

Lumens list(total of 224):

From:

<https://web.archive.org/web/20061027222851/http://www.meddean.luc.edu/lumen/MedEd/GrossAnatomy/dissector/muscles/muscles.html>

Sfnv

1. abductor digiti minimi (foot)
2. abductor digiti minimi (hand)
3. abductor hallucis
4. abductor pollicis brevis
5. abductor pollicis longus
6. adductor brevis
7. adductor hallucis
8. adductor longus
9. adductor magnus
10. adductor pollicis
11. anconeus
12. articularis cubiti
13. articularis genu
14. aryepiglotticus
15. aryjordanicus
16. auricularis
17. biceps brachii
18. biceps femoris
- 19.
20. brachialis
21. brachioradialis
22. buccinator
23. bulbospongiosus
24. constrictor of pharynx -inferior
25. constrictor of pharynx -middle
26. constrictor of pharynx -superior
27. coracobrachialis
28. corrugator supercilii
29. cremaster
30. cricothyroid
31. dartos
32. deep transverse perinei
33. deltoid
34. depressor anguli oris
35. depressor labii inferioris
36. diaphragm
37. digastric
38. digastric (anterior view)
39. erector spinae - spinalis
40. erector spinae - iliocostalis

41. erector spinae - longissimus
42. extensor carpi radialis brevis
43. extensor carpi radialis longus
44. extensor carpi ulnaris
45. extensor digiti minimi (hand)
46. extensor digitorum (hand)
- 47.
48. extensor digitorum brevis (foot)
49. extensor digitorum longus (foot)
50. extensor hallucis longus
51. extensor indicis
52. extensor pollicis brevis
53. extensor pollicis longus
54. external oblique abdominis
55. flexor carpi radialis
56. flexor carpi ulnaris
57. flexor digiti minimi brevis (foot)
58. flexor digiti minimi brevis (hand)
59. flexor digitorum brevis
60. flexor digitorum longus (foot)
61. flexor digitorum profundus
62. flexor digitorum superficialis
63. flexor hallucis brevis
64. flexor hallucis longus
65. flexor pollicis brevis
66. flexor pollicis longus
67. frontalis
68. gastrocnemius
69. gemellus inferior
70. gemellus superior
71. genioglossus
72. geniohyoid
73. gluteus maximus
74. gluteus medius
75. gluteus minimus
76. gracilis
77. hyoglossus
78. iliacus
79. inferior oblique
80. inferior rectus
81. infraspinatus
82. intercostals external
83. intercostals innermost
84. intercostals internal
85. internal oblique abdominis
86. interossei - dorsal of hand
87. interossei -dorsal of foot
88. interossei- palmar of hand

89. interossei - plantar of foot
90. interspinales
91. intertransversarii
92. intrinsic muscles of tongue
93. ishiocavernosus
94. lateral cricoarytenoid
95. lateral pterygoid
96. lateral rectus
97. latissimus dorsi
98. levator anguli oris
99. levator ani-coccygeus
100. levator ani - iliococcygeus
101. levator ani-pubococcygeus
102. levator ani-puborectalis
103. levator ani-pubovaginalis
104. levator labii superioris
105. levator labii superioris
106. alaeque nasi
107. levator palpebrae superioris
108. levator scapulae
109. levator veli palatini
110. levatores costarum
111. longus capitis
112. longus colli
113. lumbricals of foot (4)
114. lumbricals of hand
115. masseter
116. medial pterygoid
117. medial rectus
118. mentalis
119. m. uvulae
120. mylohyoid
121. nasalis
122. oblique arytenoid
123. obliquus capitis inferior
124. obliquus capitis superior
125. obturator externus
126. obturator internus (A)
127. obturator internus (B)
128. omohyoid
129. opponens digiti minimi (hand)
130. opponens pollicis
131. orbicularis oculi
132. orbicularis oris
133. palatoglossus
134. palatopharyngeus
135. palmaris brevis
136. palmaris longus

137. pectineus
138. pectoralis major
139. pectoralis minor
140. peroneus brevis
141. peroneus longus
142. peroneus tertius
143. piriformis (A)
144. piriformis (B)
145. plantaris
146. platysma
147. popliteus
148. posterior cricoarytenoid
149. procerus
150. pronator quadratus
151. pronator teres
152. psoas major
153. psoas minor
154. pyramidalis
155. quadratus femoris
156. quadratus lumborum
157. quadratus plantae
158. rectus abdominis
159. rectus capitis anterior
160. rectus capitis lateralis
161. rectus capitis posterior major
162. rectus capitis posterior minor
163. rectus femoris
164. rhomboid major
165. rhomboid minor
166. risorius
167. salpingopharyngeus
168. sartorius
169. scalenus anterior
170. scalenus medius
171. scalenus minimus
172. scalenus posterior
173. semimembranosus
174. semitendinosus
175. serratus anterior
176. serratus posterior inferior
177. serratus posterior superior
178. soleus
179. sphincter ani
180. sphincter urethrae
181. splenius capitis
182. splenius cervicis
183. stapedius
184. sternocleidomastoid

