

# POSTERIOR MUSCULAR SYSTEM

Anatomical Checklist

## Head & Neck

Occipitalis

Splenius Capitis

Trapezius (Superior fibers)

## Back & Torso

Trapezius (Middle/Inferior)

Latissimus Dorsi

Rhomboid Major

Rhomboid Minor

Erector Spinae

Thoracolumbar Fascia

## Shoulder & Arm

Posterior Deltoid

Infraspinatus

Teres Major

Teres Minor

Triceps Brachii

## Hip & Pelvis

Gluteus Maximus

Gluteus Medius

Piriformis

## Legs (Thigh)

Biceps Femoris (Hamstrings)

Semitendinosus

Semimembranosus

Adductor Magnus

## **Lower Leg & Foot**

Gastrocnemius

Soleus

Achilles Tendon

Peroneus Longus

Tibialis Posterior

OBSERVATIONS

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DATE / INITIALS

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