



List of 50 Major Skeletal Muscles for 2011

Head and Neck

Frontalis
Orbicularis oris
Orbicularis oculi
Occipitofrontalis
Zygomaticus major
Masseter
Sternocleidomastoid
Trapezius
Buccinator

Move Upper Extremities

Pectoralis major
Latissimus dorsi
Deltoid
Teres major
Biceps brachii
Triceps brachii
Brachialis
Brachioradialis
Palmaris longus
Flexor carpi radialis.
Flexor digitorum superficialis
Extensor carpi radialis
Extensor digitorum
Extensor digiti minimi
Extensor carpi ulnaris

Muscles of the Trunk

External Intercostals
Internal Intercostals
Transverse abdominis
Infraspinatus
Rectus abdominis
Serratus anterior
Diaphragm

Move the Lower Extremities

Iliopsoas
Sartorius
Gluteus maximus
Gluteus medius
Tensor fasciae latae
Adductor longus
Gracilis
Semimembranosus
Semitendinosus
Biceps femoris
Rectus femoris
Vastus lateralis
Vastus intermedius
Vastus medialis
Tibialis anterior
Gastrocnemius
Soleus
Peroneus longus
Peroneus brevis

Removed:

Temporalis & Thoracolumbar fascia

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