

POSTERIOR MUSCLE GROUPS

Anatomical Reference Chart

[Posterior View Illustration Placeholder]

UPPER BACK & NECK

- Trapezius (Upper/Mid/Lower)
- Splenius Capitis (Neck)
- Levator Scapulae (Shoulder)
- Rhomboids (Major/Minor)

SHOULDERS & ARMS

- Posterior Deltoid (Shoulder)
- Triceps Brachii (Arm)
- Infraspinatus (Rotator Cuff)
- Teres Major (Scapula)

LOWER BACK & TORSO

- Latissimus Dorsi (Mid Back)
- Erector Spinae (Spine)
- Thoracolumbar Fascia (Lower Back)
- External Oblique (Side)

LOWER BODY

- Gluteus Maximus (Hips)
- Hamstrings (Biceps Femoris)
- Gastrocnemius (Calf)
- Soleus (Lower Calf)

Anatomical Study Template • Clinical Reference Only • Not for Medical Diagnosis