

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 $\frac{1}{4}$ 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 joint)

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 vertebrae (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 (5th, 6th, 7th) 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