

POSTERIOR MUSCULAR SYSTEM STUDY GUIDE

STUDENT NAME: _____ DATE: _____

Muscle Name	Origin / Insertion	Primary Action	Nerve Supply
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Upper Back & Neck

Trapezius		Scapular elevation/retraction	Accessory Nerve (XI)
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Latissimus Dorsi		Arm extension & adduction	Thoracodorsal
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Gluteal Region

Gluteus Maximus	Ilium/Sacrum	Hip extension	
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Gluteus Medius		Hip abduction	Superior Gluteal
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Posterior Thigh (Hamstrings)

Biceps Femoris	Ischial tuberosity	Knee flexion / Hip extension	Sciatic
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Muscle Name	Origin / Insertion	Primary Action	Nerve Supply
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Semimembranosus			Sciatic
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Lower Leg

Gastrocnemius	Femoral condyles	Plantar flexion	Tibial
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Soleus	Fibular head		Tibial
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Study Notes & Diagrams