

Skeletal muscles of the human body

Forehead/eyelid

1. Occipitofrontalis
2. Occipitalis
3. Frontalis
4. orbicularis oculi
5. corrugator supercilia
6. depressor supercilia

Extraocular muscles

7. levator palpebrae superioris
8. superior tarsal/Muller's Muscle
9. Rectus muscles – superior
10. Rectus muscles - inferior
11. Rectus muscles - medial
12. Rectus muscles - lateral
13. Oblique muscles – superior
14. Oblique muscles – inferior

Ear

15. Temporoparietalis
16. auricularis anterior
17. auricularis superior
18. auricularis posterior
19. stapedius (Muscles of inner ear)
20. tensor tympani (Muscles of inner ear)

Nose

21. procerus muscle
22. depressor septi nasi
23. levator labii superioris alaeque nasi
24. nasalis – transverse part (compressor naris)
25. nasalis - alar part(dilator naris)

Mouth

26. levator anguli oris (caninus)
27. depressor anguli oris(triangularis)
28. levator labii superioris
29. depressor labii inferioris
30. mentalis
31. buccinator
32. orbicularis oris
33. risorius
34. Zygomatic muscles – major
35. Zygomatic muscles – minor

Mastication

36. Masseter
37. Temporalis
38. Pterygoid muscles – lateral
39. Pterygoid muscles – medial

Tongue - Extrinsic

40. Genioglossus
41. Hyoglossus
42. Chondroglossus
43. Styloglossus
44. Palatoglossus

Tongue – Intrinsic

45. superior longitudinal
46. transversus
47. inferior longitudinal
48. verticalis

Soft palate

49. tensor veli palatini
50. levator veli palatini
51. palatoglossus
52. palatopharyngeus
53. palatine uvula

Pharynx

54. stylopharyngeus
55. salpingopharyngeus
56. Pharyngeal muscles – inferior
57. Pharyngeal muscles – middle
58. Pharyngeal muscles – superior

Larynx

59. Cricothyroid
60. arytenoid(transverse and oblique)
61. thyroarytenoid
62. Cricoarytenoid muscles – posterior
63. Cricoarytenoid muscles – lateral

Neck - Clavicular

64. Platysma
65. Sternocleidomastoid

Neck - Suprahyoid

66. Digastric

- 67. Stylohyoid
- 68. Mylohyoid
- 69. Geniohyoid

Neck - Infrahyoid

- 70. Sternohyoid
- 71. Sternothyroid
- 72. Thyrohyoid
- 73. Omohyoid

Neck – Anterior

- 74. longus colli
- 75. longus capitis
- 76. rectus capitis anterior
- 77. rectus capitis lateralis

Neck – Lateral

- 78. scalene – anterior
- 79. scalene – Medius
- 80. scalene – Posterior
- 81. levator scapulae
- 82. rectus capitis lateralis
- 83. obliquus capitis superior
- 84. obliquus capitis inferior

Neck - Posterior

- 85. rectus capitis posterior minor
- 86. rectus capitis posterior major
- 87. semispinalis capitis
- 88. longissimus capitis
- 89. splenius capitis
- 90. obliquus capitis superior
- 91. obliquus capitis inferior

Torso – Abdomen

- 92. rectus abdominis
- 93. external oblique
- 94. internal oblique
- 95. transversus abdominis
- 96. pyramidalis
- 97. quadratus lumborum

Torso - Back

- 98. erector spinae
- 99. iliocostalis
- 100. longissimus
- 101. spinalis

- 102. latissimus dorsi
- 103. transversospinales
- 104. semispinalis thoracis(dorsi)
- 105. semispinalis cervicis(colli)
- 106. semispinalis capitis(complexus)
- 107. multifidus
- 108. rotatores
- 109. interspinales
- 110. intertransversarii
- 111. splenius – capitis
- 112. capitis – cervicis

Torso Chest

- 113. intercostals – external
- 114. intercostals - internal
- 115. intercostals - innermost
- 116. subcostales
- 117. transversus thoracis
- 118. levatores costarum
- 119. Serratus posterior muscles – inferior
- 120. Serratus posterior muscles - superior
- 121. Serratus posterior muscles - diaphragm

Pelvis

- 122. Coccygeus
- 123. Levator ani – iliococcygeus
- 124. Levator ani – pubococcygeus
- 125. Levator ani – puborectalis

Perineum

- 126. Sphincter ani – externus
- 127. Sphincter ani – internus
- 128. superficial transverse perineal muscle (Superficial perineal pouch)
- 129. superficial transverse perineal muscle (Superficial perineal pouch)
- 130. superficial transverse perineal muscle (Superficial perineal pouch)
- 131. deep transverse perineal muscle (Deep perineal pouch)
- 132. sphincter urethrae membranaceae (Deep perineal pouch)

