

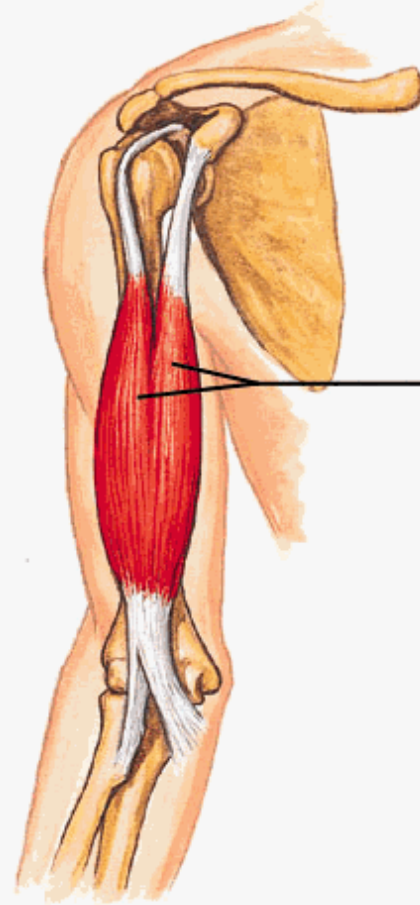
Muscles

The background of the slide features a series of vertical, slightly wavy teal lines of varying thicknesses against a light gray gradient. A solid teal horizontal bar spans the width of the slide, positioned in the lower third. The text 'The Arm' is centered within this teal bar.

The Arm

Biceps Brachii

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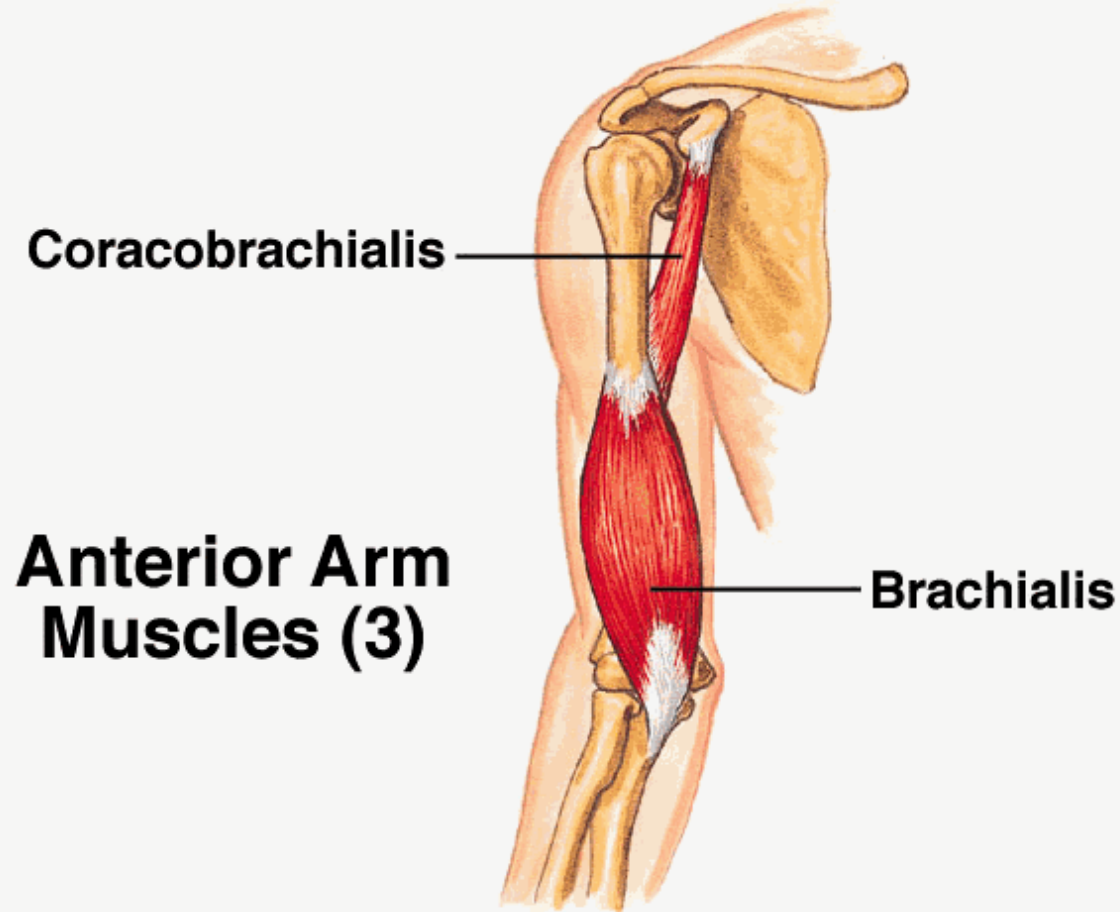


**Biceps brachii
(short and
long heads)**

**Anterior Arm
Muscles (1)**

Brachialis

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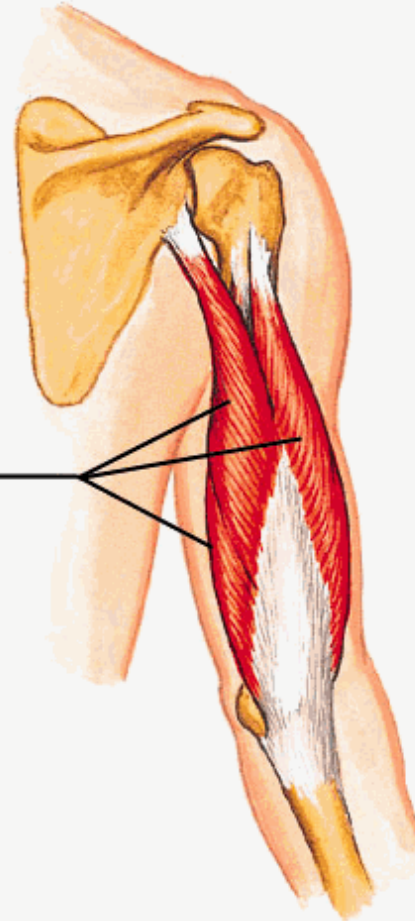


Triceps Brachii

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Posterior Arm Muscle

Triceps
brachii



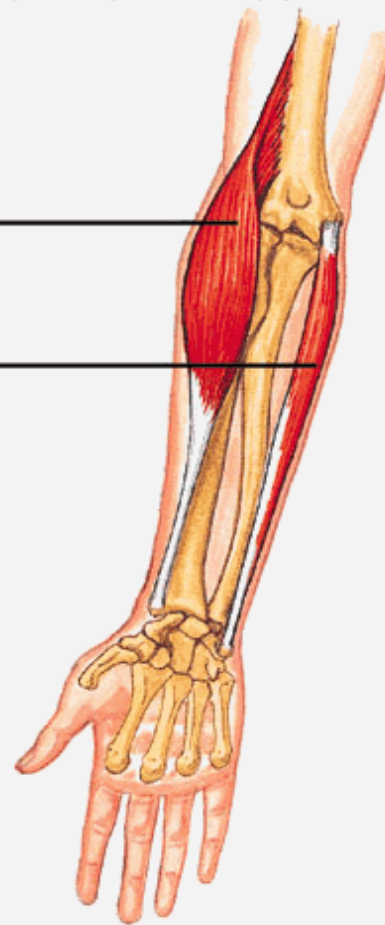
Brachioracialis

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Brachioradialis —————

**Flexor
carpi
ulnaris** —————

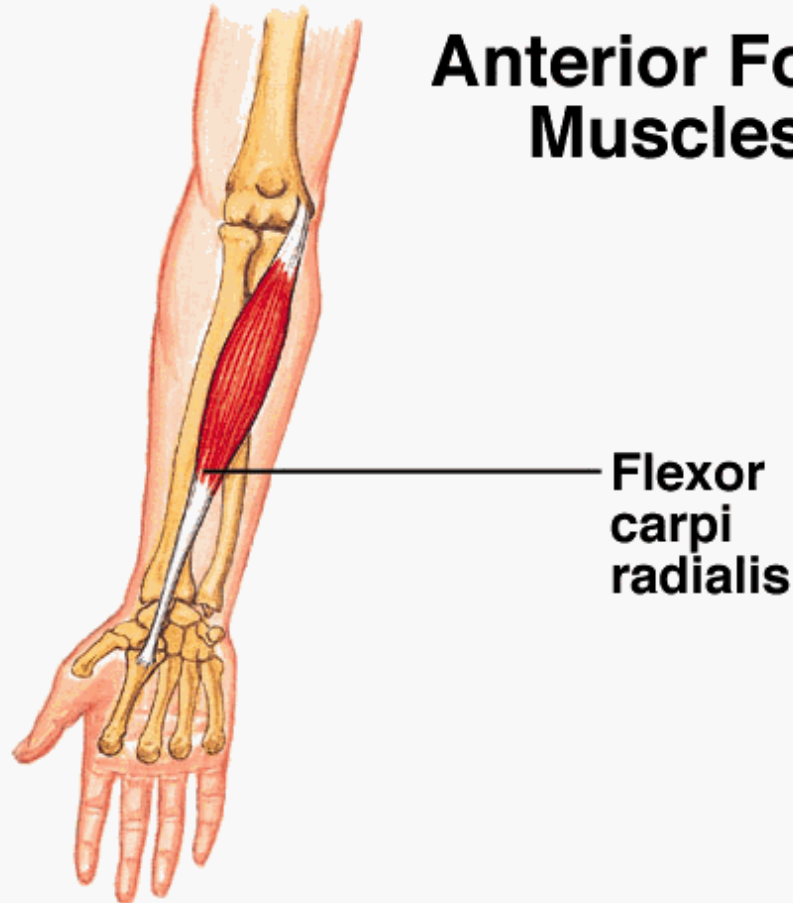
**Anterior Forearm
Muscles (2)**



Flexor Carpi Radialis

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Anterior Forearm Muscles (4)



