

# HUMAN MUSCULAR SYSTEM REFERENCE

Clinical Anatomy Series: Vol I Reference ID: MSK-9902

## UPPER BODY & ANTERIOR

<b>Muscle Group</b>	<b>Primary Action</b>
<b>Pectoralis Major</b>	<i>Arm adduction, internal rotation</i>
<b>Deltoid (Anterior)</b>	<i>Shoulder flexion</i>
<b>Biceps Brachii</b>	<i>Elbow flexion, supination</i>
<b>Rectus Abdominis</b>	<i>Trunk flexion, compression</i>
<b>External Obliques</b>	<i>Contralateral rotation</i>

## LOWER BODY: ANTERIOR

<b>Muscle Group</b>	<b>Primary Action</b>
<b>Rectus Femoris</b>	<i>Knee extension, hip flexion</i>
<b>Vastus Lateralis</b>	<i>Knee extension</i>
<b>Tibialis Anterior</b>	<i>Dorsiflexion, inversion</i>

## POSTERIOR CHAIN

<b>Muscle Group</b>	<b>Primary Action</b>
<b>Trapezius</b>	<i>Scapular elevation/retraction</i>
<b>Latissimus Dorsi</b>	<i>Shoulder extension, adduction</i>
<b>Triceps Brachii</b>	<i>Elbow extension</i>
<b>Gluteus Maximus</b>	<i>Hip extension, lateral rotation</i>
<b>Biceps Femoris</b>	<i>Knee flexion, hip extension</i>
<b>Gastrocnemius</b>	<i>Plantarflexion, knee flexion</i>

## KEY CONNECTIVE TISSUE

<b>Thoracolumbar Fascia</b>	<i>Load transfer</i>
<b>Achilles Tendon</b>	<i>Triceps surae attachment</i>

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