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LIST OF MUSCLES

Muscle	HINDI	Origin	Insertion	Artery	Nerve	Action	Antagonist
occipitofrontalis	(प्रक्षेपकात् लानारेक)	2 occipital bellies and 2 frontal bellies	epicranial aponeurosis		facial nerve [CNVII]	raises eyebrows	
occipitalis	(प्रक्षेपकात् लानारेक)	superior nuchal line of occipital bone, mastoid part of temporal bone		occipital artery	posterior auricular nerve [facial nerve] [CNVII]	retracts scalp	
frontalis	लानारेक	skin of eyebrow and glabella		ophthalmic artery	temporal branch of facial nerve [CNVII]	wrinkles brow	
orbicularis oculi	(संवर्गिका)	orbital part: frontal bone	orbital part: lateral palpebral raphe	ophthalmic artery	zygomatic branch of facial nerve [CNVII]	closes eyelids	levator palpebrae superioris
		palpebral part: medial palpebral ligament	palpebral part: lateral palpebral raphe				
		lacrimal part: posterior crest of lacrimal bone	lacrimal part: Edges of eyelids				
corrugator supercilii	(धूमिका)	nasal part of frontal bone	intermediate third of skin of eyebrow	ophthalmic artery	zygomatic branch of facial nerve [CNVII]	moves skin of forehead medially and inferiorly (towards root of nose)	
depressor supercilii	(अस्यनिश्चिक)	nasal part of frontal bone, medial rim of orbit	medial third of skin of eyebrow			moves skin of eyebrows inferiorly	
Muscle	HINDI	Origin	Insertion	Artery	Nerve	Action	Antagonist
levator palpebrae superioris	(काञ्ज वायद्ध इन्सिटिका)	sphenoid bone	tarsal plate, upper eyelid	ophthalmic artery	oculomotor nerve [CNIII]	retracts and elevates eyelid	orbicularis oculi
superior tarsal		underside of levator palpebrae superioris	superior tarsal part of eyelid		sympathetic nervous system	raises upper eyelid	
keletal muscles							
superior		annulus of Zinn at orbital apex	7.5 mm superior to corneal limbus	ophthalmic artery	superior branch of oculomotor nerve [CNIII]	elevates, adducts, and medially rotates eye	
inferior			6.5 mm inferior to corneal limbus		inferior branch of oculomotor nerve [CNIII]	depresses and adducts eye	
medial			5.5 mm medial to corneal limbus		inferior branch of oculomotor nerve [CNIII]	adducts eye	
lateral			7 mm temporal to corneal limbus		abducens nerve [CNVI]	abducts eye	
Oblique muscles							
superior		annulus of Zinn at orbital apex, medial to optic canal	outer posterior quadrant of eyeball	lateral muscular branch of ophthalmic artery	trochlear nerve [CNIV]	intorts, adducts, and depress eye	
inferior		orbital surface of maxilla, lateral to lacrimal groove	laterally onto eyeball, deep to lateral rectus, by a short flat tendon		oculomotor nerve [CNIII]	extorts, elevates, and abducts eye	
Muscle	HINDI	Origin	Insertion	Artery	Nerve	Action	Antagonist
temporoparietalis	(प्रयोग्युद)	auricularis muscles	epicranial aponeurosis		facial nerve [CNVII]		
Auricularis							
auricularis anterior		temporal fascia	front of helix of ear	posterior auricular artery	facial nerve [CNVII]	pulls auricle forwards	
auricularis superior		epicranial aponeurosis	dorsocranial surface of auricle			pulls auricle upwards	
auricularis posterior		mastoid process of temporal bone, tendon of sternocleidomastoid	dorsal part of auricle			pulls auricle backwards	
Muscles of inner ear							
stapedius	(प्रस्तिक रैमी)	tip of pyramid of middle ear	neck of stapes	stapedial branch of posterior auricular artery	facial nerve [CNVII]	reduces movement of stapes, controls amplitude of sound waves to inner ear	
tensor tympani	(पालिका)	Eustachian tube	handle of malleus	superior tympanic artery	medial pterygoid nerve from mandibular nerve [CNV3]	tenses tympanic membrane, controls amplitude of sound waves to inner ear	
Muscle	HINDI	Origin	Insertion	Artery	Nerve	Action	Antagonist
(procursus)	(दूसरी)	fascia over lower part of nasal bone	skin of lower part of forehead between eyebrows	facial artery		draws down medial angle of eyebrow (giving expressions of frowning)	