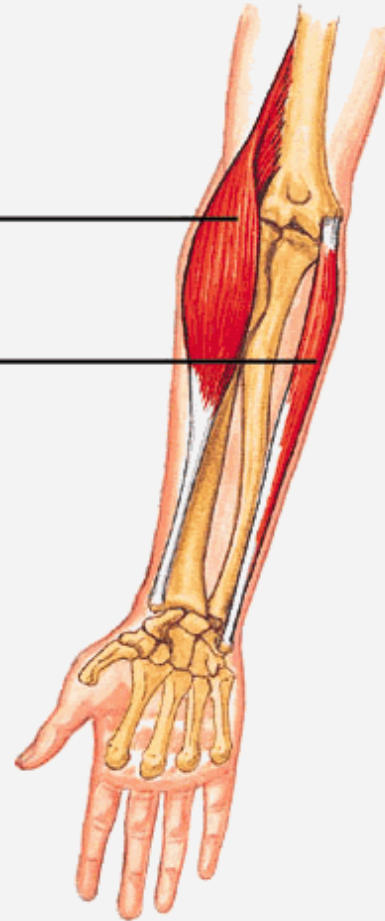
Flexor Carpi Ulnaris

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Brachioradialis —————

**Flexor
carpi
ulnaris** —————

**Anterior Forearm
Muscles (2)**



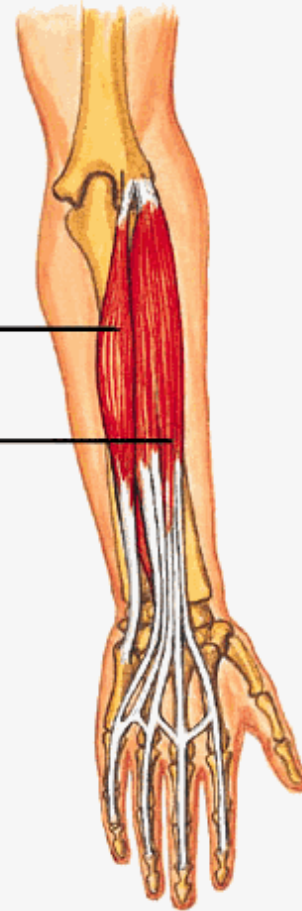
Extensor Carpi Ulnaris

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Extensor carpi
ulnaris

Extensor
digitorum

**Posterior Forearm
Muscles (3)**



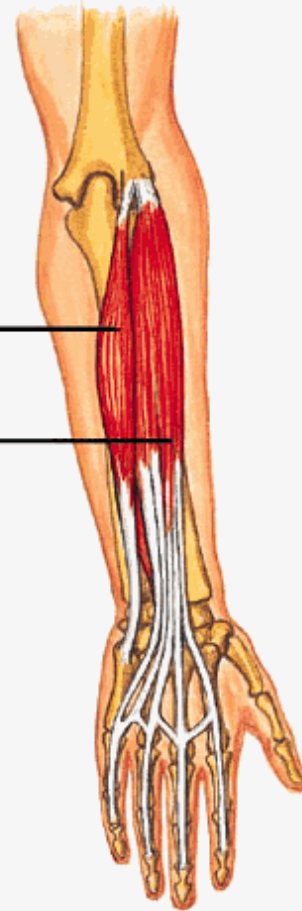
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Extensor carpi
ulnaris

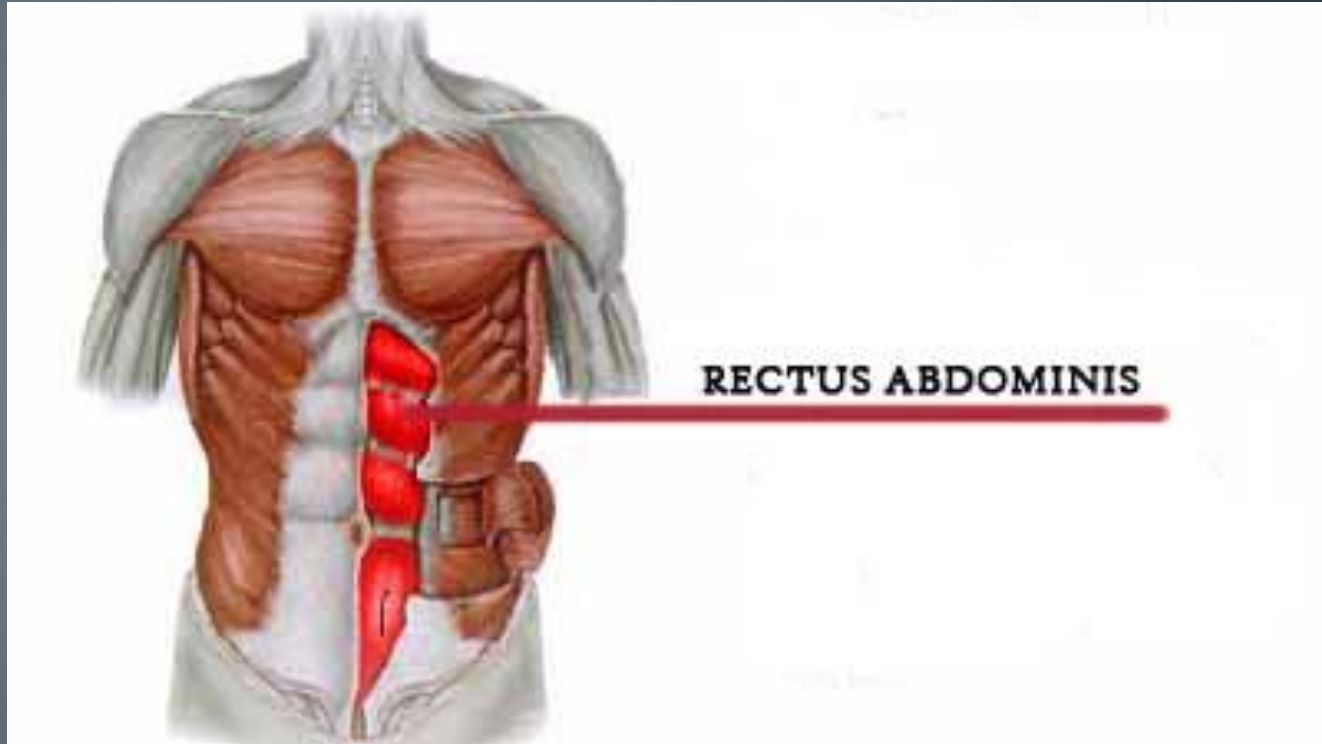
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**Posterior Forearm
Muscles (3)**

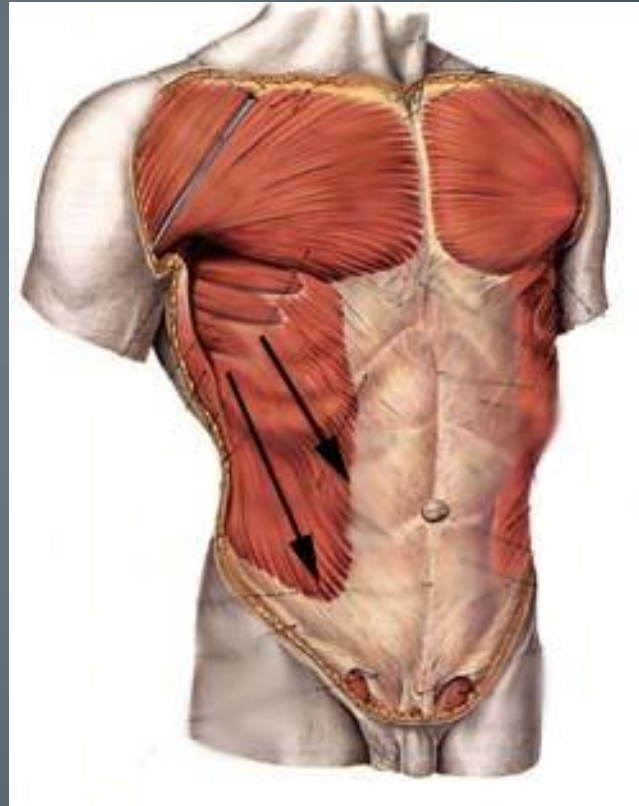


The Abdomen

Rectus Abdominis



External Oblique



Internal Oblique



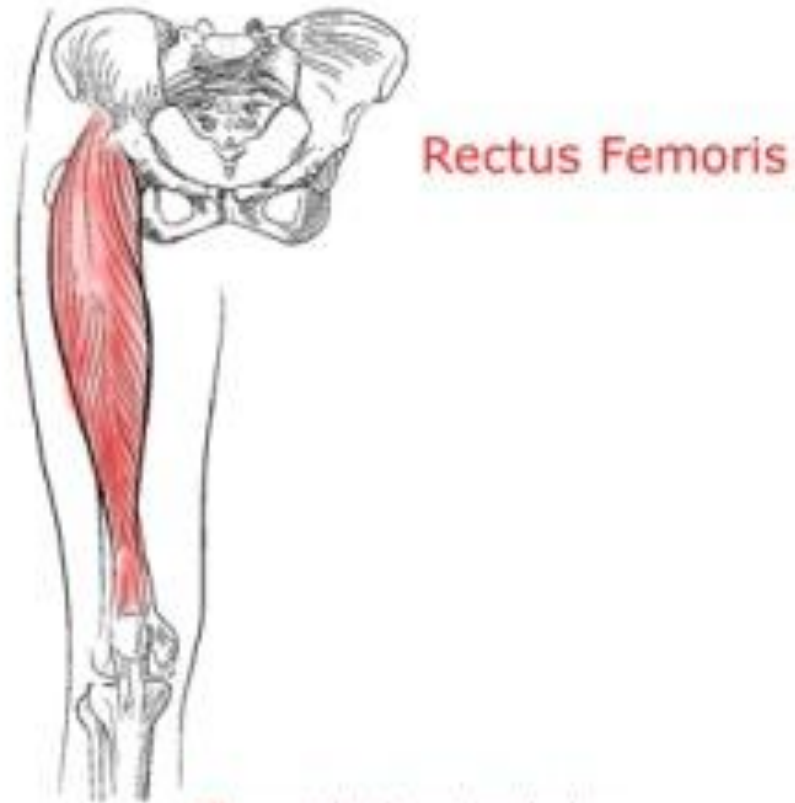
Transversus Abdominis



The image features a background of thin, vertical, light blue lines of varying lengths and positions, creating a textured, rain-like effect. A solid teal horizontal bar spans the width of the image, positioned in the lower half. The text 'Thighs and Hips' is centered within this bar in a white, bold, sans-serif font with a thin black outline.

