

Module 2 Muscle Anatomy Handout

Enter information into the table below for these selected muscles.

Muscle Name	Proximal attachment	Distal attachment	Action
Pectoralis Major			
Deltoid			
Trapezius			
Latissimus Dorsi			
Teres major			
Rhomboids			
Supraspinatus			
Subscapularis			
Teres Minor and Infraspinatus			
Serratus Anterior			
Biceps brachii			
Brachialis			
Triceps sureae			
Pronator Teres			
Adductor brevis			
Adductor longus			
Adductor magnis			
Iliopsoas			
Hamstring group (biceps femoris, semimembranosus, semitendinosus)			
Quadriceps group (vastus medialis, intermedius and lateralis and rectus femoris)			
Gastrocnemius and Soleus complex			
Tibialis anterior			
Peroneus longus			
Peroneus brevis			