depressor septi nasi	नासा अवनिश्चिक	incisive fossa of maxilla	nasal septum and back part of alar part of nostril	superior labial artery	buccal branch of facial nerve [CNVII]	depresses nasal septum	
levator labii superioris alaeque	नासा विस्तारक इन्सिटिका	frontal process of maxilla	nostri and upper lip	superior labial artery		draws nostril, elevates upper lip, elevates wing of nose	
nasalis						compresses nostrils	
transverse part (compressor narisi)	नासा संप्रसारकी	alveolar yoke of canine tooth	lateral nasal cartilage	superior labial artery	buccal branch of facial nerve [CNVII]		
alar part		alveolar yoke of lateral incisor tooth, greater and lesser alar cartilages	skin near margin of nostril			dilates nostrils	
(dilator narisi)	नासा विस्तारक						
Muscle	HINDI	Origin	Insertion	Artery	Nerve	Action	Antagonist
levator anguli oris	(दर्शक इन्सिटिका)	maxilla	modiolus of mouth	facial artery	facial nerve [CNVII]	elevates angle of mouth (smile)	
(caninus)							
depressor anguli oris (triangularis)	(दर्शक अवनिश्चिक)	tubercle of mandible			mandibular branch of facial nerve [CNVII]	depresses angle of mouth (frown)	
levator labii superioris (ताँच इन्सिटिका)		medial part of infra-orbital margin of maxilla	skin and muscle of upper lip (labii superioris)	superior labial artery	buccal branch of facial nerve [CNVII]	elevates upper lip	
depressor labii inferioris (ताँच दूषक अवनिश्चिक)		opposite side of mandible, between symphysis and mental foramen	integument of lower lip, orbicularis oris fibers, its fellow of opposite side	inferior labial artery	mandibular branch of facial nerve [CNVII]	depresses lower lip	
(mentalis)	ताँच अवनिश्चिक	alveolar yoke of lower, lateral incisor tooth, found on anterior mandible	skin of chin			elevates and wrinkles skin of chin, protrudes lower lip	
buccinator	कांसिका					compresses cheeks against teeth (blowing), mastication	
orbicularis oris	दर्शक इन्सिटिका	maxilla and mandible	skin around lips	superior labial artery, inferior labial artery	buccal branch of facial nerve [CNVII]	puckers lips	
risorius (जुकावायसी)	जुकावायसी	parotid fascia	modiolus of mouth	facial artery		draw back angle of mouth	
Zygomatic muscles (जुकावायसी)							
major		zygomatic bone in region of zygomaticomaxillary suture	modiolus of mouth	facial artery	buccal branch of facial nerve [CNVII]	draws angle of mouth upward and laterally	
minor		skin of upper lip				elevates upper lip	
Muscle	HINDI	Origin	Insertion	Artery	Nerve	Action	Antagonist
masseter (प्रस्तिक)		anterior two-thirds of inferior margin of zygomatic arch and maxilla	angle of mandible, masseteric tuberosity of mandible	masseteric artery	masseteric nerve from mandibular nerve [CNV3]	elevates and retracts mandible (closes mouth)	platysma
temporalis	(अस्यायिक)	temporal lines on parietal bone of skull	coronoid process of mandible	deep temporal arteries	deep temporal nerves from mandibular nerve [CNV3]		
Pterygoid muscles (प्रस्तिक)							
lateral		greater wing of sphenoid and lateral pterygoid process	condyloid process of mandible	pterygoid branches of maxillary artery	external pterygoid nerve from mandibular nerve [CNV3]	depresses mandible	
medial		deep head: medial side of lateral pterygoid plate; behind upper teeth	medial angle of mandible	medial pterygoid nerve from mandibular nerve [CNV3]	medial pterygoid nerve from mandibular nerve [CNV3]	elevates mandible, closes jaw, helps lateral pterygoid in moving jaw from side to side	
Muscle	HINDI	Origin	Insertion	Artery	Nerve	Action	Antagonist
genioglossus	(विद्युत विस्तारक)	superior part of mental spine of mandible (symphysis menti)	dorsum of tongue, body of hyoid	lingual artery	hypoglossal nerve [CNXII]	inferior fibers: protrudes tongue	
						middle fibers: depresses tongue	
hyoglossus	(कठ विस्तारक)	hyoid	side of tongue			superior fibers: draws tip of tongue back and down	