Thighs and Hips

Rectus Femoris

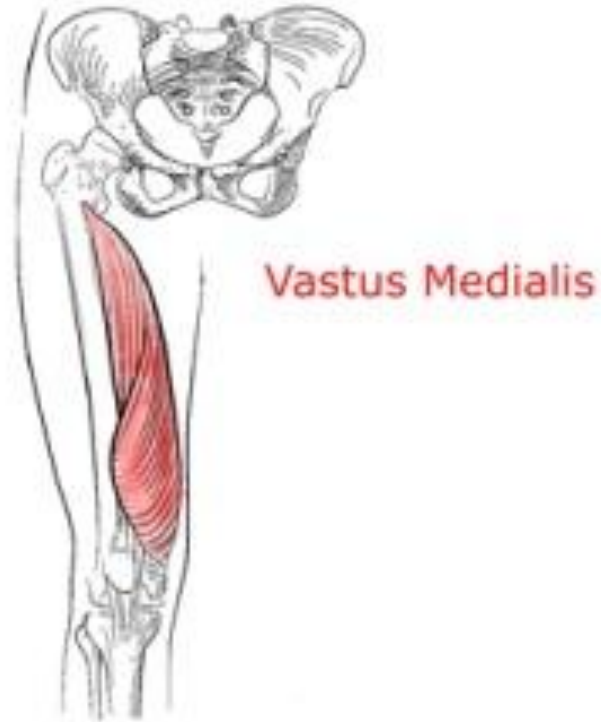


Flexes thigh, extends leg

O: anterior inferior iliac spine

I: Tibial tuberosity

Vastus Medialis



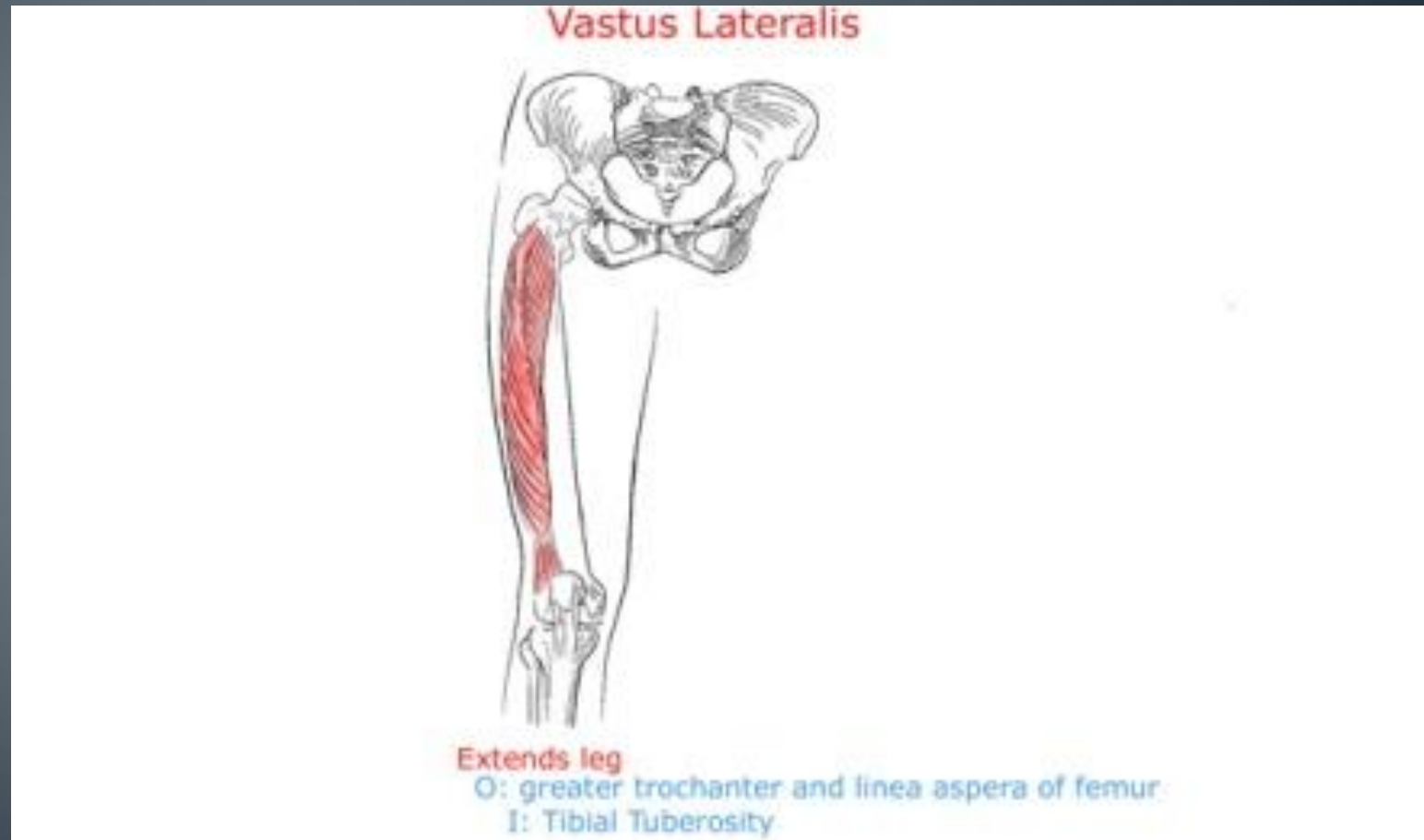
Vastus Medialis

Extends-leg

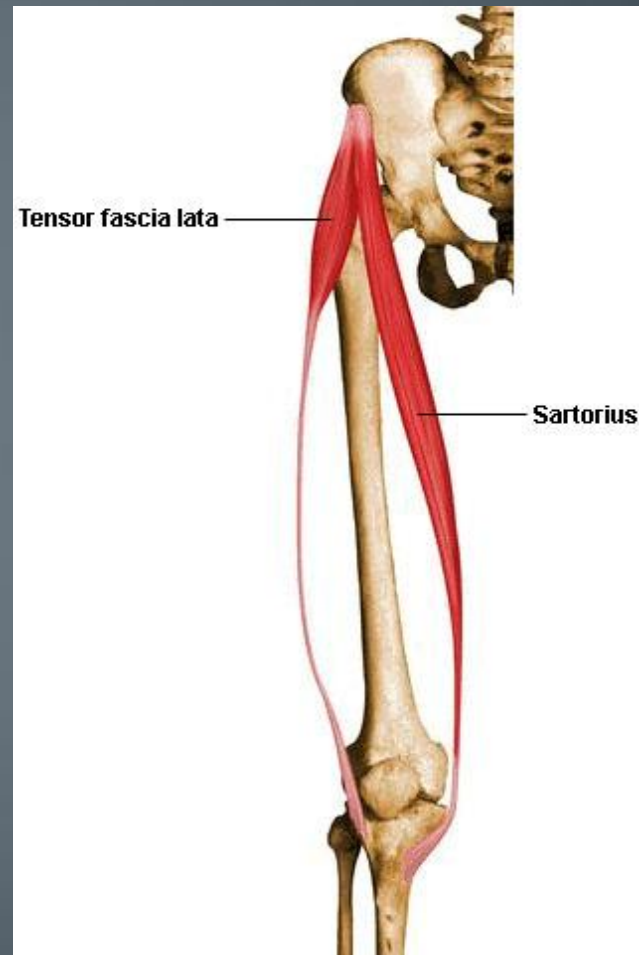
O: Pubis

I: proximal, posterior femur

Vastus Lateralis



Sartorius



Gracilis



Gracilis

adducts thigh, flexes leg

O: Pubis

I: Proximal portion of medial tibia

Adductor Longus



Adductor Longus

Adducts and laterally rotates thigh

O: Pubis

I: middle linea aspera of femur

Gluteus Maximus



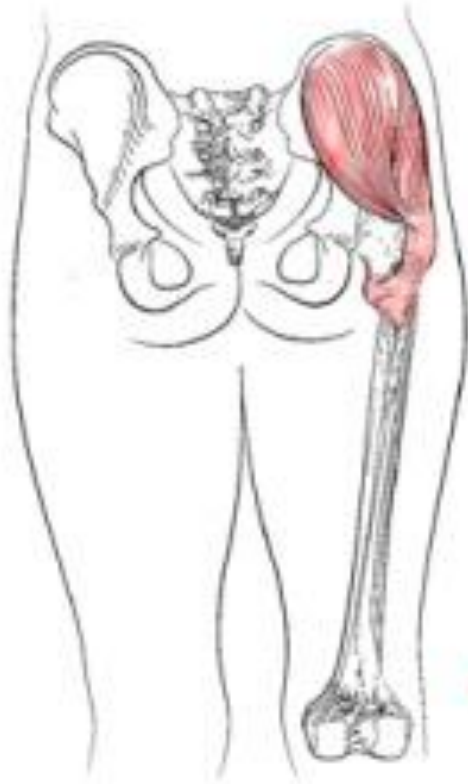
Gluteus Maximus

Extends, abducts, and laterally rotates thigh

O: lateral surface of ilium, sacrum, coccyx

I: lateral condyle of tibia by lateral fascia,
gluteal tuberosity of femur

Gluteus Medius



Gluteus Medius

Medially rotates and abducts thigh

O: Outer ilium

I: greater trochanter of femur

Tensor Fasciae Latae



Tensor Fasciae Latae

Flexes, medially rotates, and abducts thigh

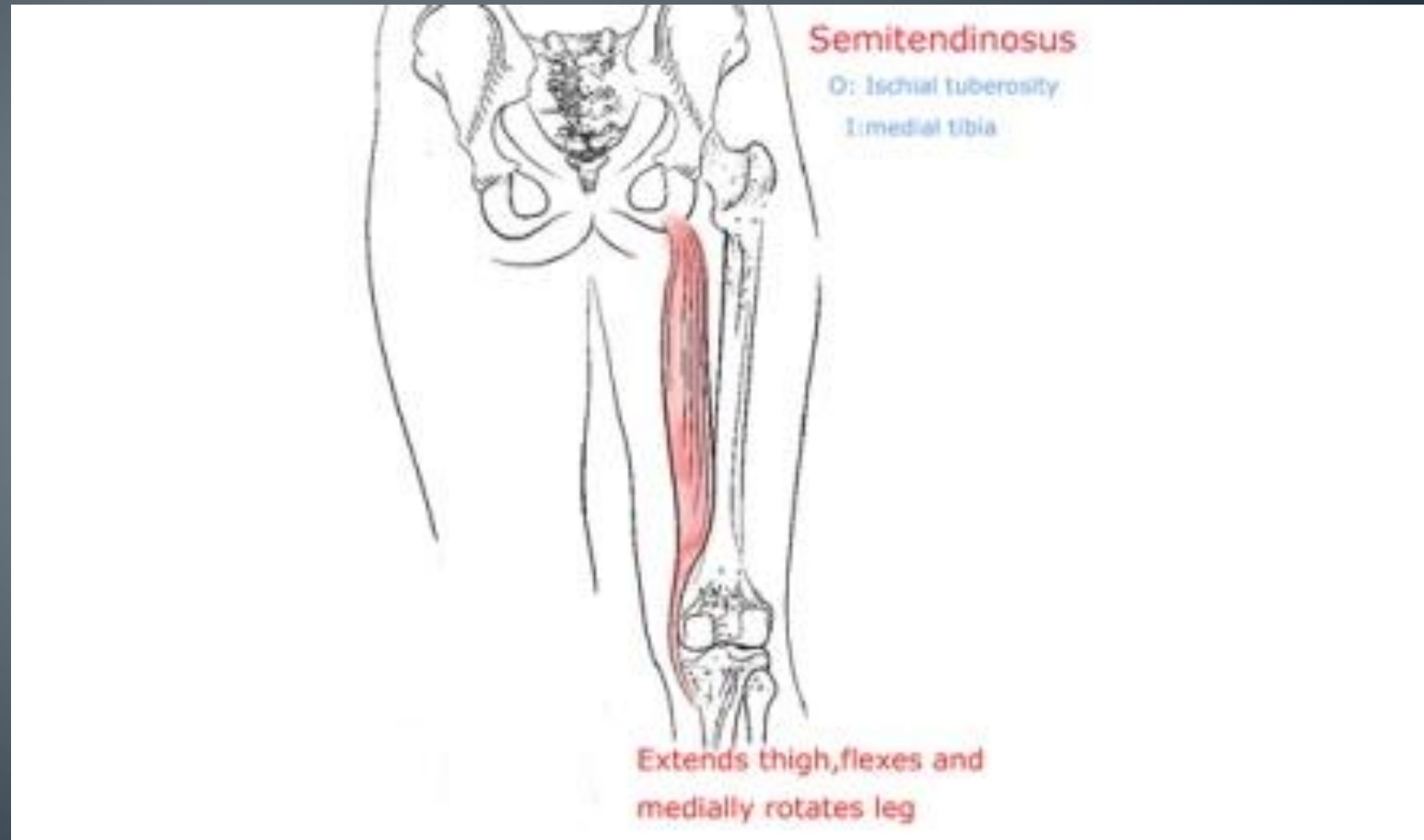
O: Anterior superior iliac spine

I: Lateral condyle of tibia by iliotibial band

Biceps Femoris



Semitendinosus



Semimembranosus





Lower Leg

Gastrocnemius



Tibialis Anterior



Soleus



Soleus

Plantar flexes foot

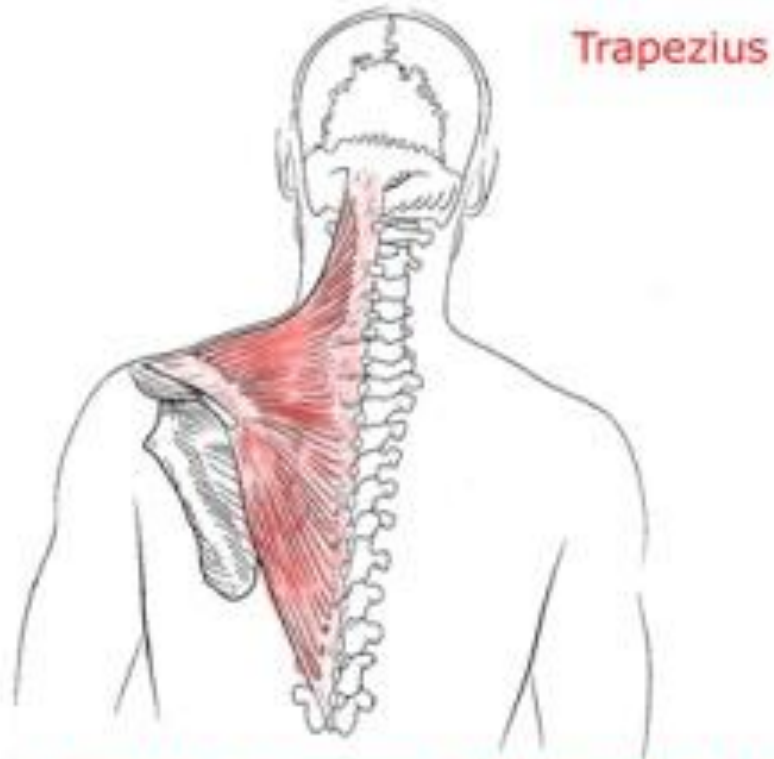
O: posterior tibia and fibula

I: Calcaneus

The image features a background of thin, vertical, light blue lines of varying lengths and positions, creating a textured, rain-like effect. A solid teal horizontal bar spans the width of the image, positioned in the lower half. The text 'Shoulders and Chest' is centered within this bar in a white, bold, sans-serif font.

