

Head

Scalp/Eyelid

Muscle	Origin	Insertion	Artery	Nerve	Action	Antagonist
occipitofrontalis	2 occipital bellies and 2 frontal bellies.	galea aponeurotica		facial nerve	raises the eyebrows	
occipitalis	superior nuchal line of the occipital bone mastoid part of the temporal bone	galea aponeurotica	occipital artery	posterior auricular nerve (facial nerve)		
frontalis	galea aponeurotica	mastoid process	ophthalmic artery	facial nerve	wrinkles eyebrow	
orbicularis oculi	frontal bone; medial palpebral ligament; lacrimal bone	lateral palpebral raphe	ophthalmic, zygomatic-orbital, angular	zygomatic branch of facial	closes eyelids	levator palpebrae superioris
corrugator supercilii	superciliary arches	forehead skin, near eyebrow		facial nerve	wrinkles forehead	
depressor supercilii	medial orbital rim	medial aspect of bony orbit		facial nerve	Depresses the eyebrow	

Extraocular muscles

Muscle	Origin	Insertion	Artery	Nerve	Action	Antagonist
levator palpebrae superioris	sphenoid bone	tarsal plate, upper eyelid	ophthalmic artery	oculomotor nerve	retracts//elevates eyelid	orbicularis oculi muscle
superior tarsal	underside of levator palpebrae superioris	superior tarsal plate of the eyelid	sympathetic nervous system	raise the upper eyelid		
orbicularis oculi	frontal bone, medial palpebral ligament, and lacrimal bone	lateral palpebral raphe	ophthalmic artery, zygomatic-orbital artery, angular artery	facial nerve	closes the eyelids	levator palpebrae superioris muscle

Rectus muscles

superior	annulus of Zinn at the orbital apex	7.5 mm superior to the corneal limbus		oculomotor nerve	elevates, adducts, and rotates medially the eye	
inferior	6.5 mm inferior to the corneal limbus		inferior branch of oculomotor nerve	depression and adduction		
medial	5.5 mm medial to the corneal limbus		inferior division of the oculomotor nerve	adducts the eyeball		

lateral	7 mm temporal to the corneal limbus		abducens nerve	abducts the eyeball		
Oblique muscles						
superior	annulus of Zinn at the orbital apex, medial to optic canal	outer posterior quadrant of the eyeball	lateral muscular branch of the ophthalmic artery	trochlear nerve	primary: intorsion. secondary: abduct (laterally rotate) and depress the eyeball	
inferior	orbital surface of the maxilla, lateral to the lacrimal groove	laterally onto the eyeball, deep to the lateral rectus, by a short flat tendon		oculomotor nerve	extorsion, elevation, abduction	

Intraocular

Ear

Muscle	Origin	Insertion	Artery	Nerve	Action	Antagonist
auriculares	galeal aponeurosis	front of the helix, cranial surface of the pinna		facial nerve	(Wiggle ears)	
temporoparietalis	auriculares muscles	galea aponeurotica				
stapedius		neck of stapes		facial nerve	control the amplitude of sound waves to the inner ear	
tensor tympani	Eustachian tube	handle of the malleus	superior tympanic artery	medial pterygoid nerve from mandibular nerve	tensing the tympanic membrane	

Nose

Muscle	Origin	Insertion	Artery	Nerve	Action	Antagonist
procerus	from fascia over the lower of the nasal bone	skin of the lower part of the forehead between the eyebrows		buccal branch of the facial nerve	Draws down the medial angle of the eyebrow, giving expressions of frowning	
nasalis	maxilla	nasal bone		Compresses bridge, depresses tip of nose, elevates corners of nostrils		
dilatator naris	margin of the nasal notch of the maxilla, greater and lesser alar cartilages	skin near the margin of the nostril		dilation of nostrils		
depressor	incisive fossa of the	nasal septum and back part of the		depression of nasal		

septi nasi	maxilla	alar part of nasalis muscle		septum		
levator labii superioris alaeque nasi	maxilla	nostril and upper lip	superior labial artery	dilates the nostril; elevates the upper lip and wing of the nose		

Mouth

Muscle	Origin	Insertion	Artery	Nerve	Action	Antagonist
levator anguli oris (caninus)	maxilla	modiolus of mouth	facial artery	facial nerve	smile (elevates angle of mouth)	
depressor anguli oris (triangularis)	tubercle of mandible	modiolus of mouth	facial artery	mandibular branch of facial nerve	depresses angle of mouth	
levator labii superioris	medial infra-orbital margin	skin and muscle of the upper lip (labii superioris)	superior labial artery	buccal branch of the facial nerve	Elevates the upper lip	
depressor labii inferioris	oblique line of the mandible, between the symphysis and the mental foramen	integument of the lower lip, orbicularis oris fibers, its fellow of the opposite side	inferior labial artery	facial nerve	Depresses the lower lip	
mentalis	anterior mandible	chin		mandibular branch of facial nerve	elevates and wrinkles skin of chin, protrudes lower lip	
buccinator	alveolar processes of the maxillary bone and mandible, pterygomandibular raphe	in the fibres of the orbicularis oris	buccal artery	buccal branch of the facial nerve	compress the cheeks against the teeth (blowing), mastication.	
orbicularis oris	maxilla and mandible	skin around the lips		pucker the lips		
risorius	parotid fascia	modiolus	facial artery	draw back angle of mouth		
Zygomatic muscles						
major	anterior of zygomatic bone	modiolus of mouth	facial artery	buccal branch of the facial nerve	draws angle of mouth upward and laterally	
minor	zygomatic bone	skin of the upper lip	facial nerve, buccal branch	elevates upper lip		

Mastication

Muscle	Origin	Insertion	Artery	Nerve	Action	Antagonist
masseter	zygomatic arch and maxilla	coronoid process and ramus of mandible	masseteric artery	masseteric nerve (V3)	elevation (as in closing of the mouth) and retraction of mandible	platysma muscle
temporalis	temporal lines on the parietal bone of the skull	coronoid process of the mandible	deep temporal	third branch (mandibular nerve) of the trigeminal nerve	elevation and retraction of mandible	
Pterygoid muscles						
lateral	great wing of sphenoid and pterygoid plate	condyle of mandible	pterygoid branches of maxillary artery	external pterygoid nerve from the mandibular nerve	depresses mandible	
medial	deep head: medial side of lateral pterygoid plate behind the upper teeth superficial head: pyramidal process of palatine bone and maxillary tuberosity	medial angle of the mandible	mandibular nerve via nerve to medial pterygoid	elevates mandible, closes jaw, helps lateral pterygoids in moving the jaw from side to side		

