw out” the division of the two**

**Put on as a group then “draw out” the muscles**

### **45-Extensor Carpi Radialis Brevis**

**Origin:** Lateral epicondyle of the humerus

**Insertion:** Base of the third metacarpal (wrist on the ecorche)

### **46-Anconeus**

**Origin:** Lateral epicondyle of the humerus

**Insertion:** Lateral side of the olecranon process

### **47-Extensor Carpi Ulnaris**

**Origin:** Lateral epicondyle of the humerus

**Insertion:** Base of the fifth metacarpal (wrist on the ecorche)

### **48-Extensor Digitorum**

**Origin:** Lateral epicondyle of the humerus

**Insertion:** Base of the four phalanges, fingers (wrist on the ecorche)

**Put on as a group then “draw out” the muscles**

**49-Brachioradialis**

**Origin:** Lateral side of the humerus **(on the ecorche it is inside the small gap left from when the upper arm muscles were attached)**

**Insertion:** Lateral side of the radius, just above the thumb (wrist on the ecorche)

**50-Extensor Carpi Radialis Longus**

**Origin:** Lateral side of the humerus **(on the ecorche it is inside the small gap left from when the upper arm muscles were attached)**

**Insertion:** Base of the second metacarpal (wrist on the ecorche)

## **NECK MUSCLES**

**Put on as a mass beginning at the spine, where the spine of the scapula is, all the way up to the mastoid process and the base of the skull**

**51-Digastric muscles (go toward the chin to the hyoid bone)**

**Origin:** Mastoid Process

**Insertion:** tendon of the hyoid bone

**52-Sternohyoid**

**Origin:** Posterior surface of the manubrium

**Insertion:** Hyoid Bone

**53-Scalenus Medius**

**Origin:** Vertebrae (C2-C7)

**Insertion:** First Rib

**54-Levator Scapulae**

**Origin:** Vertebrae (C4-C5)

**Insertion:** Superior medial edge of Scapula

**55-Omohyoid (small muscle)**

**Origin:** middle of clavicle

**Insertion:** Hyoid Bone

**56-Sternocleidomastoid**

**Origin:** Manubrium and sternal head of clavicle

**Insertion:** Mastoid Process

## **TORSO**

### **57-Trapezius**

**Origin:** Occipital protuberance (base of the skull), Spine (C7-T12)

**Insertion:** Acromion process, Spine of scapula, lateral third of the clavicle

### **58-Rectus Abdominis**

**Origin:** Pubic Bone

**Insertion:** Ribs (5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>) and Xiphoid Process (bottom of the sternum)

### **59-External Oblique**

**Origin:** Lower 8 ribs

**Insertion:** Iliac Crest

### **60-Pectoralis Major**

**Origin:** Sternal half of the clavicle, sternum

**Insertion:** Inner groove of the humerus (Just below the groove where the biceps connects to the humerus)

### **61-Deltoid**

**Origin:** Three heads for this muscle:

Anterior Head: clavicle

Lateral Head: acromion process of the scapula

Posterior Head: spine of scapula

**Insertion:** Deltoid tuberosity of humerus