Shoulders and Chest

Trapezius

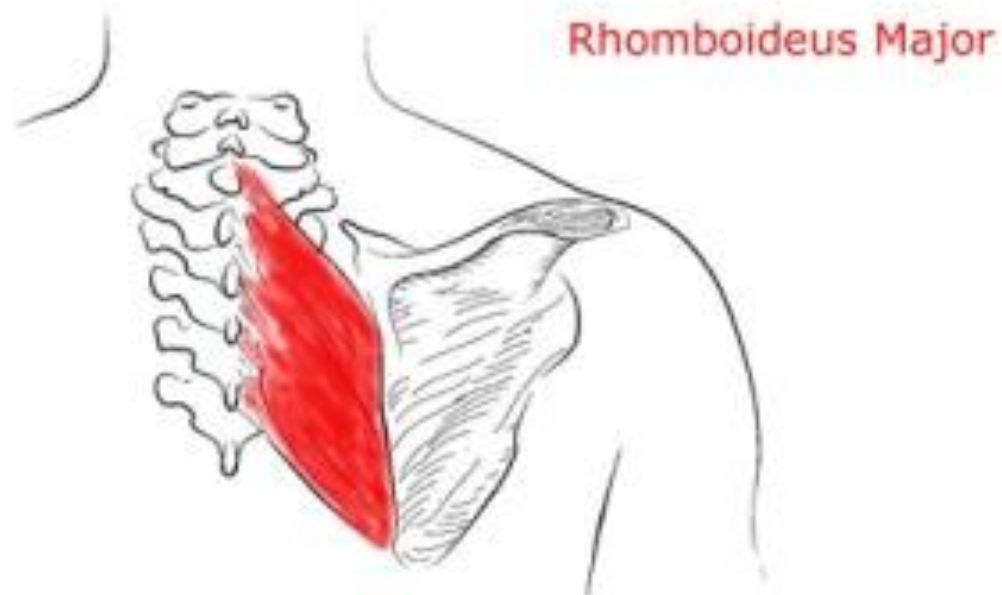


Abducts and extends head,rotates and adducts scapula

O: Occipital protuberance,ligamentum nuchae,c7-t12

I: clavicle,acromion,and spine of scapula

Rhomboideus Major

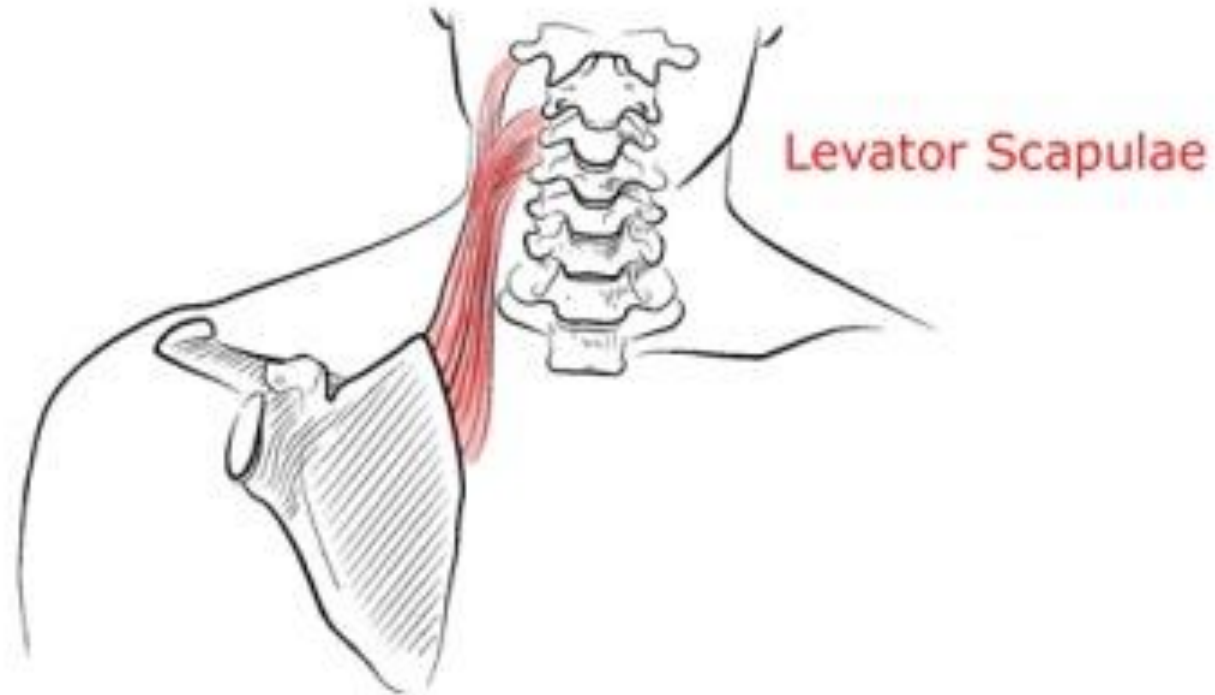


Adducts the scapula

O: T1-T4

I: inferior border of scapula

Levator Scapulae

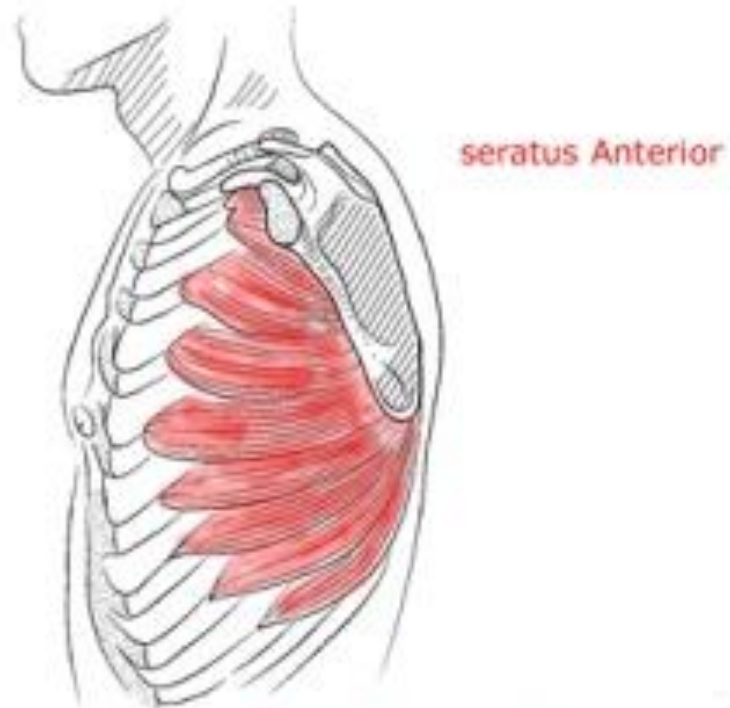


Elevates scapula, rotates and abducts neck

O: Transverse Process of C1-4

I: Superior angle of scapula

Serratus Anterior



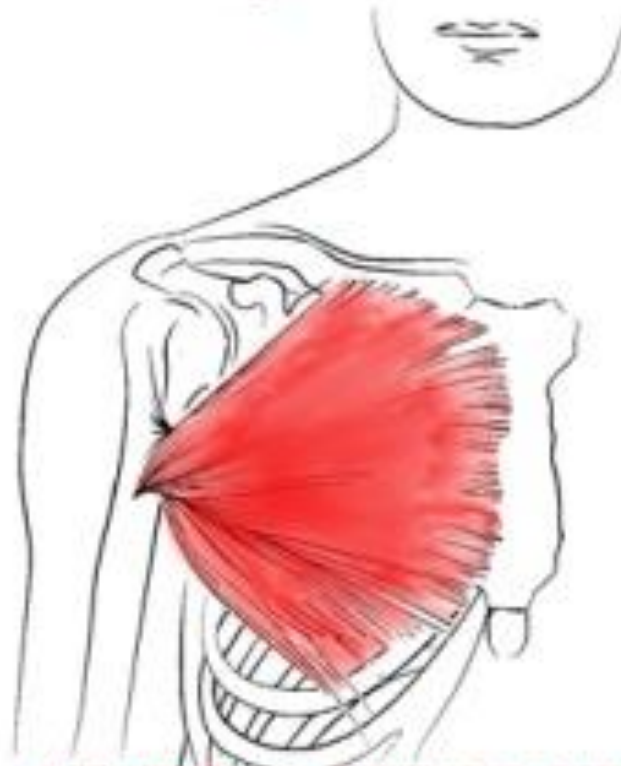
Abducts the scapula

O: ribs 1-8

I: Vertebral border of scapula

Pectoralis Major

Pectoralis Major

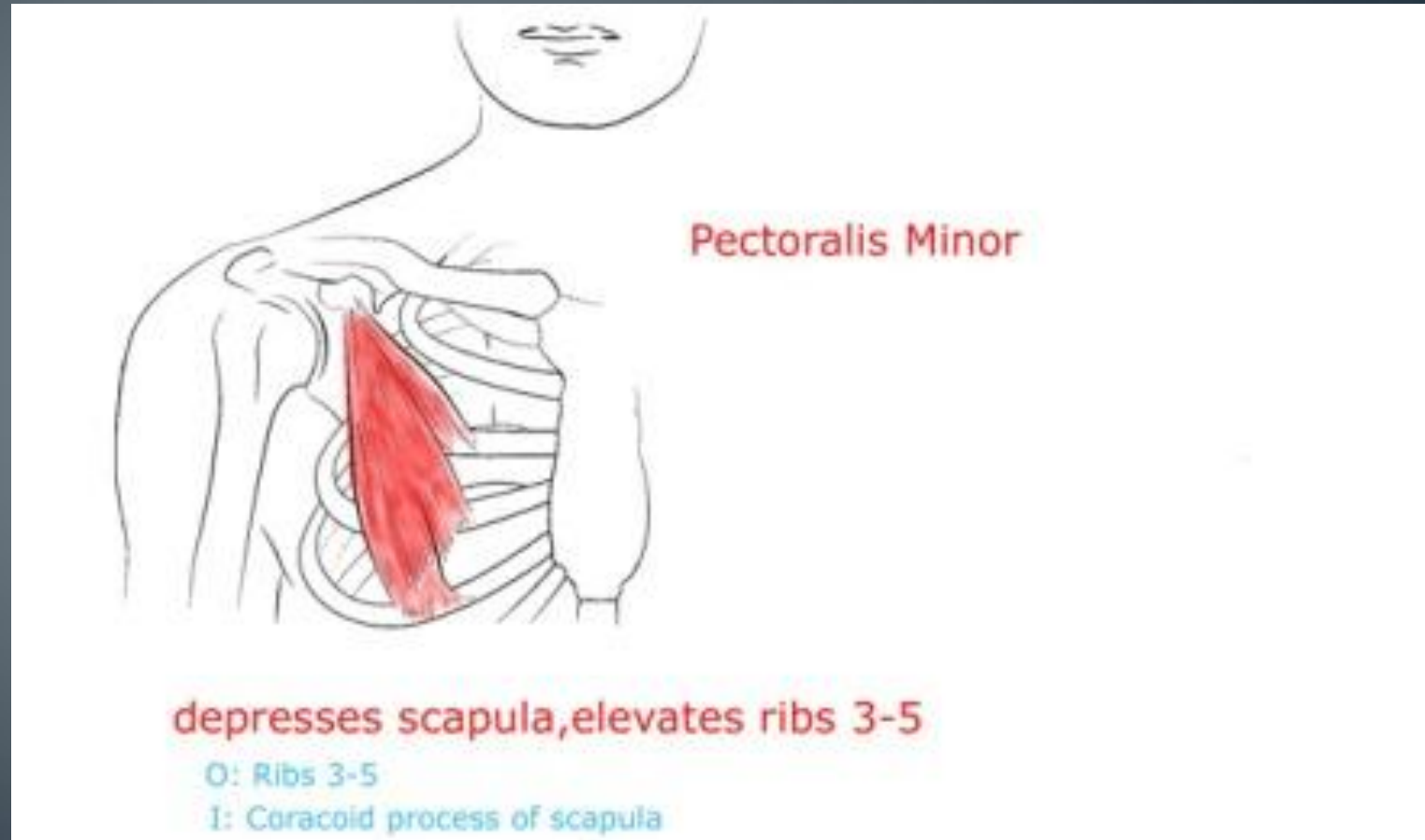


Adducts, flexes, and rotates arm medially

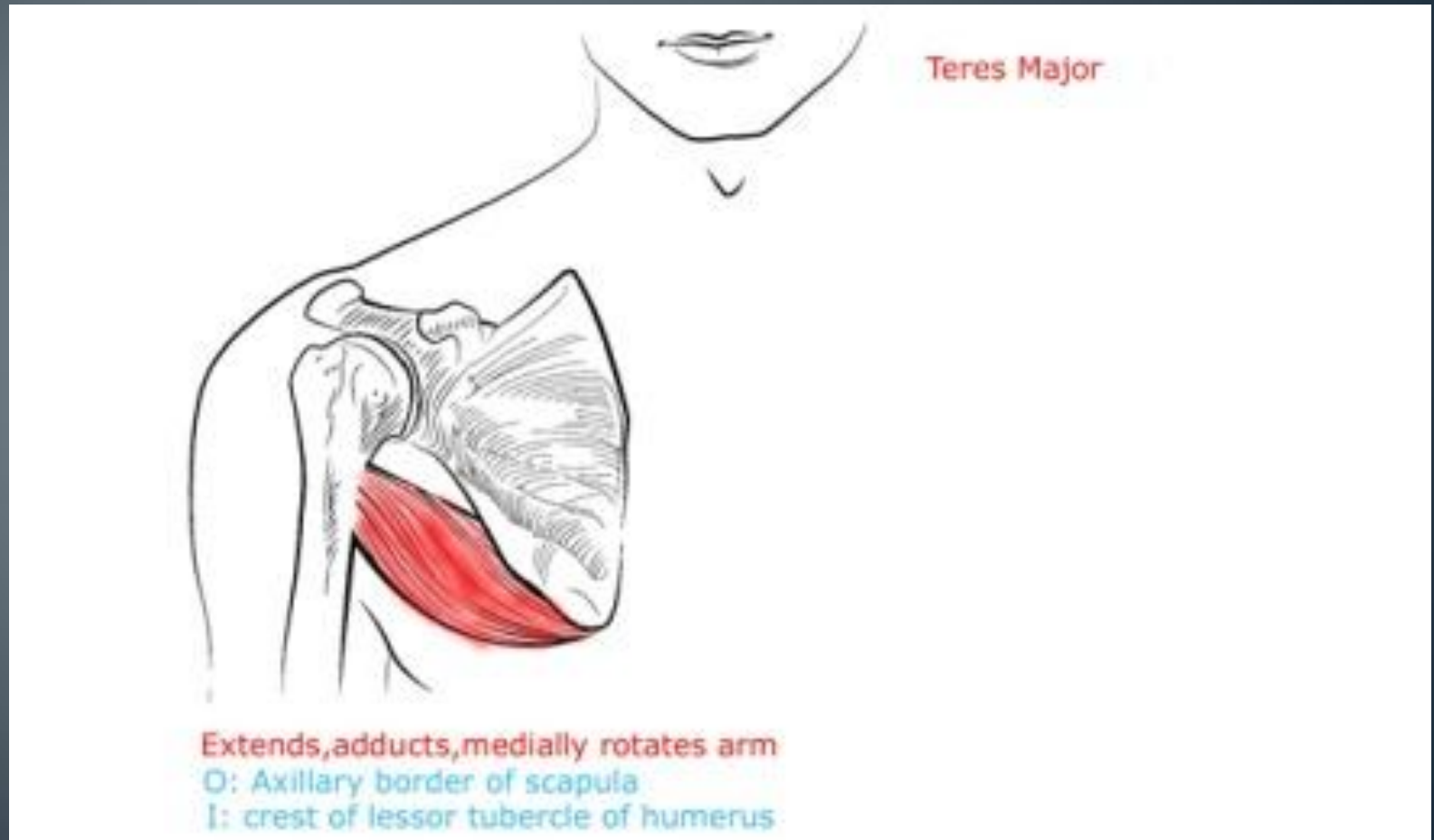
O: clavicle, sternum and ribs 1-7

I: crest of greater tubercle of humerus

Pectoralis Minor



Teres Major



Teres Minor



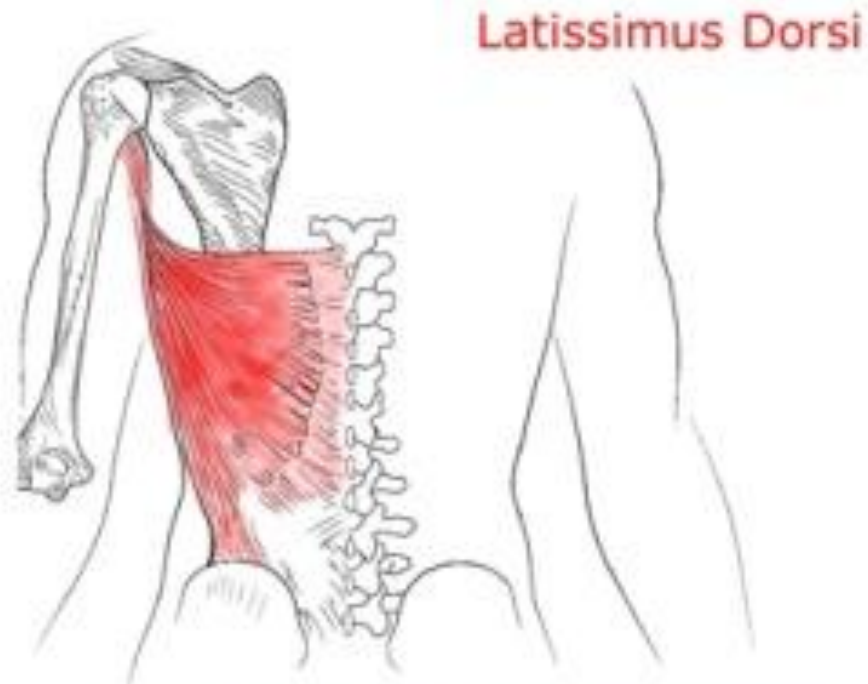
Teres Minor

Extends, laterally rotates, adducts arm, stabilizes shoulder

