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.