

Origin, Insertion and Action of Major Muscles

	origin - attachment point of the muscle that does not move during muscular contraction			
	insertion - attachment that moves during contraction			
	action - effect the muscle has on a part of the body			
	Muscles	Origin	Insertion	Action
Muscles of Mastication	masseter	zygomatic bone (zygomatic arch)	posterior 1/3 mandible	elevates mandible
	temporalis	temporal bone (temporal fossa)	coronoid process of mandible	elevates mandible
	digastric	inferior mandible, temporal	hyoid bone	depresses mandible
Neck Muscles				
	sternocleidomastoid	manubrium and medial clavicle	mastoid process of temporal bone	single: rotate head to opposite side; both: flex head
Abdominal Muscles				
	rectus abdominus	pubic symphysis	xiphoid process, costal cartilages of ribs 5-7	flexes vertebral column, compresses abdomen
Posterior Muscles Acting on the Shoulder, Arm or Forearm				
	trapezius	occipital bone, dorsal spinous processes (thoracic vertebrae)	clavicle, scapula (acromion process, spine)	extends head; elevates scapula
	latissimus dorsi	dorsal spine (T7 to sacrum), iliac crest	humerus (proximal 1/3)	extends arm; adducts and medially rotates arm
	rhomboids (major & minor)	dorsal spinous processes of C7-T5	medial border of scapula	adducts scapula
	deltoid	clavicle, acromion process, spine of scapula	deltoid tuberosity of humerus	abducts arm
	triceps brachii	scapula and humerus	olecranon process of ulna	extends forearm
Anterior Muscles Acting on the Shoulder, Arm or Forearm				
	pectoralis major	clavicle, sternum, costal cartilages of ribs 1-7	greater tubercle of humerus	flexes arm; adducts, and medially rotates arm
	biceps brachii	coracoid process and supraglenoid tubercle of scapula	radial tuberosity	flexes forearm
Muscles of the Medial Thigh				
	iliopsoas	transverse processes of T12-L5; iliac fossa	lesser trochanter of femur	major flexor of thigh
	sartorius	anterior superior iliac spine	proximal tibia	flexes and laterally rotates thigh

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Muscles of the Anterior Thigh	quadriceps femoris muscles	ilium (rectus femoris) and femur	tibial tuberosity	extends leg (rectus femoris also flexes thigh)
Muscles of the Posterior Thigh	hamstrings	ischial tuberosity	head of fibula, proximal 1/3 tibia	extends thigh, flexes leg
	gluteus maximus	iliac crest, sacrum, coccyx	proximal 1/3 femur	extends thigh
Muscles of the Anterior Leg	tibialis anterior	lateral condyle and upper 2/3 of tibia	metatarsal 1	dorsiflexion
Muscles of the Posterior Leg	gastrocnemius	condyles of femur	calcaneus	plantar flexes (extends) foot