1. Tibialis Anterior
	1. O: Lateral Condyle of Tibia
	2. I:
	3. A: Dorsiflexion,
2. Flexor Digitorum Longus
	1. O: posterior tibia
	2. I: plantar surface of distal phalanges 2-5
	3. A:
3. Peroneus .
	1. O: distal lateral fib
	2. I:
	3. A: plantar flexion, eversion
4. Name?
	1. O: Medial and lateral femoral condyles
	2. I: Achilles tendon to posterior calcaneus
	3. A:
5. Tibialis Posterior
	1. O: Lateral posterior tib, medial fib
	2. I:
	3. A: plantar flexion,
6. Peroneus .
	1. O: Distal tibia
	2. I: base of the 5th
	3. A: eversion,
7. Flexor Hallicus Longus
	1. O:Posterior Fibula
	2. I:
	3. A: Plantar flexion,
8. Peroneus Longus
	1. O: Lateral condyle of Tibia, Lateral fibula
	2. I:
	3. A:
9. Extensor Digitorum
	1. O:
	2. I: dorsal surface of phalanges 2-5
	3. A:
10. Name?
	1. O: Post tib/fib
	2. I: Achilles tendon to posterior calcaneus
	3. A:
11. Rectus Femoris
	1. O:
	2. I: Same as other quads
	3. A:
12. Vastus Medialis
	1. O: Med femur
	2. I:
	3. A:Extends knee
13. Vastus Lateralis
	1. O:
	2. I: same as other quads
	3. A: extends knee
	4. O:
	5. I: same as other quads
	6. A: extends knee
14. Sartorius
	1. O:
	2. I: proximal medial tibia
	3. A:
15. Biceps femoris
	1. O:same as hamstrings
	2. I:
	3. A: same as hamstrings
16. Semitendinosus
	1. O:
	2. I:Prox med tib
	3. A: same as hamstrings
	4. O:
	5. I: Medial Condyle of tib
	6. A: same as hamstrings
17. Tensor Fasciae Latae
	1. O:
	2. I: iliotibial tract-lateral tib. Tuberosity
	3. A:
18. Adductor Longus
	1. O: pubic symphysis
	2. I:
	3. A:
19. Gracilis
	1. O: ischiopubic ramus
	2. I:
	3. A:
20. Iliacus
	1. O:
	2. I:tendon of the psoas major
	3. A:Same as psoas
21. Psoas Major
	1. O: transverse process of all lumbar vertebrae
	2. I:
	3. A:
22. Gluteus Medius
	1. O: external surface of ilium
	2. I:
	3. A: major stabilizer in walking,
23. Gluteus Maximus
	1. O:
	2. I: ITB & Post. Femur
	3. A:
24. Rectus Abdominus
	1. Pubic Crest & Symphysis
	2. I:
	3. A:
25. Quadratus Lumborum
	1. O: Iliac Crest
	2. I:
	3. A:
26. Erector Spinae
	1. A:
27. Internal/external oblique
	1. A: 3 total
28. Latissimus Dorsi
	1. O: spinous process T6-S5, Iliac Crest and lower 4 ribs
	2. I:
	3. A:
29. Trapezius
	1. O: base of skull; spinous process of .
	2. I: post. Clavicle, acromion process, spine of scapula
	3. Elevates and depresses Scap; 2 ; 3 .
30. Rhomboid Major
	1. O:T2-T5 spinous
	2. I:
	3. A:Add & scapula.
31. Pectoralis Major
	1. O:
	2. I: Greater Tubercle
	3. A:
32. Pectoralis Minor
	1. O: outer surface of ribs 3-5
	2. I:
	3. A: depresses scap
33. Serratus Anterior
	1. O:Outer surface of ribs 1-8
	2. I:
	3. A: Protraction
34. Deltoid
	1. O: Ant. Clavicle, Acromion, Scap. Spine
	2. I:
	3. A: Anterior: , mid: , post: ,
35. Supraspinatus
	1. O: supraspinous fossa of scap
	2. I:
	3. , stabilizes head of hum in joint
36. Infraspinatus:
	1. O: infraspinous fossa of scap
	2. I:
	3. A:
37. Name:
	1. O:
	2. I: Greater Tubercle
	3. A: external rotation
38. Subscapularis
	1. O: subscapular fossa of scap
	2. I:
	3. A:
39. Teres Major
	1. **O:** Inf. Angle of Scap.
	2. **I:** Below Lesser Tub. of Hum.
	3. **A:**
40. Biceps Brachii
	1. **O:** Short head-

 Long head- glenoid fossa of scap

* 1. **I:** Radial tuberosity
	2. **A:**
1. Triceps Brachii
	1. **O:** Lat. Scap. and post hum.
	2. **I:**
	3. **A:**
2. Brachioradils
	1. **O:** Distal Lat Hum.
	2. **I:**
	3. **A:**
3. Extensor Carpi Ulnaris
	1. **O:** Lat. Epicondyle
	2. **I:**
	3. **A:**
4. Extensor Carpi Radialis
	1. **O:** Distal, Lat. Hum.
	2. **I:** Dorsal surface of 2nd metacarpal
	3. **A:**
5. Palmaris Longus
	1. **O:**
	2. **I:** Flexor retinaculum
	3. **A:**
6. Flexor Carpi Ulnaris
	1. **O:**
	2. **I:** Med. Carpals, and 5th metacarpal
	3. **A**
7. Flexor Carpi Radialis
	1. **O:**
	2. **I:** Base of 2nd and 3rd metacarpal
	3. **A:**
8. Extensor Digitorum
	1. **O:** Lat. Epicondyle of Hum.
	2. **I:**
	3. **A:**
9. Flexor Digitorum Superficialis
	1. O:
	2. I: 4 tendons into sides of middle phalanges 2-5
	3. A: Flexes the jts
10. Flexor Digitorum Profundus
	1. **O:** Ant, Med, Proximal Ulna
	2. **I:** 4 Tendons into base of Distal Phalanges
	3. **A:** Flex. Distal Interphalangal jt.