Tongue

Extrinsic

Muscle	Origin	Insertion	Artery	Nerve	Action	Antagonist
genioglossus	Superior part of mental spine of mandible (symphysis menti)	Dorsum of tongue and body of hyoid	Lingual artery	hypoglossal nerve	Complex - Inferior fibers protrude the tongue, middle fibers depress the tongue, and its superior fibers draw the tip back and down	
hyoglossus	hyoid	side of the tongue		hypoglossal nerve	depresses tongue	
chondroglossus	lesser cornu and body of the hyoid bone	intrinsic muscular fibers of the tongue		hypoglossal nerve	depresses tongue (some consider this muscle to be part of hyoglossus)	
styloglossus	Styloid process of temporal bone	tongue		Hypoglossal nerve	elevates and retracts tongue	inferior and middle fibers of genioglossus
				vagus nerve		

palatoglossus	palatine aponeurosis	tongue		and cranial accessory nerve	raising the back part of the tongue	
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Intrinsic

Muscle	Origin	Insertion	Artery	Nerve	Action	Antagonist
superior longitudinal	close to the epiglottis, from the median fibrous septum	edges of the tongue		hypoglossal nerve	shortens, turns tip upward, turns lateral margins upward	
transversus	median fibrous septum	sides of the tongue		hypoglossal nerve	narrows and elongates	
inferior longitudinal	root of the tongue	apex of the tongue		Hypoglossal nerve	shortens, retracts, pulls tip downward	
verticalis muscle	dorsum of tongue	inferior surface borders of tongue		hypoglossal nerve	flattens	

Soft palate

Muscle	Origin	Insertion	Artery	Nerve	Action	Antagonist
levator veli palatini	temporal bone, Eustachian tube	palatine aponeurosis	facial artery	vagus nerve	Aids in swallowing by elevating the soft palate	
tensor veli palatini	medial pterygoid plate of the sphenoid bone		medial pterygoid of mandibular nerve	Aids in swallowing by controlling the tension of the soft palate		
musculus uvulae	hard palate		pharyngeal plexus	Moves and changes shape of the uvula		
palatoglossus	palatine aponeurosis	tongue		vagus nerve and cranial accessory nerve	Aids in respiration by raising the back part of the tongue	
palatopharyngeus	palatine aponeurosis and hard palate	upper border of thyroid cartilage (blends with constrictor fibers)	facial artery	vagus nerve and cranial accessory nerve	Aids in respiration by pulling the pharynx and larynx	

Pharynx

Muscle	Origin	Insertion	Artery	Nerve	Action	Antagonist

stylopharyngeus	temporal styloid process	thyroid cartilage (pharynx)	pharyngeal branches of ascending pharyngeal artery	glossopharyngeal nerve	elevate the larynx, elevate the pharynx, swallowing	
salpingopharyngeus	cartilage of the Eustachian tube	posterior fasciculus of the pharyngopalatinus muscle		vagus nerve and cranial accessory nerve	raise the nasopharynx	
Pharyngeal muscles						
inferior	cricoid and thyroid cartilage	pharyngeal raphe	pharyngeal branches of ascending pharyngeal artery	external laryngeal branch of the vagus	Swallowing	
middle	hyoid bone	pharyngeal raphe	vagus nerve	Swallowing		
superior	medial pterygoid plate, pterygomandibular raphe, alveolar process	pharyngeal raphe, pharyngeal tubercle		vagus nerve	Swallowing	

Larynx

Muscle	Origin	Insertion	Artery	Nerve	Action	Antagonist
cricothyroid	anterior and lateral cricoid cartilage	inferior cornu and lamina of the thyroid cartilage		external laryngeal branch of the vagus	tension and elongation of the vocal folds (has minor adductory effect)	
arytenoid	arytenoid cartilage on one side	arytenoid cartilage on opposite side		recurrent laryngeal branch of the vagus	approximate the arytenoid cartilages (close rima glottidis)	
thyroarytenoid	inner surface of the thyroid cartilage (anterior aspect)	anterior surface of arytenoid cartilage		recurrent laryngeal branch of the vagus	thickens the vocal folds and decreases length; also helps to adduct the vocal folds during speech	
Cricoarytenoid muscles						
posterior	posterior part of the cricoid	muscular process of the arytenoid cartilage		recurrent laryngeal branch of the vagus	abducts and laterally rotates the cartilage, pulling the vocal ligaments away from the midline and forward and so opening the rima glottidis	lateral cricoarytenoid muscle
lateral	lateral part of the arch of the cricoid	muscular process of the arytenoid cartilage		recurrent laryngeal branch of the vagus	adduct and medially rotate the cartilage, pulling the vocal ligaments towards the midline and backwards and so closing off the rima glottidis	

Neck

Cervical

Muscle	Origin	Insertion	Artery	Nerve	Action	Antagonist
platysma	inferior clavicle and fascia of chest	mandible	branches of the submental artery and suprascapular artery	cervical branch of the facial nerve (CN VII)	Draws the corners of the mouth inferiorly and widens it (as in expressions of sadness and fright). Also draws the skin of the neck superiorly when teeth are clenched	Masseter, Temporalis
sternocleidomastoid	manubrium sterni, medial portion of the clavicle	mastoid process of the temporal bone, superior nuchal line	occipital artery and the superior thyroid artery	motor: accessory nerve sensory: cervical plexus	Acting alone, tilts head to its own side and rotates it so the face is turned towards the opposite side. Acting together, flexes the neck, raises the sternum and assists in forced inspiration.	