Upper limb - Vertebral column

- 133. trapezius
- 134. latissimus dorsi
- 135. rhomboids
- 136. rhomboid major
- 137. rhomboid minor
- 138. levator scapulae

Upper limb - Thoracic walls

- 139. pectoralis major
- 140. pectoralis minor
- 141. subclavius
- 142. serratus anterior

Shoulder

- 143. deltoid
- 144. teres major
- 145. Rotator cuff – supraspinatus
- 146. Rotator cuff - Infraspinatus
- 147. Rotator cuff - teres minor
- 148. Rotator cuff – subscapularis

Arm - Anterior compartment

- 149. Coracobrachialis
- 150. biceps brachii
- 151. brachialis

Arm - Posterior compartment

- 152. triceps brachii
- 153. anconeus

Forearm - Anterior compartment - Superficial

- 154. pronator teres
- 155. flexor carpi radialis
- 156. palmaris longus
- 157. flexor carpi ulnaris
- 158. flexor digitorum superficialis

Forearm- Deep

- 159. pronator quadratus
- 160. flexor digitorum profundus
- 161. flexor pollicis longus

Forearm - Posterior compartment – Superficial

- 162. extensor digitorum
- 163. extensor digiti minimi
- 164. extensor carpi ulnaris
- 165. Mobile wad - brachioradialis
- 166. Mobile wad - extensor carpi radialis longus
- 167. Mobile wad - extensor carpi radialis brevis

Forearm Deep – Why is there two different deep forearm sections?

- 168. Supinator
- 169. extensor indicis
- 170. Anatomical snuff box - abductor pollicis longus
- 171. Anatomical snuff box - extensor pollicis brevis

172. Anatomical snuff box - extensor pollicis longus

Hand - Lateral volar – Thenar

- 173. Opponens pollicis
- 174. flexor pollicis brevis
- 175. abductor pollicis brevis
- 176. adductor pollicis

Medial volar

- 177. palmaris brevis
- 178. hypothenar - abductor digiti minimi
- 179. hypothenar - flexor digiti minimi brevis
- 180. hypothenar - opponens digiti minimi

Intermediate

- 181. lumbrical
- 182. dorsal interossei
- 183. palmar interossei

Lower limb - Iliac region

- 184. iliopsoas
- 185. psoas major
- 186. psoas minor
- 187. iliacus

Lower limb - Gluteal

- 188. tensor fasciae latae
- 189. gluteal - gluteus maximus
- 190. gluteal – gluteus medius
- 191. gluteal – gluteus minimus
- 192. gluteal – lateral rotator group
- 193. gluteal – piriformis
- 194. gluteal - obturator externus
- 195. gluteal - superior gemellus
- 196. gluteal – obturator internus
- 197. gluteal – inferior gemellus
- 198. gluteal - quadratus femoris

Lower limb – Thigh - Anterior compartment

- 199. articularis genus
- 200. sartorius
- 201. quadriceps femoris
- 202. rectus femoris
- 203. vastus lateralis
- 204. vastus intermedius
- 205. vastus medialis

Lower limb - Posterior compartment/hamstring

- 206. biceps femoris (hamstring)
- 207. semitendinosus(hamstring)
- 208. semimembranosus(hamstring)

Medial compartment

- 209. adductor muscles of the hip
- 210. gracilis
- 211. pectineus
- 212. adductor brevis
- 213. adductor longus
- 214. adductor magnus

Leg - Anterior compartment

- 215. tibialis anterior
- 216. extensor hallucis longus
- 217. extensor digitorum longus
- 218. fibularis tertius

Leg - Posterior compartment, Superficial

- 219. triceps surae
- 220. gastrocnemius
- 221. soleus
- 222. plantaris

Leg – Deep

- 223. popliteus
- 224. tarsal tunnel - flexor hallucis longus
- 225. tarsal tunnel - flexor digitorum longus
- 226. tarsal tunnel - tibialis posterior

Lateral compartment

- 227. fibularis longus
- 228. fibularis brevis

Foot – Dorsal

- 229. extensor digitorum brevis
- 230. extensor hallucis brevis
- 231. dorsal interossei of foot

foot- Plantar - First layer

- 232. abductor hallucis
- 233. flexor digitorum brevis
- 234. abductor digiti minimi

foot - Second layer

235. quadratus plantae

236. lumbricals

foot- Third layer

237. flexor hallucis brevis

238. adductor hallucis

239. flexor digiti minimi brevis

Foot – Fourth Layer

240. plantar interossei

241. dorsal interossei