O: Axillary border of scapula

I: Greater tubercle of humerus

Latissimus Dorsi

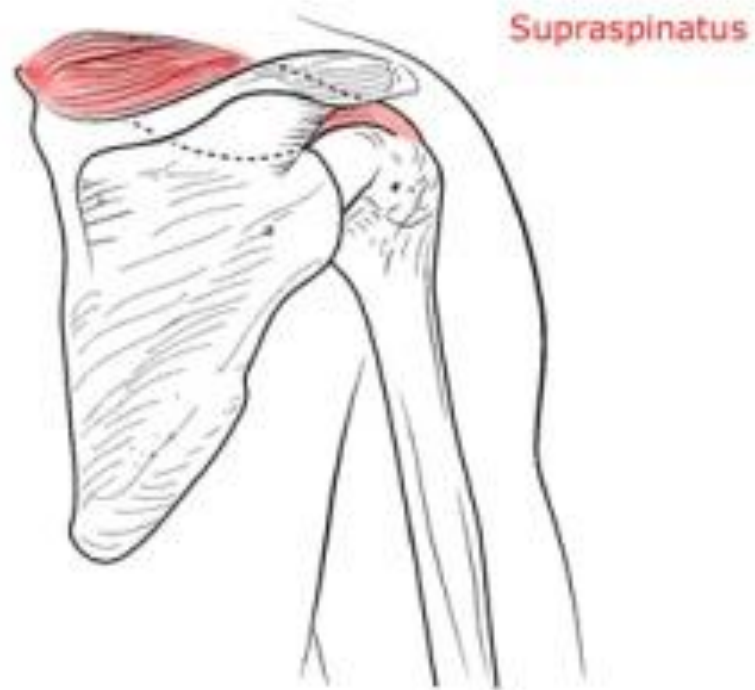


Adducts, extends, and medially rotates arm.
Pulls the shoulder inferior

O: T7-T12, L1-L5, sacrum, iliac crest, ribs 10-12

I: intertubercular groove of humerus

Supraspinatus



Abducts arm, stabilizes shoulder

O: Supraspinatus fossa

I: Greater tuberosity of humerus

Infraspinatus



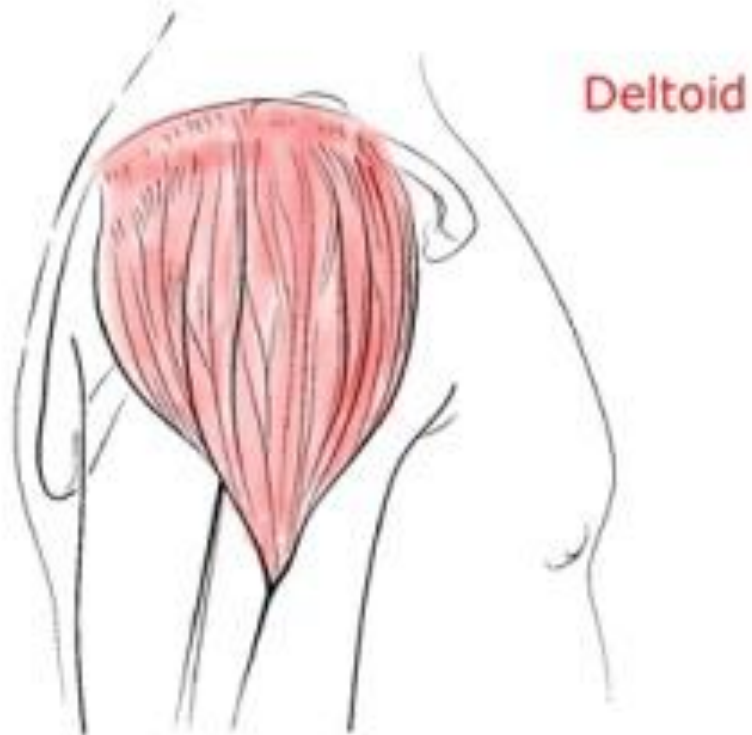
Infraspinatus

Extends, laterally rotates arm, stabilizes shoulder

O: infraspinatus fossa

Greater tubercle of humerus

Deltoid



Adducts, flexes, extends medially and laterally rotates the arm

O: clavicle, acromion, and spine of scapula

I: Deltoid tuberosity

The image features a background of thin, vertical, light blue lines of varying lengths and positions, creating a textured, rain-like effect. A solid teal horizontal bar spans the width of the image, positioned in the lower half. The text 'Head and Neck' is centered within this bar in a white, bold, sans-serif font.