hyoglossus						depresses tongue	
chondroglossus		lesser cornu and body of hyoid bone	intrinsic muscular fibers of tongue			depresses tongue (some consider this muscle to be part of hyoglossus)	
styloglossus (प्रस्तिक)		styloid process of temporal bone	tongue	sublingual branch of lingual artery		elevates and retracts tongue	
palatoglossus (गांग्लिक)		palatine aponeurosis	modiolus of mouth	facial artery	vagus nerve [CNX], accessory nerve [CNXI]	elevates and retracts tongue	inferior and middle fibers of genioglossus
Muscle	Origin	Insertion	Artery	Nerve	Action	Antagonist	
close							
superior longitudinal		edges of tongue		hypoglossal nerve [CNXII]			
transversus							
inferior longitudinal							
verticalis							
Muscle	HINDI	Origin	Insertion	Artery	Nerve	Action	Antagonist
tensor veli palatini	गांग्लिक	medial pterygoid plate of sphenoid bone	palatine aponeurosis		medial pterygoid nerve from mandibular nerve [CNV3]	tenses soft palate, aids in swallowing	
levator veli palatini	उत्तर नास के इन्सिटिका	temporal bone, Eustachian tube	velum palati	facial artery	pharyngeal plexus of vagus nerve [CNX]	elevates soft palate	
palatoglossus	गांग्लिक	palatine aponeurosis	hyoid			aids in breathing by raising back part of tongue	
palatopharyngeus	गांग्लिक	palatine aponeurosis and hard palate	upper border of thyroid cartilage (blends with constrictor fibers)	facial artery	pharyngeal branch of vagus nerve [CNX]	aids in breathing by pulling pharynx and larynx	
palatine uvula		hard palate	soft tissue of uvula			moves and changes shape of uvula	
Muscle	HINDI	Origin	Insertion	Artery	Nerve	Action	Antagonist
stylopharyngeus	श्वायायिक	styloid process of temporal bone	thyroid cartilage (pharynx)	pharyngeal branches of ascending pharyngeal artery	glossopharyngeal nerve [CNIX]	elevates larynx, elevates pharynx, swallowing	
salpingopharyngeus	दूर श्वायायिक	cartilage of Eustachian tube	posterior fasciculus of pharyngopalatinus		vagus nerve [CNX], accessory nerve [CNXI]	raises nasopharynx	
Pharyngeal muscles							
inferior		cricoid cartilage, thyroid cartilage	pharyngeal raphe	pharyngeal branches of ascending pharyngeal artery	external laryngeal branch of superior laryngeal nerve from vagus nerve [CNX]	swallowing	
middle		hyoid bone					
superior		medial pterygoid plate, pterygomandibular raphe, alveolar process	pharyngeal raphe, pharyngeal tubercle	pharyngeal plexus of vagus nerve [CNX]			
Muscle	HINDI	Origin	Insertion	Artery	Nerve	Action	Antagonist
cricothyroid	मुख्य वायद्ध इन्सिटिका (हृदय मान आय)	anterior and lateral cricoarytenoid	inferior cornu and lamina of thyroid cartilage	cricothyroid branch of superior thyroid artery	external laryngeal branch of superior laryngeal nerve from vagus nerve [CNX]	tenses and elongates vocal folds (has minor adductory effect)	
arytenoid/transverse and oblique	(स्ट्रिक्टिक)	arytenoid cartilage on one side	arytenoid cartilage on opposite side	superior laryngeal branch of superior thyroid artery	recurrent laryngeal nerve from vagus nerve [CNX]	approximates arytenoid cartilages (closes rima glottidis)	
thyroarytenoid	अद्य वायद्ध इन्सिटिका	inner (anterior) surface of thyroid cartilage	anterior surface of arytenoid cartilage			thickens and decreases length of vocal folds, adducts during speech	
Cricoarytenoid muscles	मुख्य वायद्ध इन्सिटिका	posterior part of cricoarytenoid	muscular process of arytenoid cartilage		recurrent laryngeal nerve from vagus nerve [CNX]	abducts and laterally rotates cartilage, pulling vocal ligaments away from midline and forward and so opening rima glottidis	
posterior						aducts and laterally rotates cartilage, pulling vocal ligaments towards midline and backwards and so closing rima glottidis	lateral cricoarytenoid
lateral		lateral part of arch of cricoarytenoid					
Muscle	HINDI	Origin	Insertion	Artery	Nerve	Action	Antagonist
