

## Muscles of the Shoulders and Upper Limbs

Divided into Four Groups:

1. Muscles that position the pectoral girdle
2. Muscles that move the arm
3. Muscles that move the forearm and hand
4. Muscles that move the fingers

---

---

---

---

---

---

---

---

## Muscles That Position the Pectoral Girdle

- trapezius
- rhomboideus (major & minor)
- levator scapulae
- serratus anterior
- subclavius
- pectoralis minor

---

---

---

---

---

---

---

---

## Muscles That Move the Arm

- deltoid
- pectoralis major
- latissimus dorsi
- “Rotator Cuff”:
  - supraspinatus
  - infraspinatus
  - teres minor
  - subscapularis
- coracobrachialis
- biceps brachii
- triceps brachii (long head)
- teres major

---

---

---

---

---

---

---

---

**Muscles That Move the Forearm and Hand**

**Forearm flexors:**

- biceps brachii
- brachialis
- brachioradialis

**Forearm extensors:**

- triceps brachii
- lateral head
- medial head
- long head
- anconeus

---

---

---

---

---

---

---

---

**Muscles That Move the Forearm and Hand**

**Supinators/Pronators:**

- pronator quadratus
- pronator teres
- supinator

---

---

---

---

---

---

---

---

**Muscles That Move the Forearm and Hand**

**Hand flexors:**

- flexor carpi radialis
- flexor carpi ulnaris
- palmaris longus

**Hand extensors:**

- extensor carpi radialis longus
- extensor carpi radialis brevis
- extensor carpi ulnaris

---

---

---

---

---

---

---

---

## Muscles That Move the Forearm and Hand

### Radial Abductors:

- flexor carpi radialis
- extensor carpi radialis longus
- extensor carpi radialis brevis

### Ulnar Abductors:

- flexor carpi ulnaris
- extensor carpi ulnaris

---

---

---

---

---

---

---

---

## Muscles That Move the Forearm and Hand

### Muscles acting on thumb:

- abductor pollicis longus
  - extensor pollicis brevis
  - extensor pollicis longus
- } “Anatomical snuff box”

---

---

---

---

---

---

---

---

## Muscles That Move the Fingers

### Extrinsic Flexor Muscles:

- flexor digitorum superficialis
- flexor digitorum profundus
- flexor pollicis longus/brevis

---

---

---

---

---

---

---

---

## Muscles That Move the Fingers

### Extrinsic Extensor Muscles:

- extensor digitorum
- extensor digiti minimi
- extensor pollicis longus
- extensor indicis

---

---

---

---

---

---

---

---

## Muscles That Move the Fingers

### Three Intrinsic Groups:

#### 1. Thenar muscles:

- abductor pollicis brevis
- flexor pollicis brevis
- opponens pollicis

---

---

---

---

---

---

---

---

## Muscles That Move the Fingers

#### 2. Hypothenar muscles:

- abductor digiti minimi
- flexor digiti minimi brevis
- opponens digiti minimi

---

---

---

---

---

---

---

---

## Muscles That Move the Fingers

3. Short muscles of the hand:
- lumbricals
  - palmar interossei (3) “PAD”
  - dorsal interossei (4) “DAB”

---

---

---

---

---

---

---

---

## Muscles of the Lower Limb

Divided into Three Functional Groups:

1. Muscles that move the thigh
2. Muscles that move the leg
3. Muscles that move the foot and toes

---

---

---

---

---

---

---

---

## Muscles That Move the Thigh

Subdivided:

- Extensors
- Flexors
- Abductors
- Adductors
- Rotators

---

---

---

---

---

---

---

---

## Thigh Extensors

- gluteus maximus
- hamstrings:
  - semitendinosus
  - semimembranosus
  - biceps femoris
- adductor magnus

---

---

---

---

---

---

---

---

## Thigh Flexors

- iliopsoas
  - iliacus & psoas major
- tensor fasciae latae
- sartorius
- rectus femoris
- adductor longus
- adductor brevis
- adductor magnus (anterior)
- pectineus

---

---

---

---

---

---

---

---

## Abductors

- Gluteals
  - gluteus maximus
  - gluteus medius
  - gluteus minimus
- tensor fasciae latae
- obturator internus
- gemelli
- piriformis

---

---

---

---

---

---

---

---

### **Adductors**

- adductor magnus
- adductor longus
- adductor brevis
- pectineus
- gracilis

---

---

---

---

---

---

---

---

### **Medial Rotation**

- iliopsoas
- tensor fasciae latae
- gluteus medius
- gluteus minimus

---

---

---

---

---

---

---

---

### **Lateral Rotators of Thigh**

- gluteus maximus
- obturators (internus and externus)
- gemelli (superior and inferior)
- quadratus femoris
- piriformis
- adductors (magnus, longus, brevis)
- sartorius
- iliopsoas

---

---

---

---

---

---

---

---

## Muscles That Move the Leg

### Extensors:

- Quadriceps
  - Rectus femoris
  - Vastus lateralis
  - Vastus intermedius
  - Vastus medialis

### Flexors:

- Biceps femoris
- Semimembranosus
- Semitendinosus
- Gracilis
- Sartorius
- Gastrocnemius
- *Popliteus*

---

---

---

---

---

---

---

---

## Muscles That Move the Foot & Toes

### Extrinsic Compartments:

- Anterior
- Posterior
- Lateral

---

---

---

---

---

---

---

---

## Anterior Compartment of Leg

- Tibialis anterior
- Extensor hallucis longus
- Extensor digitorum longus

---

---

---

---

---

---

---

---

**Posterior Compartment**

- Gastrocnemius
- Soleus
- Plantaris
- Tibialis posterior
- Flexor digitorum longus
- Flexor hallucis longus

---

---

---

---

---

---

---

---

**Posterior Compartment**

**Tom, Dick, AN' Harry**

*Tibialis posterior*

*Flexor Digitorum longus*

*Posterior tibial Artery*

*Posterior tibial Nerve*

*Flexor Hallucis longus*

---

---

---

---

---

---

---

---

**Lateral Compartment**

- Peroneus longus
- Peroneus brevis

---

---

---

---

---

---

---

---

## Abdominal Muscles

- Rectus abdominus
- External oblique
- Internal oblique
- Transversus abdominus



---

---

---

---

---

---

---

---