Suprahyoid

Muscle	Origin	Insertion	Artery	Nerve	Action	Antagonist
digastric	anterior belly - digastric fossa (mandible); posterior belly - mastoid process of temporal bone	Intermediate tendon (hyoid bone)		anterior belly - mandibular division of the trigeminal (CN V) via the mylohyoid nerve; posterior belly - facial nerve (CN VII)	Opens the jaw when the masseter and the temporalis are relaxed.	
stylohyoid	styloid process (temporal)	greater cornu of hyoid bone		facial nerve (CN VII)	Elevate the hyoid during swallowing	
mylohyoid	Mylohyoid line (mandible)	Median raphé	mylohyoid branch of inferior alveolar artery	mylohyoid nerve, from inferior alveolar branch of mandibular nerve [V3]	Raises oral cavity floor, elevates hyoid, depresses mandible	
geniohyoid	Symphysis menti	hyoid bone		C1 via hypoglossal nerve	carry hyoid bone and the tongue upward during deglutition	

Infrahyoid/Strap

Muscle	Origin	Insertion	Artery	Nerve	Action	Antagonist
sternohyoid	manubrium of	hyoid		ansa	depress hyoid bone	

	sternum	bone		cervicalis	
sternothyroid	manubrium	thyroid cartilage		Ansa cervicalis	Elevates larynx, may slightly depress hyoid bone
thyrohyoid	thyroid cartilage	hyoid bone		first cervical nerve	depress hyoid bone
omohyoid	Upper border of the scapula	Hyoid bone		Ansa cervicalis	Depresses the larynx and hyoid bone. Carries hyoid bone backward and to the side

Vertebrate

Anterior

Lateral

Muscle	Origin	Insertion	Artery	Nerve	Action	Antagonist
scalene muscles	cervical vertebrae	first and second ribs	ascending cervical artery (branch of inferior thyroid artery)	cervical nerves (C3, C4, C5, C6, C7)	elevation of ribs I&II	
anterior	C3-C6	first rib	ascending cervical artery (branch of inferior thyroid artery)	ventral ramus of C5, C6	When the neck is fixed, elevates the first rib to aid in breathing or when the rib is fixed, bends the neck forward and sideways and rotates it to the opposite side	
medius	C2-C6	first rib	ascending cervical artery (branch of inferior thyroid artery)	ventral rami of the third to eighth cervical spinal nerves	Elevate 1st rib, rotate the neck to the opposite side	
posterior	transverse processes of C4 - C6	2nd rib	ascending cervical artery, superficial cervical artery	C6, C7, C8	Elevate 2nd rib, tilt the neck to the same side	
levator scapulae	Posterior tubercles of transverse processes of C1 - C4	Superior part of medial border of scapula	dorsal scapular artery	cervical nerve (C3, C4) and dorsal scapular nerve (C5)	Elevates scapula and tilts its glenoid cavity inferiorly by rotating scapula	

rectus capitis lateralis	upper surface of the transverse process of the atlas (C1)	under surface of the jugular process of the occipital bone		C1		
obliquus capitis superior	lateral mass of atlas	lateral half of the inferior nuchal line		suboccipital nerve		
inferior	spinous process of the axis	lateral mass of atlas		suboccipital nerve		

Posterior

Muscle	Origin	Insertion	Artery	Nerve	Action	Antagonist
rectus capitis posterior minor	the tubercle on the posterior arch of the atlas (C1)	the medial part of the inferior nuchal line of the occipital bone and the surface between it and the foramen magnum		a branch of the dorsal primary division of the suboccipital nerve	extends the head at the neck, but is now considered to be more of a sensory organ than a muscle	
rectus capitis posterior major	spinous process of the axis (C2)	inferior nuchal line of the occipital bone		Dorsal ramus of C1 (suboccipital nerve)		
semispinalis capitis	articular processes of C4-C6; transverse processes of C7 and T1-T7	occipital bone between the superior and inferior nuchal lines		greater occipital nerve	Extension of the head	
longissimus capitis	articular processes of C4-C7; transverse processes of T1-T5	posterior margin of the mastoid process	lateral sacral artery	posterior branch of spinal nerve	Laterally: Flex the head and neck to the same side. Bilaterally: Extend the vertebral column.	
splenius capitis	ligamentum nuchae, spinous processes of C7-T6	Mastoid process		C3, C4	Extend, rotate, and laterally flex the head	

Torso

Back

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Muscle	Origin	Insertion	Artery	Nerve	Action	Antagonist
erector spinae	on the spines of the last four thoracic vertebrae	both the spines of the most cranial thoracic vertebrae and the cervical vertebrae	lateral sacral artery	posterior branch of spinal nerve	extends the vertebral column	rectus abdominis muscle
iliocostalis			lateral sacral artery			
longissimus	transverse process	transverse process	lateral sacral artery	posterior branch of spinal nerve		rectus abdominis muscle
spinalis	spinous process	spinous process	lateral sacral artery	posterior branch of spinal nerve		rectus abdominis muscle
latissimus dorsi	spinous processes of thoracic T6-T12, thoracolumbar fascia, iliac crest and inferior 3 or 4 ribs	floor of intertubercular groove of the humerus	subscapular artery, dorsal scapular artery	thoracodorsal nerve	pulls the forelimb dorsally and caudally	deltoid, trapezius
transversospinales	transverse process	spinous process		posterior branches		
semispinalis dorsi	transverse processes of the sixth to the tenth thoracic vertebrae	spinous processes of the upper four thoracic and lower two cervical vertebrae				
semispinalis cervicis	transverse processes of the upper five or six thoracic vertebrae	cervical spinous processes, from the axis to the fifth				
semispinalis capitis	transversal process of lower cervical and higher thoracic column	area between superior and inferior nuchal line		greater occipital nerve	Extends the head	
multifidus	sacrum, erector spinae aponeurosis, PSIS, and iliac crest	spinous process		posterior branch of spinal nerve	Stabilizes vertebrae in local movements of vertebral column	
rotatores	transverse process	spinous process		posterior branch		
interspinales	spinous process	spinous process		posterior rami of spinal nerves	Extension, flexion and rotation of vertebral column.	
intertransversarii	transverse process	transverse process above		anterior rami of spinal	Lateral flexion of	

				nerves	trunk	
Splenius muscles						
capitis	ligamentum nuchae, spinous process of C7-T6	Mastoid process of temporal and occipital bone		C3, C4	Extend, rotate, and laterally flex the head	
cervicis	spinous processes of T3-T6	transverse processes of C1, C2, C3		C5, C6		

