

MUSCULAR SYSTEM REFERENCE CHART

Advanced Anatomical Classification & Primary Functions

HEAD & NECK (ANTERIOR)

Muscle	Primary Action
Orbicularis Oculi	<i>Closes eyelids</i>
Masseter	<i>Elevates mandible</i>
Sternocleidomastoid	<i>Neck rotation/flexion</i>

TORSO & UPPER LIMBS

Muscle	Primary Action
Pectoralis Major	<i>Arm adduction/rotation</i>
Rectus Abdominis	<i>Flexion of trunk</i>
Biceps Brachii	<i>Forearm supination/flexion</i>
External Oblique	<i>Lateral rotation</i>

LOWER LIMBS (ANTERIOR)

Muscle	Primary Action
Rectus Femoris	<i>Knee extension</i>
Sartorius	<i>Hip/Knee flexion</i>
Tibialis Anterior	<i>Dorsiflexion</i>

POSTERIOR TORSO

Muscle	Primary Action
Trapezius	<i>Scapula elevation/retraction</i>
Latissimus Dorsi	<i>Arm extension/adduction</i>
Erector Spinae	<i>Back extension</i>

LOWER LIMBS (POSTERIOR)

Muscle**Primary Action**

Gluteus Maximus

Hip extension

Biceps Femoris

Knee flexion

Gastrocnemius

Plantar flexion

Soleus

*Steadying leg on foot***UPPER LIMBS (POSTERIOR)****Muscle****Primary Action**

Triceps Brachii

Forearm extension

Deltoid (Posterior)

Arm abduction

Brachioradialis

Elbow flexion