185. sternohyoid
186. sternothyroid
187. styloglossus
188. stylohyoid
189. stylohyoid (anterior view)
190. stylopharyngeus
191. subclavius
192. subcostalis
193. subscapularis
194. superficial transverse
195. perinei
196. superior oblique
197. superior rectus
198. supinator
199. supraspinatus
200. temporalis
201. temporoparietalis
202. tensor fasciae lata
203. tensor tympani
204. tensor veli palatini
205. teres major
206. teres minor
207. thyro-arytenoid & vocalis
208. thyro-epiglotticus
209. thyrohyoid
210. tibialis anterior
211. tibialis posterior
212. transverse arytenoid
213. transversospinalis -multifidus
214. transversospinalis -rotatores
215. transversospinalis -semispinalis
216. transversus abdominis
217. transversus thoracis
218. trapezius
219. triceps
220. vastus intermedius
221. vastus lateralis
222. vastus medialis
223. zygomaticus major
224. zygomaticus minor

The Hosford Muscle Table(162):

From: <https://web.archive.org/web/20090930203009/http://www.ptcentral.com/muscles/>

a-e:

1. abductor digiti minimi (in the hand),
2. abductor digiti minimi (in the foot),
3. abductor hallucis,
4. abductor ossis metatarsi quinti,
5. abductor pollicis brevis,
6. abductor pollicis longus,
7. adductor brevis,
8. adductor hallucis,
9. adductor longus,
10. adductor magnus,
11. adductor pollicis,
12. anconeus,
13. anterior scalene,
14. articularis genus,
15. biceps brachii,
16. biceps femoris,
17. brachialis,
18. brachioradialis,
19. buccinator,
20. coracobrachialis,
21. corrugator supercilii,
22. deltoid,
23. depressor anguli oris,
24. depressor labii inferioris,
25. digastric,
26. dorsal interossei (in the hand),
27. dorsal interossei (in the foot),
28. extensor carpi radialis brevis,
29. extensor carpi radialis longus,
30. extensor carpi ulnaris,
31. extensor digiti minimi,
32. extensor digitorum,
33. extensor digitorum brevis,
34. extensor digitorum longus,
35. extensor hallucis brevis,
36. extensor hallucis longus,
37. extensor indicis,
38. extensor pollicis brevis,
39. extensor pollicis longus,

f-l:

40. flexor carpi radialis,
41. flexor carpi ulnaris,

42. flexor digiti minimi brevis (in the hand),
43. flexor digiti minimi brevis (in the foot),
44. flexor digitorum brevis, flexor digitorum longus,
45. flexor digitorum profundus, flexor digitorum superficialis,
46. flexor hallucis brevis, flexor hallucis longus,
47. flexor pollicis brevis, flexor pollicis longus,
48. frontalis,
49. gastrocnemius,
50. geniohyoid, gluteus maximus,
51. gluteus medius,
52. gluteus minimus, gracilis,
53. iliocostalis cervicis,
54. iliocostalis lumborum,
55. iliocostalis thoracis,
56. iliacus,
57. inferior gemellus,
58. inferior oblique,
59. inferior rectus,
60. infraspinatus,
61. interspinalis,
62. intertransversi,
63. lateral pterygoid,
64. lateral rectus,
65. latissimus dorsi,
66. levator anguli oris,
67. levator labii superioris,
68. levator labii superioris alaeque nasi,
69. levator palpebrae superioris,
70. levator scapulae,
71. long rotators,
72. longissimus capitis,
73. longissimus cervicis,
74. longissimus thoracis,
75. longus capitis,
76. longus colli,
77. lumbricals (in the hand),
78. lumbricals (in the foot),

m-r:

79. masseter,
80. medial pterygoid,
81. medial rectus,
82. middle scalene,
83. multifidus,
84. mylohyoid,
85. obliquus capitis inferior,
86. obliquus capitis superior,
87. obturator externus,