Chest

Muscle	Origin	Insertion	Artery	Nerve	Action	Antagonist
intercostales	ribs 1-11	ribs 2-12	intercostal arteries	intercostal nerves		
external			intercostal arteries	intercostal nerves	Inhalation	internal
internal	rib - inferior border	rib - superior border	intercostal arteries	intercostal nerves	hold ribs steady	external
innermost			intercostal arteries	intercostal nerves		
subcostales	inner surface of one rib	inner surface of the second or third rib above, near its angle		intercostal nerves		
transversus thoracis	costal cartilages of last 3-4 ribs, body of sternum, xiphoid process	ribs/costal cartilages 2-6	intercostal arteries	intercostal nerves	depresses ribs	
levator costarum	transverse processes of C7 to T12 vertebrae	superior surfaces of the ribs immediately inferior to the preceding vertebrae		dorsal rami - C8, T1, T2, T3, T4, T5, T6, T7, T8, T9, T10, T11	Assists in elevation of the thoracic rib cage	

Serratus posterior muscles						
inferior	vertebrae T11 - L3	the inferior borders of the 9th through 12th ribs	intercostal arteries	intercostal nerves	depress the lower ribs, aiding in expiration	
superior	nuchal ligament (or ligamentum nuchae) and the spinous processes of the vertebrae C7 through T3	the upper borders of the 2nd through 5th ribs	intercostal arteries	2nd through 5th intercostal nerves	elevate the ribs which aids in inspiration	
diaphragm			pericardiophrenic artery, musculophrenic	phrenic and lower intercostal	respiration	

artery, inferior phrenic arteries	nerves
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Abdomen

Muscle	Origin	Insertion	Artery	Nerve	Action	Antagonist
transversus abdominis	ribs and the iliac crest	inserts into the pubic tubercle via the conjoint tendon, also known as the falx inguinalis		intercostal nerves T7, T8, T9, T10, T11, subcostal nerve (T12), iliohypogastric nerve, ilioinguinal nerve, genitofemoral nerve	compress the ribs and viscera, providing thoracic and pelvic stability	
rectus abdominis	pubis	costal cartilages of ribs 5-7, xiphoid process of sternum	inferior epigastric artery	segmentally by thoraco-abdominal nerves (T7, T8, T9, T10, T11, T12)	flexion of trunk/lumbar vertebrae	erector spinae
pyramidalis	pubic symphysis and pubic crest	linea alba		subcostal nerve (T12)	tensing the linea alba	
cremaster	inguinal ligament		cremasteric artery	genital branch of genitofemoral nerve	raise and lower the scrotum	
quadratus lumborum	iliac crest and iliolumbar ligament	last rib and transverse processes of lumbar vertebrae	lumbar arteries, iliolumbar artery	anterior branches of T12, L1, L2, L3, L4	Alone, lateral flexion of vertebral column; Together, depression of thoracic rib cage	
Oblique muscles						
external	Lower 8 costae	Crista iliaca, ligamentum inguinale		intercostal nerves T5, T6, T7, T8, T9, T10, T11, subcostal nerve (T12)	Rotates torso	
internal	inguinal ligament, iliac crest and the lumbodorsal fascia	linea alba, xiphoid process and the inferior ribs.		intercostal nerves T8, T9, T10, T11, subcostal nerve (T12), iliohypogastric nerve, ilioinguinal nerve	Compresses abdomen and rotates vertebral column.	

Pelvis

Muscle	Origin	Insertion	Artery	Nerve	Action	Antagonist
coccygeus	sacrospinous ligament			sacral nerves: S4, S5 or S3-S4	closing in the back part of the outlet of the pelvis	
Levator ani						
				• levator ani nerve (S4)		

iliococcygeus	ischial spine and from the posterior part of the tendinous arch of the pelvic fascia	coccyx and anococcygeal raphe		<ul style="list-style-type: none"> inferior rectal nerve from pudendal nerve (S3, S4) coccygeal plexus 	supports the viscera in pelvic cavity	
pubococcygeus	back of the pubis and from the anterior part of the obturator fascia	coccyx and sacrum		controls urine flow and contracts during orgasm		
puborectalis	lower part of the pubic symphysis			S3, S4. levator ani nerve	inhibit defecation	

Perineum

Muscle	Origin	Insertion	Artery	Nerve	Action	Antagonist
Sphincter ani						
externus				S4 and twigs from inferior anal nerves of pudendal nerve	keep the anal canal and anus closed, aids in the expulsion of the feces	
internus				pudendal nerve	keep the anal canal and anus closed, aids in the expulsion of the feces	
Superficial perineal pouch						
transversus perinei superficialis	anterior part of ischial tuberosity	central point of perineum		pudendal nerve		
bulbospongiosus	median raphé		perineal artery	pudendal nerve	in males, empties the urethra; in females, clenches the vagina	
ischiocavernosus			perineal artery	pudendal nerve	assists the bulbospongiosus muscle	
Deep perineal pouch						
transversus perinei profundus	inferior rami of the ischium	its fellow of the opposite side		pudendal nerve		
sphincter urethrae membranaceae	junction of the inferior rami of the pubis and ischium to the extent of 1.25–2 cm., and	its fellow of the opposite		perineal branch of the pudendal nerve (S2,	Constricts urethra, maintain urinary continence	

from the neighboring fasciæ | side

S3, S4)

