

POSTERIOR MUSCULAR SYSTEM

Anatomical Reference & Study Chart

[Posterior View Anatomical Illustration Space]

Superficial Back & Neck

Trapezius Upper/Mid/Lower

Latissimus Dorsi Lower Back/Lats

Splenius Capitis Upper Neck

Levator Scapulae Shoulder Elevation

Deep Back (Erectors)

Iliocostalis Lateral Column

Longissimus Intermediate Column

Spinalis Medial Column

Quadratus Lumborum Deep Core

Posterior Shoulder

Posterior Deltoid Shoulder Cap

Infraspinatus Rotator Cuff

Teres Major/Minor Lateral Scapula

Triceps Brachii Long/Lat Heads

Gluteal Region

Gluteus Maximus Superficial/Power

Gluteus Medius Hip Abductor

Piriformis Deep Rotator

Posterior Thigh (Hamstrings)

Biceps Femoris Lateral Side

Semitendinosus Medial Superficial

Semimembranosus Medial Deep

Lower Leg (Calves)

Gastrocnemius Medial/Lat Heads

Soleus Deep to Gastroc

Plantaris Vestigial Tendon

Achilles Tendon Calcaneal Insertion

© 2024 Anatomical Reference Series | For Educational Purposes Only