88. obturator internus,
89. occipitalis,
90. omohyoid,
91. opponens digiti minimi,
92. opponens pollicis,
93. orbicularis oculi,
94. orbicularis oris,
95. palmar interossei,
96. palmaris brevis,
97. palmaris longus,
98. pectineus,
99. pectoralis major,
100. pectoralis minor,
101. peroneus brevis,
102. peroneus longus,
103. peroneus tertius,
104. piriformis,
105. plantar interossei,
106. plantaris, platysma,
107. popliteus,
108. posterior scalene,
109. pronator quadratus,
110. pronator teres,
111. psoas major,
112. quadratus femoris,
113. quadratus plantae,
114. rectus capitis anterior,
115. rectus capitis lateralis,
116. rectus capitis posterior major,
117. rectus capitis posterior minor,
118. rectus femoris,
119. rhomboid major,
120. rhomboid minor,
121. risorius,

s-z:

122. sartorius,
123. scalenus minimus,
124. semimembranosus,
125. semispinalis capitis,
126. semispinalis cervicis,
127. semispinalis thoracis,
128. semitendinosus,
129. serratus anterior,
130. short rotators,
131. soleus,
132. spinalis capitis,
133. spinalis cervicis,

134. spinalis thoracis,
135. splenius capitis,
136. splenius cervicis,
137. sternocleidomastoid,
138. sternohyoid,
139. sternothyroid,
140. stylohyoid,
141. subclavius,
142. subscapularis,
143. superior gemellus,
144. superior oblique,
145. superior rectus,
146. supinator,
147. supraspinatus,
148. temporalis,
149. tensor fascia lata,
150. teres major,
151. teres minor,
152. thoracis,
153. thyrohyoid,
154. tibialis anterior,
155. tibialis posterior,
156. trapezius,
157. triceps brachii,
158. vastus intermedius,
159. vastus lateralis,
160. vastus medialis,
161. zygomaticus major,
162. zygomaticus minor.

Lower and Upper Extremity Muscle Atlas - Michael L. Richardson, M.D.(total 82)

Lower Extremity

1. Adductor Brevis
2. Adductor Longus
3. Adductor Magnus
4. Biceps Femoris-Long Head
5. Biceps Femoris-Short Head
6. Extensor Digitorum Longus
7. Extensor Hallucis Longus
8. Flexor Digitorum Longus
9. Flexor Hallucis Longus
10. Gastrocnemius
11. Gluteus Maximus
12. Gluteus Medius

13. Gluteus Minimus
14. Gracilis
15. Iliopsoas
16. Inferior Gemellus
17. Obturator Externus
18. Obturator Internus
19. Pectineus
20. Peroneus Brevis
21. Peroneus Longus
22. Peroneus Tertius
23. Piriformis
24. Plantaris
25. Popliteus
26. Quadratus Femoris
27. Rectus Femoris
28. Sartorius
29. Semimembranosus
30. Semitendinosus
31. Soleus
32. Superior Gemellus
33. Tensor Fascia Lata
34. Tibialis Anterior
35. Tibialis Posterior
36. Vastus Intermedius
37. Vastus Lateralis
38. Vastus Medialis

Upper Extremity:

39. Abductor Digiti Minimi
40. Abductor Pollicis Brevis
41. Abductor Pollicis Longus
42. Adductor Pollicis
43. Anconeus
44. Biceps Brachii
45. Brachialis
46. Brachioradialis
47. Coracobrachialis
48. Deltoid
49. Extensor Carpi Radialis Brevis
50. Extensor Carpi Radialis Longus
51. Extensor Carpi Ulnaris
52. Extensor Digiti Minimi
53. Extensor Digitorum
54. Extensor Indicis
55. Extensor Pollicis Brevis
56. Extensor Pollicis Longus
57. Flexor Carpi Radialis
58. Flexor Carpi Ulnaris
59. Flexor Digitorum Profundus

60. Flexor Digiti Minimi Brevis
61. Flexor Digitorum Superficialis
62. Flexor Pollicis Brevis
63. Flexor Pollicis Longus
64. Infraspinatus
65. Interosseous Muscles
66. Latissimus Dorsi
67. Levator Scapulae
68. Opponens Digiti Minimi
69. Opponens Pollicis
70. Palmaris Longus
71. Pectoralis Major
72. Pectoralis Minor
73. Pronator Quadratus
74. Pronator Teres
75. Rhomboid Major and Minor
76. Subscapularis
77. Supinator
78. Supraspinatus
79. Teres Major
80. Teres Minor
81. Trapezius
82. Triceps Brachii