Upper limbs

Vertebral column

Muscle	Origin	Insertion	Artery	Nerve	Action	Antagonist
trapezius	down the midline, from the external occipital protuberance, the nuchal ligament, the medial part of the superior nuchal line, and the spinous processes of the vertebrae C7-T12	at the shoulders, into the lateral third of the clavicle, the acromion process and into the spine of the scapula	transverse cervical artery	major nerve supply is the cranial nerve XI. cervical nerves C3 and C4 receive information about pain in this muscle	retraction and elevation of scapula.	Serratus anterior muscle
latissimus dorsi	spinous processes of thoracic T6-T12, thoracolumbar fascia, iliac crest and inferior 3 or 4 ribs	floor of intertubercular groove of the humerus	subscapular artery, dorsal scapular artery	thoracodorsal nerve	pulls the forelimb dorsally and caudally	deltoid, trapezius
rhomboids	nuchal ligaments, spinous processes of C7-T5 vertebrae	medial border of the scapula	dorsal scapular artery	dorsal scapular nerve (C4 and C5)	Retracts the scapula and rotates it to depress the glenoid cavity. fixes the scapula to the thoracic wall.	Serratus anterior muscle
rhomboid major	spinous processes of the T2 to T5 vertebrae	medial border of the scapula, inferior to the insertion of rhomboid minor muscle	dorsal scapular artery	dorsal scapular nerve (C4 and C5)	Retracts the scapula and rotates it to depress the glenoid cavity. It also fixes the scapula to the thoracic wall.	Serratus anterior muscle
rhomboid minor	nuchal ligaments and spinous processes of C7- to T1 vertebrae	medial border of the scapula, superior to the insertion of rhomboid major muscle	dorsal scapular artery	dorsal scapular nerve (C4 and C5)	Retracts the scapula and rotates it to depress the glenoid cavity. It also fixes the scapula to the thoracic wall.	Serratus anterior muscle
	posterior tubercles of	superior part of	dorsal	cervical nerve	Elevates scapula and tilts its glenoid	

supraspinatus	supraspinous fossa of scapula	superior facet of greater tubercle of humerus	suprascapular artery	suprascapular nerve	abduction of arm and stabilizes humerus	teres minor, pectoralis major, and latissimus dorsi
infraspinatus	infraspinous fossa of the scapula	middle facet of greater tubercle of the humerus	suprascapular and circumflex scapular arteries	suprascapular nerve	Lateral rotation of arm & Adduction of arm and stabilizes humerus	subscapularis, pectoralis major, and latissimus dorsi
teres minor	lateral border of the scapula	inferior facet of greater tubercle of the humerus	posterior circumflex humeral artery and the circumflex scapular artery	axillary nerve	laterally rotates and adducts the arm	subscapularis, pectoralis major, and latissimus dorsi
subscapularis	subscapular fossa	lesser tubercle of humerus	subscapular artery	upper subscapular nerve, lower subscapular nerve (C5, C6)	rotates medially humerus; stabilizes shoulder	infraspinatus and teres minor

Arm

Anterior compartment

Muscle	Origin	Insertion	Artery	Nerve	Action	Antagonist
coracobrachialis	coracoid process of scapula	medial humerus	brachial artery	musculocutaneous nerve	flexes at shoulder joint	
biceps brachii	short head: coracoid process of the scapula. long head: supraglenoid tubercle	radial tuberosity	brachial artery	Musculocutaneous nerve (Lateral cord: C5, C6, C7)	flexes elbow and supinates forearm	Triceps brachii muscle
brachialis	anterior surface of the humerus, particularly the distal half of this bone	coronoid process and the tuberosity of the ulna	radial recurrent artery	musculocutaneous nerve	flexion at elbow joint	

Posterior compartment

Muscle	Origin	Insertion	Artery	Nerve	Action	Antagonist
triceps brachii	long head: Infraglenoid tubercle of the scapula lateral head: posterior humerus - above radial groove	olecranon process of ulna	Profunda brachii	radial nerve	extends forearm, caput longum adducts shoulder	Biceps brachii muscle

	medial head: posterior humerus-under radial groove					
anconeus	Lateral epicondyle of the humerus	lateral surface of the olecranon process and the superior part of the posterior ulna	Profunda brachii, recurrent interosseous artery	radial nerve (C7, C8, and T1)	partly blended in with the triceps, which it assists in extension of the forearm. Stabilises the elbow and abducts the ulna during pronation.	

Forearm

Anterior compartment

Superficial

Muscle	Origin	Insertion	Artery	Nerve	Action	Antagonist
pronator teres	humeral head: medial epicondyle of humerus (common flexor tendon) ulnar head: coronoid process of the ulna	radius pronator tuberosity	ulnar artery and radial artery	median nerve	pronation of forearm, flexes elbow	Supinator muscle
flexor carpi radialis	medial epicondyle of humerus (common flexor tendon)	Bases of second and third metacarpal bones	ulnar artery	Median nerve	Flexion and abduction at wrist	Extensor carpi radialis brevis muscle, Extensor carpi radialis longus muscle
palmaris longus	medial epicondyle of humerus (common flexor tendon)	palmar aponeurosis	ulnar artery	median nerve	wrist flexor	Extensor carpi radialis brevis, Extensor carpi radialis longus, Extensor carpi ulnaris
flexor carpi ulnaris	medial epicondyle of the humerus (common flexor tendon)	pisiform	ulnar artery	muscular branches of ulnar nerve	flexion and adduction of wrist	Extensor carpi ulnaris muscle
flexor digitorum superficialis	medial epicondyle of the humerus (common flexor tendon), as well as parts of the radius and ulna.	phalanges II-IV	ulnar artery	median nerve	flexor of fingers (primarily at proximal interphalangeal joints)	Extensor digitorum muscle

Deep

muscle	Origin	Insertion	Artery	Nerve	Action	Antagonist
pronator quadratus	medial, anterior surface of the ulna	lateral, anterior surface of the radius	anterior interosseous artery	median nerve (anterior interosseous nerve)	pronates the forearm	Supinator muscle

flexor digitorum profundus	ulna	distal phalanges	anterior interosseous artery	median (anterior interosseous), muscular branches of ulnar	flex hand, interphalangeal joints	Extensor digitorum muscle
flexor pollicis longus	The middle 2/4 of the volar surface of the radius and the adjacent interosseus membrane. (Also occasionally a small origin slightly on the medial epicondyle of the ulna.)	The base of the distal phalanx of the thumb	Anterior interosseous artery	Anterior interosseous nerve (branch of median nerve) (C8, T1)	Flexion of the thumb	Extensor pollicis longus muscle, Extensor pollicis brevis muscle

Posterior compartment

Superficial

Muscle	Origin	Insertion	Artery	Nerve	Action	Antagonist
extensor digitorum	lateral epicondyle (common extensor tendon)	2nd-4th phalange		posterior interosseous nerve (C7, C8)	extension of hand and fingers	Flexor digitorum superficialis muscle, Flexor digitorum profundus muscle
extensor digiti minimi	the anterior portion of the lateral epicondyle of the humerus (common extensor tendon)	extensor expansion, located at the base of the proximal phalanx of the finger on the dorsal side	posterior interosseous artery which originates from the common interosseous artery and more proximally, the ulnar artery	posterior interosseous nerve (C7, C8)	extends the little finger at all joints	Flexor digiti minimi brevis
extensor carpi ulnaris	Common extensor tendon (lateral epicondyle), ulna	5th metacarpal	ulnar artery	posterior interosseous nerve (C7, C8)	extends and adducts the wrist	Flexor carpi ulnaris