Head and Neck

Epicranii Frontalis

Frontalis

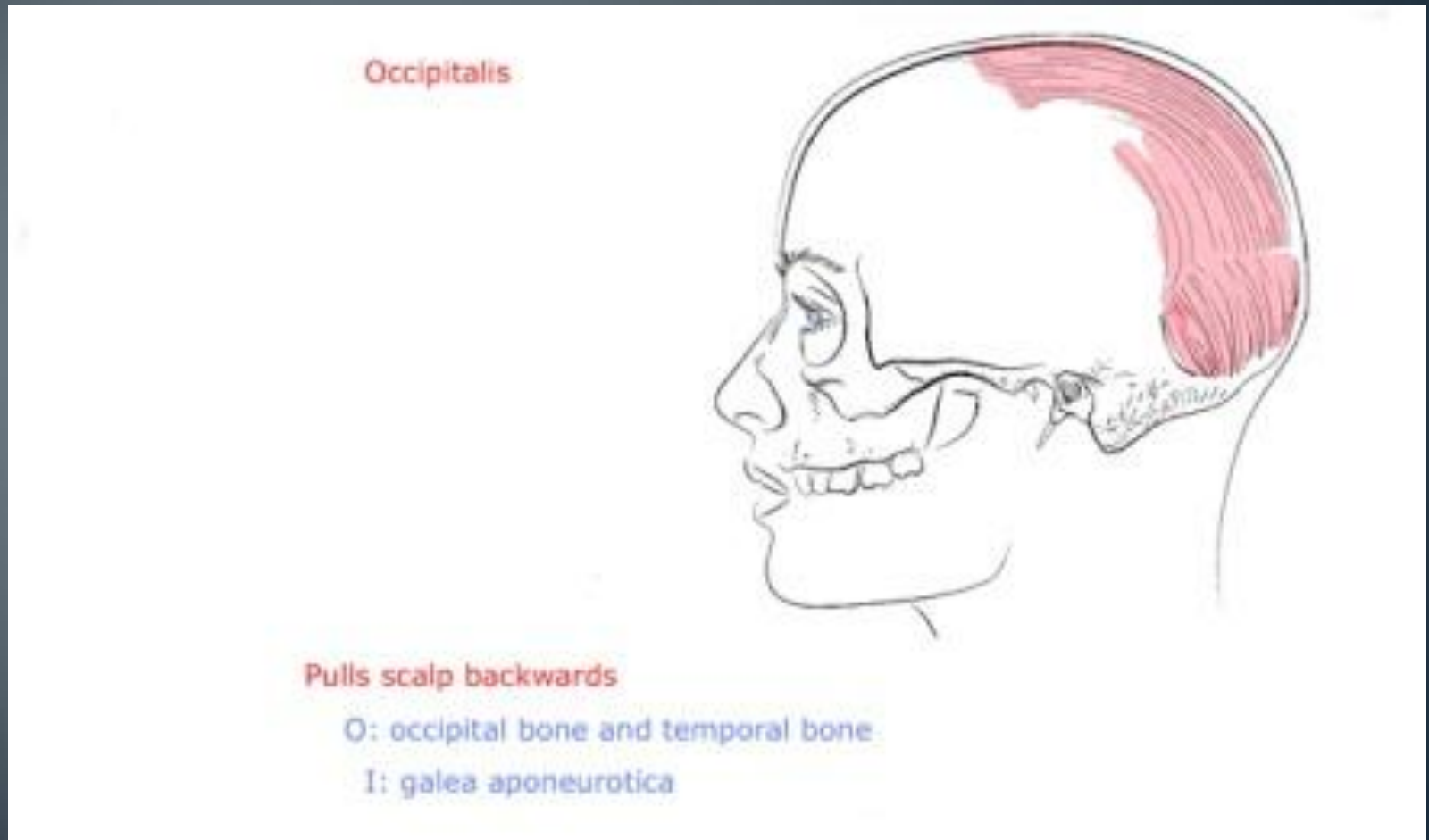


raises eyebrows, pulls scalp forward

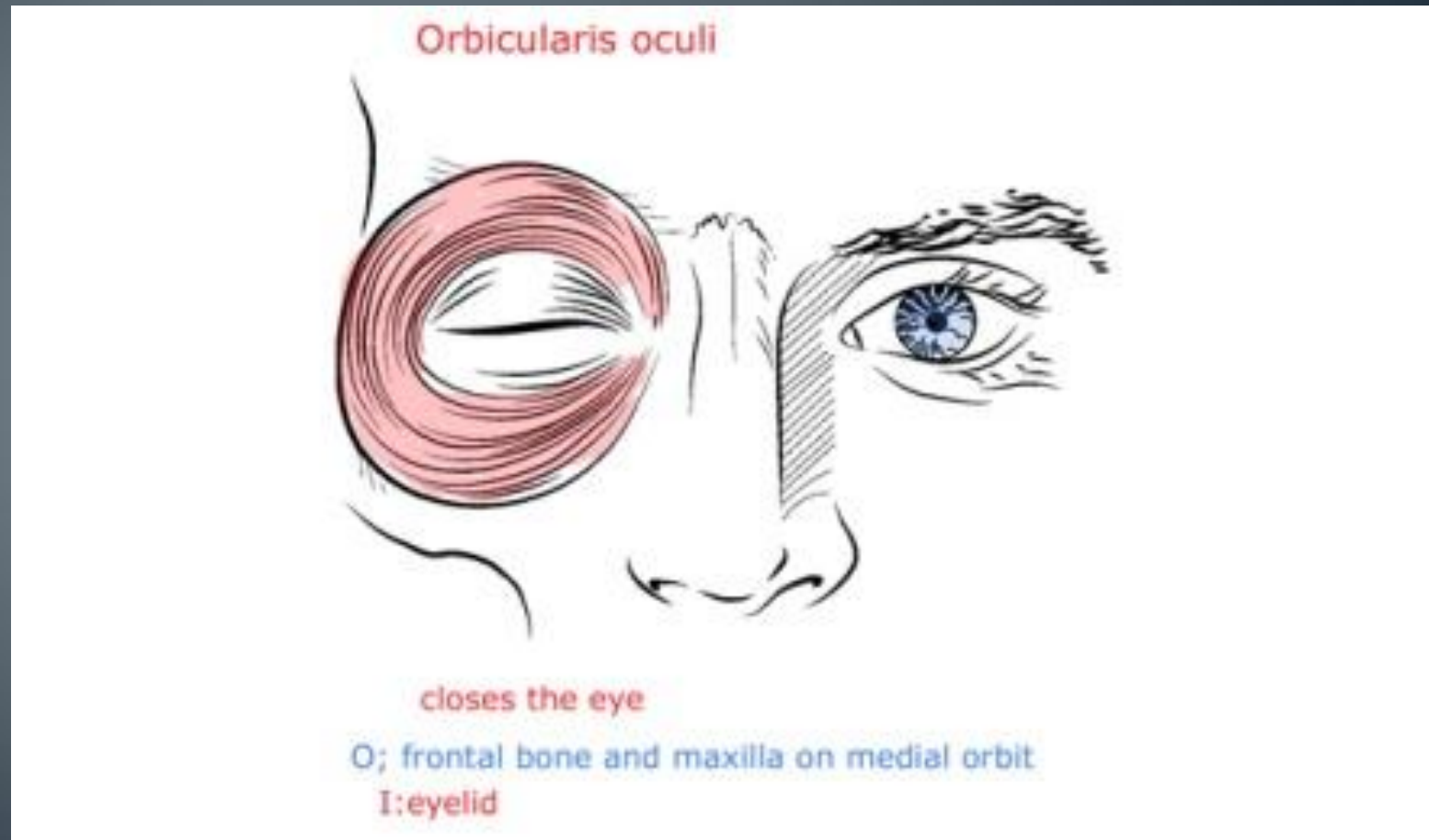
O: galea aponeurotica

I: skin near eyebrows

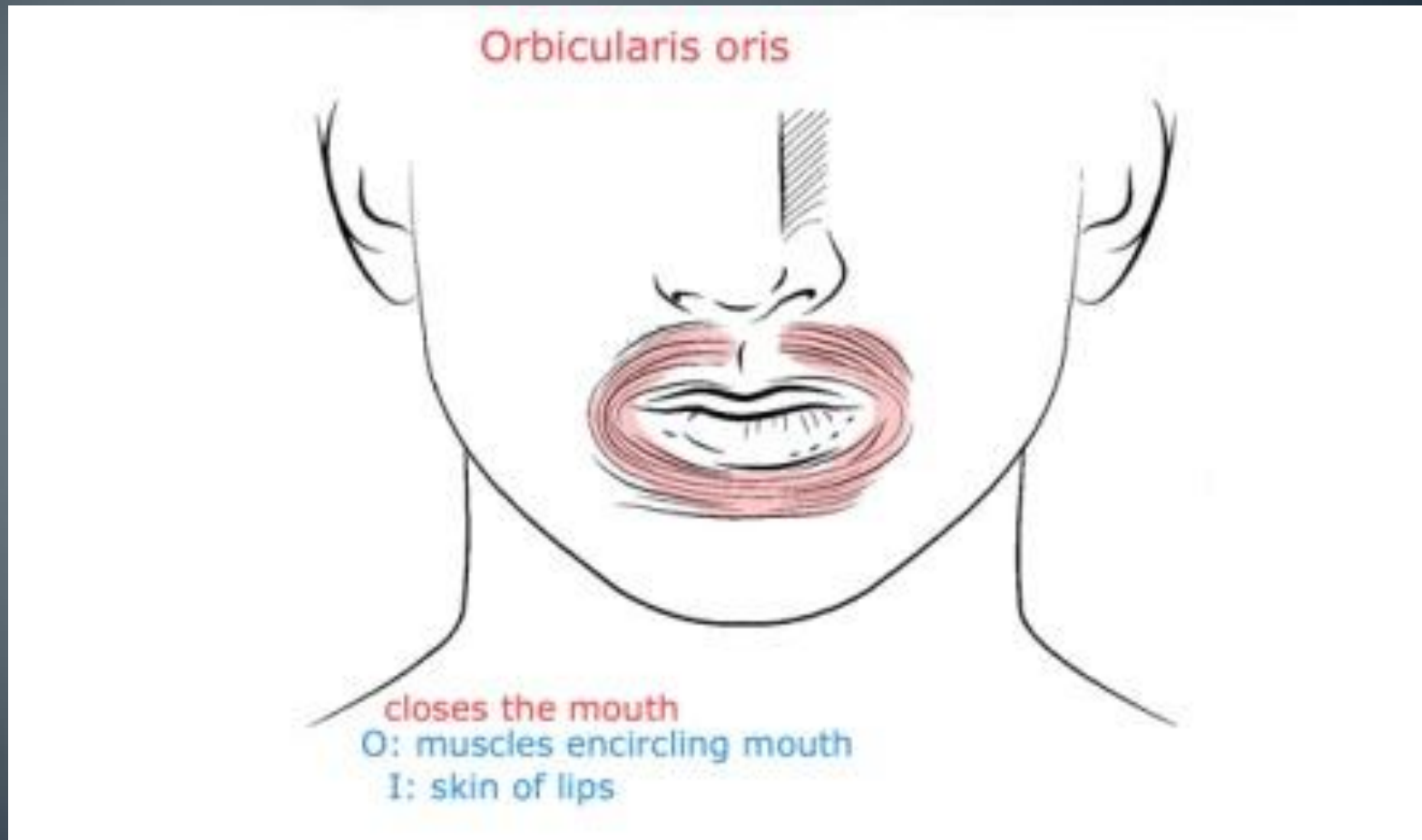
Epicranii Occipitalis



Orbicularis Oculi

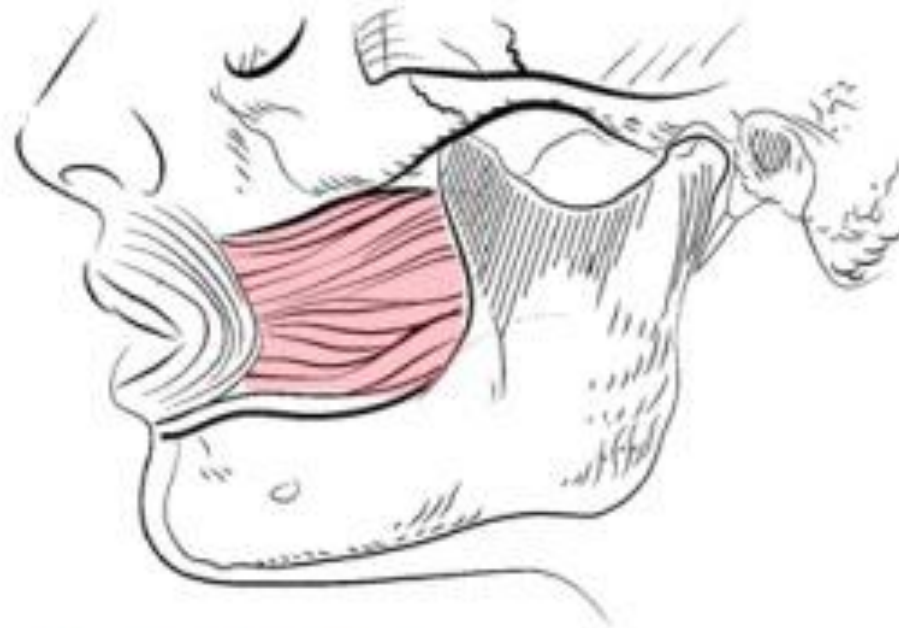


Orbicularis Oris



Buccinator

