

Human Anatomy: Appendicular Muscles

Arm / (model key)

Subscapularis **5**
Supraspinatus **6**
Infraspinatus **7**
Teres major **9**
Teres minor **8**
Deltoid **10 OIA**
Coracobrachialis **15**
Biceps brachii (long **12**, short head **13**) **11 OIA**
Brachialis **14**
Brachioradialis **19**
Extensor carpi radialis longus **20**
Extensor digitorum **30 OIA**
Extensor carpi ulnaris
Extensor retinaculum (band of tissue) **38**
Pronator teres **22**
Supinator (deep) **34**
Flexor carpi radialis **23**
Palmaris longus **24**
Flexor carpi ulnaris **25**
Flexor retinaculum (band of tissue) **46**
Triceps brachii (long head **17**, medial head **18**, lateral head **16**) **OIA**

Leg

Gluteus maximus **11 OIA**
Gluteus medius **12**
Gluteus minimus (deep)
Piriformis **13**
Obturator internus **15**
Tensor fasciae latae **18**
Iliotibial tract **19**
Rectus femoris **20 OIA**
Vastus (lateralis, medialis, intermedius) **21, 23 22**
Sartorius **24 OIA**
Adductor longus **26 OIA**
Adductor magnus **28 OIA**,
Adductor brevis (deep) **OIA**
Gracilis **27 OIA**
Pectineus
Biceps femoris (long, short heads) **L31, S32 OIA**
Semitendinosus **30**
Semimembranosus **29**
Tibialis anterior **33**
Extensor hallucis longus **44**
Extensor digitorum longus **34**
Fibularis longus & brevis **L35, B36**
Gastrocnemius (medial, lateral heads) **37, 38 OIA**
Soleus **39**
Tibialis posterior **40**
Popliteus **41**
Flexor hallucis longus **43**
Flexor digitorum longus **42**
Superior/inferior peroneal retinaculum **57, 58**

Torso

Trapezius **OIA**
Levator scapulae **OIA**
Rhomboid major and minor **OIA**
Serratus anterior **OIA**
Pectoralis major
Latissimus dorsi **OIA**

Shoulder Joint

Rotator Cuff Tendons
Supraspinatus tendon
Infraspinatus tendon
Subscapularis tendon

Iliopsoas: psoas major **25**, iliacus