Mobile wad

brachioradialis	Lateral supracondylar ridge of the humerus	Distal radius (Radial styloid process)	radial recurrent artery	radial nerve	Flexion of forearm	
extensor carpi radialis longus	lateral supracondylar ridge	2nd metacarpal	radial artery	radial nerve	extensor at the wrist joint, abducts	Flexor carpi radialis muscle

					the hand at the wrist	
extensor carpi radialis brevis	humerus at the anterior of lateral epicondyle (common extensor tendon)	base of the 3rd metacarpal	radial artery	posterior interosseus nerve	extensor and abductor of the hand at the wrist joint	Flexor carpi radialis muscle

Deep

Muscle	Origin	Insertion	Artery	Nerve	Action	Antagonist
supinator	Lateral epicondyle of the humerus, supinator crest of ulna, radial collateral ligament, annular ligament	Lateral proximal radial shaft	radial recurrent artery	posterior interosseus nerve (C7, C8)	supinates forearm	Pronator teres, Pronator quadratus
extensor indicis	ulna	index finger (extensor hood)		posterior interosseus nerve (C7, C8)	extends index finger, wrist	
Anatomical snuff box						
abductor pollicis longus	ulna, radial styloid process	first metacarpal		posterior interosseus nerve (C7, C8)	abduction, extension of thumb	Adductor pollicis muscle
extensor pollicis brevis	radius	thumb, proximal phalanx	posterior interosseus artery	posterior interosseus nerve (C7, C8)	extension of thumb at metacarpophalangeal joint	Flexor pollicis longus muscle, Flexor pollicis brevis muscle
extensor pollicis longus	ulna	thumb, distal phalanx		posterior interosseus nerve (C7, C8)	extension of the thumb (metacarpophalangeal and interphalangeal)	Flexor pollicis longus muscle, Flexor pollicis brevis muscle

Hand

Lateral volar

Thenar

Muscle	Origin	Insertion	Artery	Nerve	Action	Antagonist
opponens pollicis	trapezium and transverse carpal ligament	metacarpal bone of the thumb on its radial side		median nerve	Opposition of the thumb	
flexor pollicis brevis	trapezoid, flexor retinaculum	thumb, proximal phalanx		median nerve, deep branch of ulnar nerve (medial head)	Flexes the thumb	Extensor pollicis longus muscle, Extensor pollicis brevis muscle
abductor pollicis brevis	Transverse carpal ligament, the scaphoid and trapezium	Radial base of proximal phalanx of thumb and the thumb extensors		Median nerve	Abducts the thumb	Adductor pollicis muscle
adductor pollicis	Transverse head: anterior body of the third metacarpal Oblique head: bases of the second and the third metacarpals and the adjacent trapezoid and capitate bones	medial side of the base of the proximal phalanx of the thumb and the ulnar sesamoid		deep branch of ulnar nerve (T1)	adducts the thumb at the carpometacarpal joint	Abductor pollicis longus muscle, Abductor pollicis brevis muscle

Medial volar

Muscle	Origin	Insertion	Artery	Nerve	Action	Antagonist
palmaris brevis	flexor retinaculum (medial), palmar aponeurosis	palm		superficial branch of ulnar nerve	wrinkle skin of palm	
Hypothenar						
abductor digiti minimi	pisiform	base of the proximal phalanx of the 5th digit on the ulnar or medial side	ulnar artery	deep branch of ulnar nerve	Abduction of little finger	
flexor digiti minimi brevis	hamate bone	little finger	ulnar artery	deep branch of ulnar nerve	flexes little finger	extensor digiti minimi muscle
opponens digiti minimi	Hook of hamate and flexor retinaculum	Medial border of 5th metacarpal	ulnar artery	deep branch of ulnar nerve (C8 and T1)	Draws 5th metacarpal anteriorly and rotates it, bringing little finger (5th digit) into opposition with thumb	

Intermediate

Muscle	Origin	Insertion	Artery	Nerve	Action	Antagonist
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lumbrical	flexor digitorum profundus	extensor expansion	superficial palmar arch, common palmar digital arteries, deep palmar arch, dorsal digital artery	deep branch of ulnar nerve, median nerve	flex metacarpophalangeal joints, extend interphalangeal joints	
dorsal interossei	metacarpals	proximal phalanges	Dorsal metacarpal artery and palmar metacarpal artery	deep branch of ulnar nerve	abduct finger	Palmar interossei muscles
palmar interossei	metacarpals	proximal phalange		deep branch of ulnar nerve	adduction	

Lower limb

Iliac region

Muscle	Origin	Insertion	Artery	Nerve	Action	Antagonist
iliopsoas	iliac fossa (iliacus), sacrum (iliacus), spine (T12, L1, L2, L3, L4, L5) & intervertebral discs (psoas major, psoas minor)	femur—lesser trochanter (psoas major/minor), shaft below lesser trochanter (iliacus), tendon of psoas major & femur (iliacus)	medial femoral circumflex artery, iliolumbar artery	femoral nerve, Lumbar nerves L1, L2	flexion of hip (psoas major/minor, iliacus), spine rotation (psoas major/minor)	Gluteus maximus, posterior compartment of thigh
psoas major	transverse processes, bodies and discs of T12-L5	in the lesser trochanter of the femur	Iliolumbar artery	Lumbar plexus via anterior branches of L1, L2, L3	flexes and rotates laterally thigh	Gluteus maximus
psoas minor	Side of T12+L1 and IV Disc between	Pectineal line and iliopectineal eminence		L1	Weak trunk flexor	Gluteus maximus
iliacus	iliac fossa	lesser trochanter of femur	medial femoral circumflex artery, Iliolumbar artery	femoral nerve (L2, L3)	flexes hip	Gluteus maximus