Buccinator

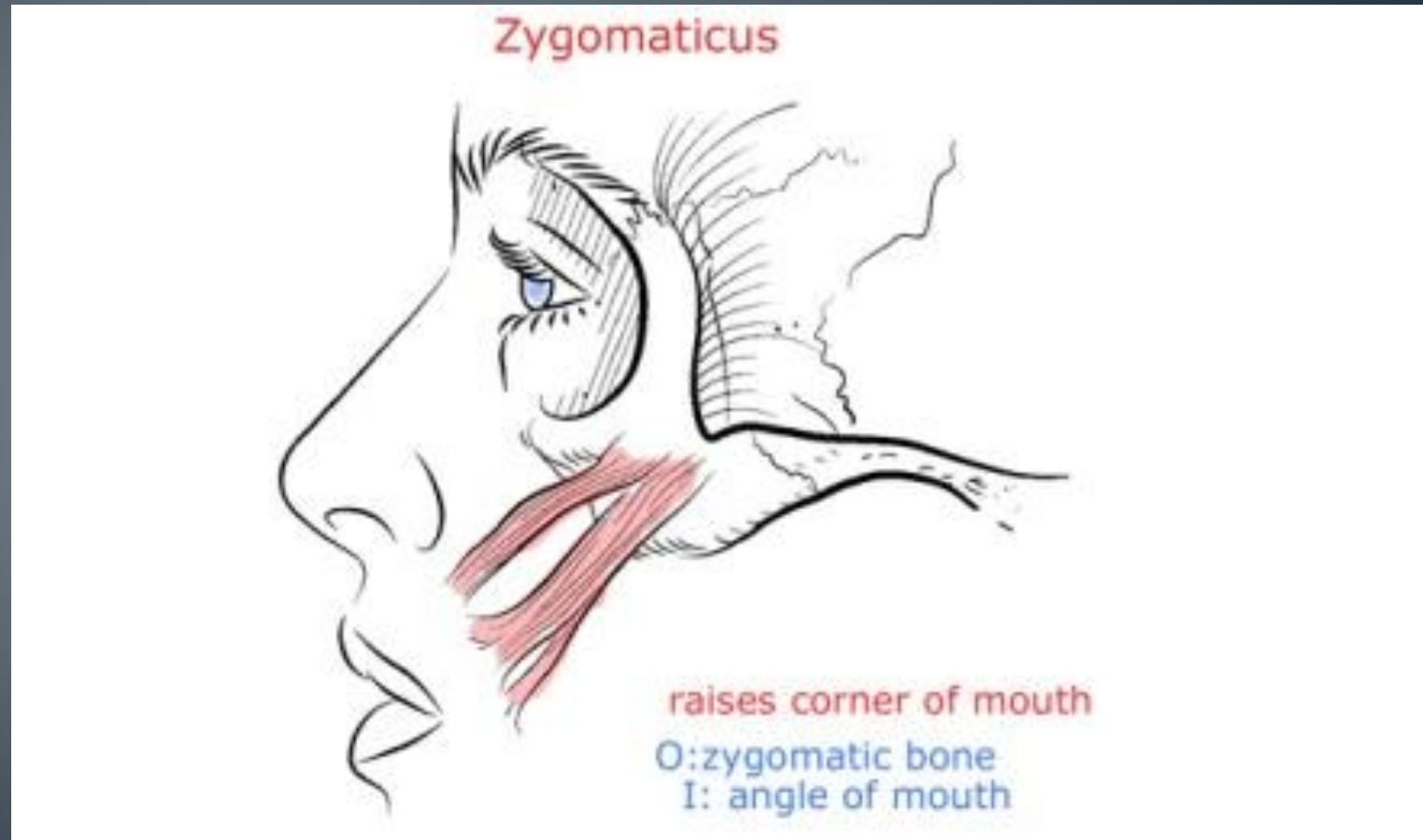


tightens the cheek

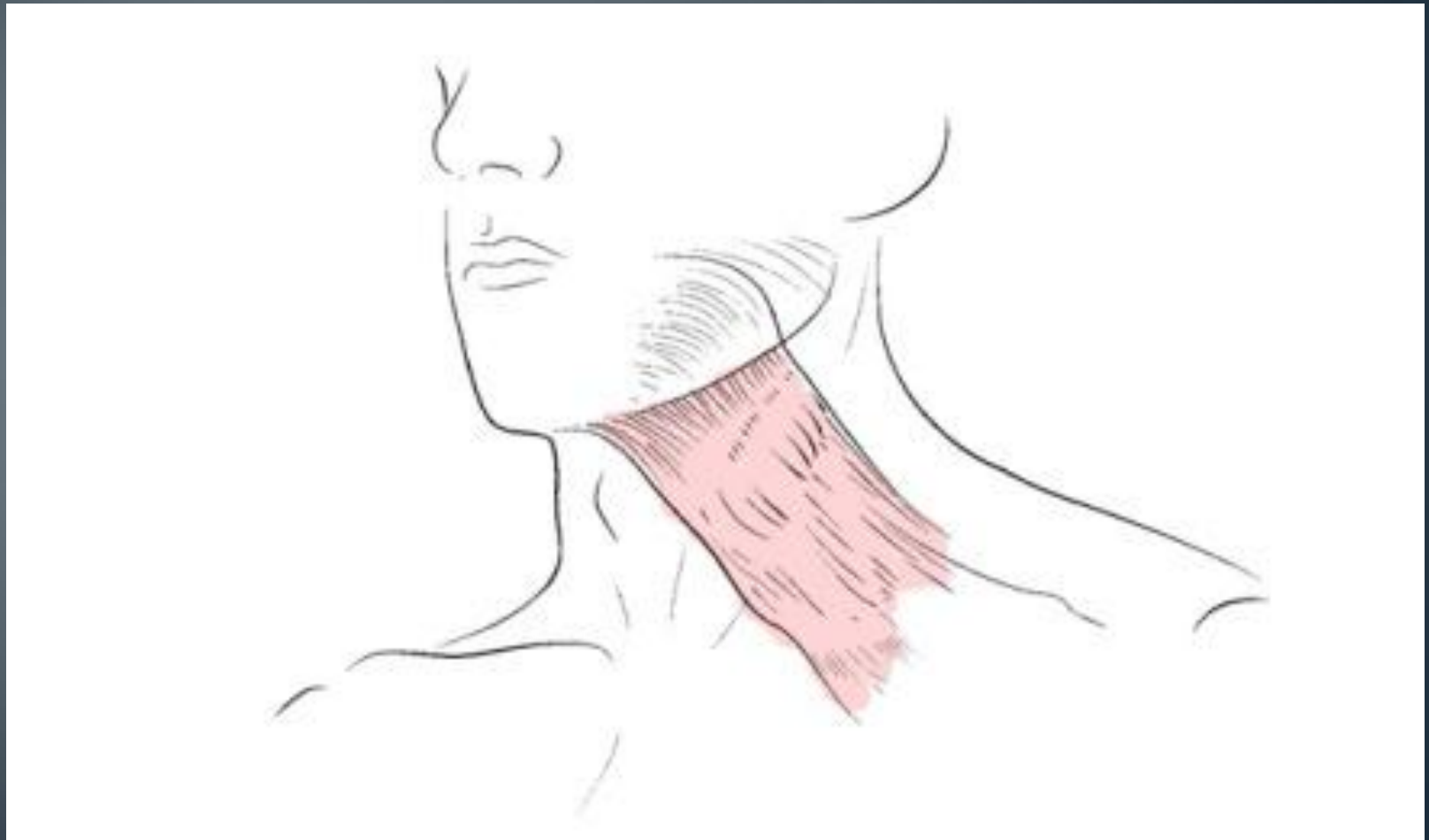
O: mandible and maxilla

I: orbicularis oris

Zygomaticus



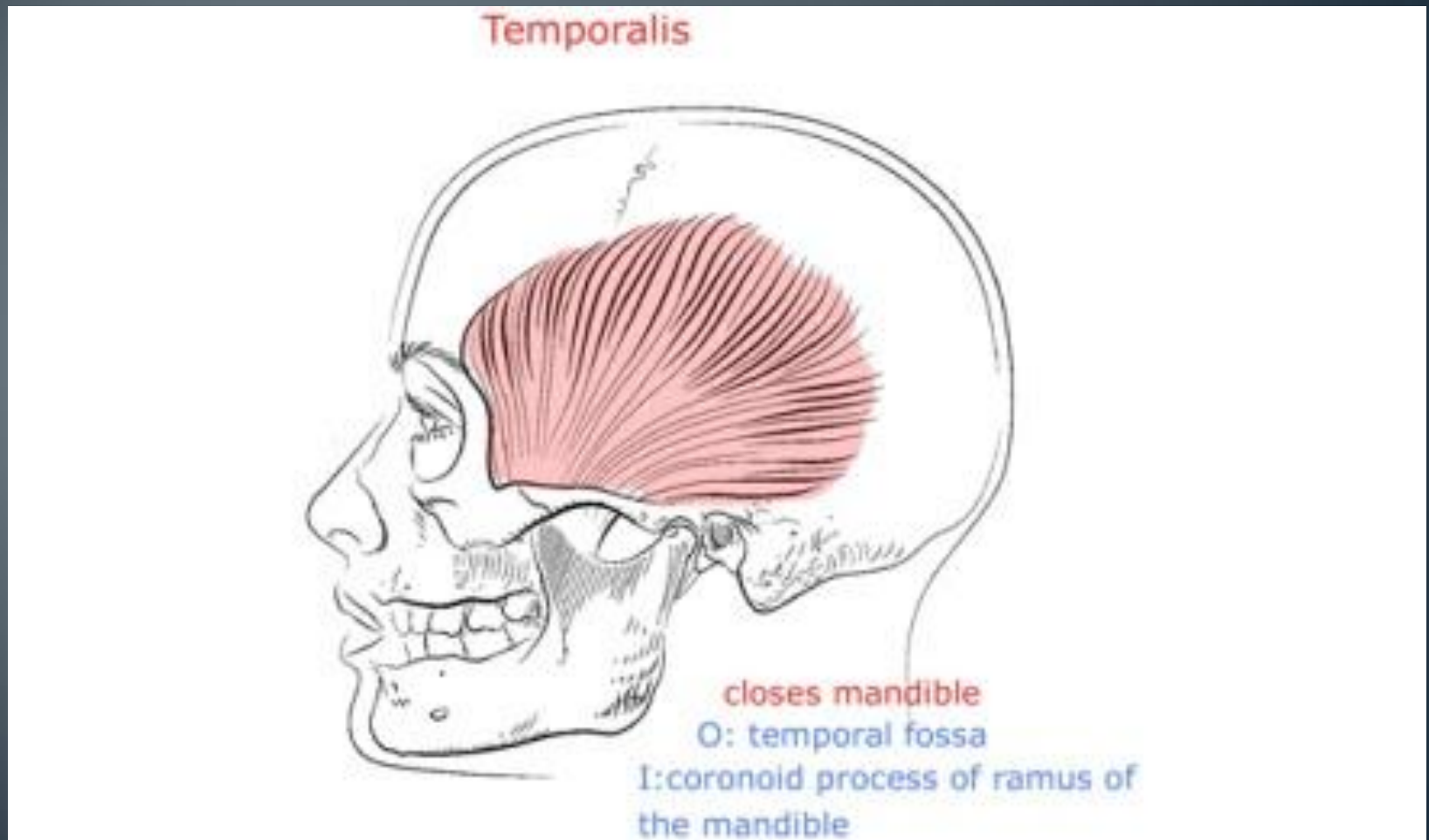
Platysma



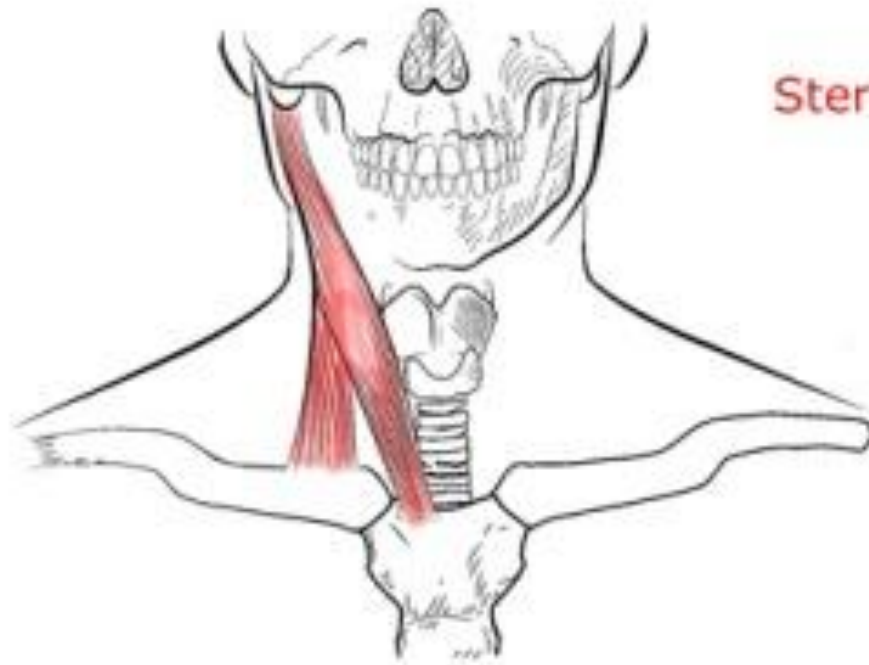
Masseter



Temporalis



Sternocleidomastoid



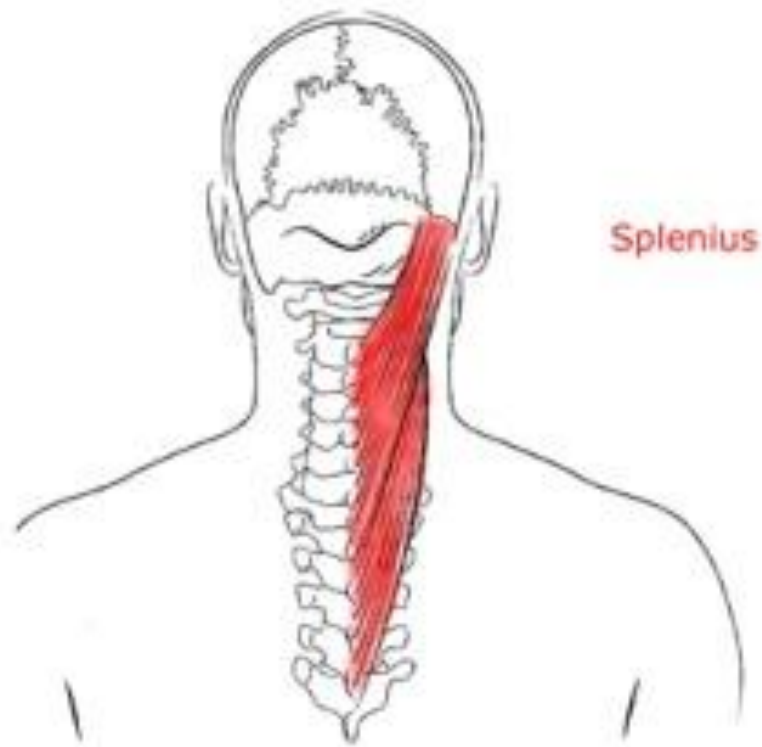
Sternocleidomastoid