Gluteal

Muscle	Origin	Insertion	Artery	Nerve	Action	Antagonist
tensor fasciae latae	iliac crest	iliotibial tract	primarily lateral circumflex femoral artery, Superior gluteal artery	Superior gluteal nerve (L4, L5)	Thigh - flexion, medial rotation. Trunk stabilization.	
Gluteal muscles						
	Gluteal surface				external rotation and	

gluteus maximus muscle	of ilium, lumbar fascia, sacrum, sacrotuberous ligament	Gluteal tuberosity of the femur, iliotibial tract	superior and inferior gluteal arteries	inferior gluteal nerve (L5, S1, S2 nerve roots)	extension of the hip joint, supports the extended knee through the iliotibial tract, chief antigravity muscle in sitting	Iliacus, Psoas major, Psoas minor
gluteus medius muscle	Gluteal surface of ilium, under gluteus maximus	Greater trochanter of the femur	superior gluteal artery	superior gluteal nerve (L4, L5, S1 nerve roots)	abduction of the hip; preventing adduction of the hip. Medial rotation of thigh.	lateral rotator group
gluteus minimus	Gluteal surface of ilium, under gluteus medius.	Greater trochanter of the femur	superior gluteal artery	superior gluteal nerve (L4, L5, S1 nerve roots)	Works in concert with gluteus medius: abduction of the hip; preventing adduction of the hip. Medial rotation of thigh.	lateral rotator group
lateral rotator group	at or below the acetabulum of the ilium	on or near the greater trochanter of the femur	Inferior gluteal artery, Lateral sacral artery, Superior gluteal artery	Obturator nerve, nerve to the Piriformis, nerve to quadratus femoris	lateral rotation of hip	Gluteus minimus muscle, Gluteus medius muscle
piriformis	sacrum	greater trochanter	Inferior gluteal artery, Lateral sacral artery, Superior gluteal artery	nerve to the Piriformis (S1 and S2 nerve roots)	laterally rotate (outward) the thigh	
obturator externus	obturator foramen and obturator membrane	medial aspect of greater trochanter of femur	obturator artery	posterior branch of obturator nerve (L3, L4)	adduct thigh, rotate laterally thigh	
obturator internus	Ischiopubic ramus & obturator membrane	medial aspect of the Greater trochanter		Nerve to obturator internus (L5, S1, S2)	Abducts & rotates laterally thigh, and stabiliser of the hip during walking	
inferior gemellus	Ischial tuberosity	Obturator internus tendon		Nerve to Quadratus femoris (L4, L5, S1)	Rotates laterally thigh	
superior gemellus	spine of the ischium	Obturator internus tendon		Sacral plexus (S1, S2, S3)	Rotates laterally thigh	
quadratus femoris	ischial tuberosity	intertrochanteric crest	inferior gluteal artery	nerve to quadratus femoris (L4, L5, -S1)	lateral rotation of thigh	

Thigh

anterior compartment

Muscle	Origin	Insertion	Artery	Nerve	Action	Antagonist
articularis genu	femur	suprapatellar bursa	femoral artery	femoral nerve	Pulling the suprapatellar bursa during extension of the knee.	
sartorius	superior to the anterior superior iliac spine	medial side of the upper tibia in the pes anserinus	femoral artery	femoral nerve	flexion, lateral rotation and abduction of thigh; flexion and medial rotation of leg	
quadriceps femoris	combined rectus femoris and vastus muscles	Patella and Tibial tuberosity via the Patellar ligament	femoral artery	Femoral nerve	Knee extension; Hip flexion (R.Fem. only)	Hamstring
rectus femoris	anterior inferior iliac spine and the exterior surface of the bony ridge which forms the iliac portion of the acetabulum	Patella and Tibial tuberosity via the Patellar ligament	femoral artery	femoral nerve	knee extension; hip flexion	Hamstring
vastus lateralis	Greater trochanter, Intertrochanteric line, and Linea aspera of the femur	patella and tibial tuberosity via the patellar ligament	femoral artery	femoral nerve	Extends and stabilizes knee	hamstring
vastus intermedius	antero/ lateral femur	patella and tibial tuberosity via the patellar ligament	femoral artery	femoral nerve	extends knee	Hamstring
vastus medialis	femur	patella and tibial tuberosity via the patellar ligament	femoral artery	femoral nerve	extends knee	hamstring

posterior compartment/hamstring

Muscle	Origin	Insertion	Artery	Nerve	Action	Antagonist
biceps femoris	long head: tuberosity of the ischium, short head: linea aspera, femur	the head of the fibula which articulates with the back of the lateral tibial condyle	inferior gluteal artery, perforating arteries, popliteal artery	long head: medial (tibial) part of sciatic nerve, short head: lateral (common fibular) part of sciatic nerve	flexes knee joint, laterally rotates leg at knee (when knee is flexed), extends hip joint (long head only)	Quadriceps muscle
semitendinosus	tuberosity of the ischium	pes anserinus	inferior gluteal artery, perforating arteries	sciatic (tibial, L5, S1, S2)	flexes knee, extends hip joint, medially rotates leg at knee	Quadriceps muscle
	tuberosity of	Medial surface	profunda femoris,		flexes knee, extends hip joint,	Quadriceps

semimembranosus	the ischium	of tibia	gluteal artery	sciatic nerve	medially rotates leg at knee	muscle
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medial compartment

Muscle	Origin	Insertion	Artery	Nerve	Action	Antagonist
adductor muscles of the hip	pubis	femur, tibia		obturator nerve	adduction of hip	
gracilis	inferior pubic ramus	tibia (pes anserinus)	obturator artery	anterior branch of obturator nerve	adduction of hip, flexion of hip, medial rotation of knee	
pectineus	superior pubic ramus	lesser trochanter, linea aspera	Obturator artery	femoral nerve, sometimes obturator nerve	flexion & adduction of hip	
adductor brevis	anterior surface of the inferior pubic ramus	the lesser trochanter and linea aspera of the femur	obturator artery	anterior branch of obturator nerve	adduction of hip	
adductor longus	pubic body just below the pubic crest	middle third of linea aspera	obturator artery	anterior branch of obturator nerve	adduction & medial rotation of hip	
adductor magnus	tuberosity of the ischium	femur and adductor tubercle of femur	obturator artery	posterior branch of obturator nerve (adductor) and tibial part of sciatic nerve	adduction of hip	