One rotates and extends head, both flexes neck

O: Sternum and clavicle

I: mastoid process

Splenius Capitis

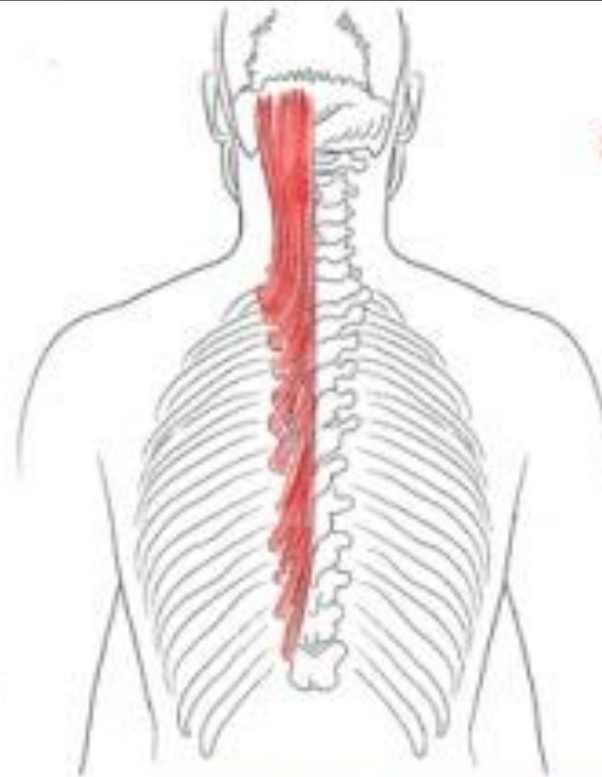


Extends and rotates the head

O: Ligamentum nuchae, C7-T6

I: C2-4, occipital bone, temporal bone

Semispinalis Capitis



Semispinalis

Extends head, rotates vertebral column

O: C4-T12

I: Occipital bone, T1-4