Leg

anterior compartment

Muscle	Origin	Insertion	Artery	Nerve	Action	Antagonist
tibialis anterior	body of tibia	medial cuneiform and first metatarsal bones of the foot	anterior tibial artery	Deep Fibular (peroneal) nerve	dorsiflex and invert the foot	Fibularis longus, Gastrocnemius, Soleus, Plantaris, Tibialis posterior
extensor hallucis longus	middle portion of the fibula on the anterior surface and the interosseous membrane	dorsal side of the base of the distal phalanx of the Hallux	anterior tibial artery	Deep Fibular (peroneal) nerve	Extends the big toe and assists in dorsiflexion of the foot at the ankle. Also is a weak invertor	Flexor hallucis longus, Flexor hallucis brevis
extensor digitorum longus	Lateral Condyle of tibia and superior ¾ of interosseous membrane	Middle and Distal phalanges of lateral four digits	anterior tibial artery	Deep Fibular (peroneal) nerve	extension of toes and ankle	Flexor digitorum longus, Flexor digitorum brevis
fibularis	distal anterior surface	dorsal surface	anterior	Deep Fibular	dorsi flexes and everts	

tertius	of the fibula	of metatarsal 5	tibial artery	(peroneal) nerve	foot	
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posterior compartment

Superficial

Muscle	Origin	Insertion	Artery	Nerve	Action	Antagonist
triceps surae		achilles tendon, calcaneus	posterior tibial artery	tibial nerve	plantarflexion	
gastrocnemius	femur (medial and lateral condyles)	calcaneus	sural arteries	tibial nerve from the sciatic, specifically, nerve roots S1, S2	plantarflexion, flexion of knee (minor)	Tibialis anterior muscle
soleus	fibula, medial border of tibia (soleal line)	tendo calcaneus	sural arteries	tibial nerve, specifically, nerve roots L ₅ -S ₂	plantarflexion	tibialis anterior muscle
plantaris	lateral supracondylar ridge of femur above lateral head of gastrocnemius	tendo calcaneus (medial side, deep to gastrocnemius tendon)	sural arteries	tibial nerve	Plantar flexes foot and flexes knee	Tibialis anterior muscle

Deep

Muscle	Origin	Insertion	Artery	Nerve	Action	Antagonist
popliteus	middle facet of the lateral surface of the lateral femoral condyle	posterior tibia under the tibial condyles	popliteal artery	tibial nerve	Medial rotation and flexion of knee	
tarsal tunnel						
flexor hallucis longus	fibula, posterior aspect of upper 1/3	base of distal phalanx of hallux	Peroneal artery (peroneal branch of the posterior tibial artery)	tibial nerve, S1, S2 nerve roots	flexes all joints of the Hallux, plantar flexion of the ankle joint	Extensor hallucis longus muscle
flexor digitorum longus	medial tibia	distal phalanges of lateral four digits	posterior tibial artery	Tibial nerve	Primary action is Flex digits	Extensor digitorum longus, Extensor digitorum brevis
tibialis posterior	tibia, fibula	navicular, medial cuneiform	posterior tibial artery	tibial nerve	inversion of the foot, plantar flexion of the foot at the ankle	Tibialis anterior muscle

lateral compartment

fibularis muscles:

Muscle	Origin	Insertion	Artery	Nerve	Action	Antagonist
longus	fibula	first metatarsal, medial cuneiform	fibular (peroneal) artery	superficial fibular (peroneal) nerve	plantarflexion, eversion	Tibialis anterior muscle
brevis	fibula	fifth metatarsal	fibular (peroneal) artery	superficial fibular (peroneal) nerve	plantarflexion, eversion	

Foot

Dorsal

Muscle	Origin	Insertion	Artery	Nerve	Action	Antagonist
extensor digitorum brevis	calcaneus	toes		deep peroneal nerve	extends digits 2, 3, and 4	Flexor digitorum longus, Flexor digitorum brevis
extensor hallucis brevis	calcaneus	base of proximal phalanx of hallux		deep peroneal nerve	Extension of hallux	Flexor hallucis brevis muscle

Plantar

1st layer

Muscle	Origin	Insertion	Artery	Nerve	Action	Antagonist
abductor hallucis	medial process of calcaneus, flexor retinaculum, plantar aponeurosis	medial side of base of proximal phalanx of first digit		medial plantar nerve	abducts hallux	Adductor hallucis muscle
flexor digitorum brevis	medial process of calcaneus, plantar aponeurosis, intermuscular septa	middle phalanges of digits 2-5		medial plantar nerve	flexes lateral four toes	Extensor digitorum longus, Extensor digitorum brevis
abductor digiti minimi	Plantar aponeurosis	Fifth toe or Phalanges	lateral plantar artery	lateral plantar nerve (S1, S2)	flex and abduct the fifth toe	Flexor digiti minimi brevis muscle

2nd layer

Muscle	Origin	Insertion	Artery	Nerve	Action	Antagonist
quadratus plantae	Calcaneus	Tendons of Flexor Digitorum Longus		lateral plantar nerve (S1, S2)	Assists Flexor Digitorum Longus in flexion of DIP	

					joints	
lumbrical muscle	tendons of flexor digitorum longus	medial aspect of extensor expansion of proximal phalanges of lateral four digits	lateral plantar artery and plantar arch, and four plantar metatarsal arteries	lateral plantar nerve (lateral three lumbricals) and medial plantar nerve (first lumbrical)	maintain extension of digits at interphalangeal joints	

3rd layer

Muscle	Origin	Insertion	Artery	Nerve	Action	Antagonist
flexor hallucis brevis				medial plantar nerve	flex hallux	Extensor hallucis longus muscle
adductor hallucis				Plantar nerve	adducts hallux	Abductor hallucis muscle
flexor digiti minimi brevis	fifth metatarsal bone	phalanx of the fifth toe		lateral plantar nerve (superficial branch)	extend and adduct the fifth toe	Abductor digiti minimi muscle

4th layer

Muscle	Origin	Insertion	Artery	Nerve	Action	Antagonist
dorsal interossei				plantar nerve	abduct toes	Plantar interossei muscles
plantar interossei	metatarsals	proximal phalanges		plantar nerve	adduct toes	Dorsal interossei of the foot

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