platysma	मीसा गांग्लिक	base of mandible	inferior clavicle and fascia of chest	branch of submental artery, branch of suprascapular artery	cerclical branch of facial nerve [CNVII]	tenses skin of neck	masseter, temporalis
sternocleidomastoid	ग्रोवर्डकस्टेन्मैसिका	sternal head: manubrium sterni	mastoid process of temporal bone, superior nuchal line	occipital artery, superior thyroid artery	posterior belly: facial nerve [CNVII]		
		clavicular head: medial portion of clavicle					
Muscle	HINDI	Origin	Insertion	Artery	Nerve	Action	Antagonist
digastric	दायरिक	anterior belly: digastric fossa (mandible)	intermediate tendon (lesser horn of hyoid bone)	anterior belly: submental branch of facial artery	via mylohyoid nerve	opens jaw when masseter and temporalis are relaxed	
		posterior belly: mastoid process of temporal bone		posterior belly: occipital artery			
stylohyoid	श्वायायिक	styloid process of temporal bone	greater horn of hyoid bone	occipital artery	recurrent laryngeal nerve [CNX]	elevates hyoid during swallowing	
mylohyoid	मिल्हायिका	mylohyoid line of mandible	mylohyoid line of mandible	mylohyoid branch of inferior alveolar artery	recurrent laryngeal nerve from inferior alveolar branch of mandibular nerve [CNV3]	rises oral cavity floor, elevates hyoid, depresses mandible	
geniohyoid	मिल्हायिका	mandibular symphysis	anterior surface of body of hyoid bone	C1 via hypoglossal nerve		elevates hyoid and tongue upward during deglutition	

Muscle	HINDI	Origin	Insertion	Artery	Nerve	Action	Antagonist
Muscle	HINDI	Origin	Insertion	Artery	Nerve	Action	Antagonist
sternohyoïd	स्टर्नो-हाइयोइड	manubrium of sternum	hyoid bone	superior thyroid artery	ansa cervicalis	depresses hyoid	
sternothyroid	स्टर्नो-थ्रायड		thyroid cartilage	thyroid cartilage		depresses larynx, may slightly depress hyoid	
thyrohyoid	थ्रायड-हाइयोइड	thyroid cartilage	hyoid bone	C1		depresses hyoid	
omohyoid	ओमो-हाइयोइड	upper border of scapula		inferior thyroid artery	ansa cervicalis	depresses larynx, depresses and moves to side	
Muscle	HINDI	Origin	Insertion	Artery	Nerve	Action	Antagonist
longus colli	लॉन्गस कोली	transverse processes of vertebrae C3, C4, C5, and C6	anterior arch of atlas	C2, C3, C4, C5, C6		flexes neck and head	
longus capitis	लॉन्गस कॉपाइटिस	anterior tubercles of transverse processes of vertebrae C3, C4, C5, and C6	basilar part of occipital bone	C1, C2, C3/C4		flexes neck at atlanto-occipital joint	
rectus capitis anterior	रेक्टस कॉपाइटिस एक्टिनियर	atlas	occipital bone	C1			
rectus capitis lateralis	रेक्टस कॉपाइटिस लेटरियलिस	upper surface of transverse process of atlas	under surface of jugular processes of occipital bone			sidebends at atlanto-occipital joint	
Muscle	HINDI	Origin	Insertion	Artery	Nerve	Action	Antagonist
scalene	स्केलेन	cervical vertebrae	first and second ribs		cervical nerves (C3, C4, C5, C6, C7)	elevates 1st and 2nd rib	
anterior	अग्र	C3-C6	first rib		ventral ramus of C5, C6	when neck is fixed, elevates first rib to aid in breathing or when ribs are fixed, bends neck forward and sideways and rotates it to opposite side	
medius	मध्य	C2-C6			ventral rami of third to eighth cervical spinal nerves	elevates 1st rib, rotates neck to opposite side	
posterior	पश्च	transverse processes of C4 - C6	second rib	ascending cervical artery, superficial cervical artery	C6, C7, C8	elevates 2nd rib, tilts neck to same side	
levator scapulae	एलेवेटर स्कॉपुले	posterior tubercles of transverse processes of C1 - C4	superior part of medial border of scapula	dorsal scapular artery	cervical nerve (C3, C4) and dorsal scapular nerve (C5)	elevates scapula, tilts glenoid cavity inferiorly by rotating scapula	serratus anterior
rectus capitis lateralis	रेक्टस कॉपाइटिस लेटरियलिस	upper surface of transverse process of atlas (C1)	under surface of jugular process of occipital bone	C1			
obliquus capitis superior	ओब्लिक्युस कॉपाइटिस सुपरियोर	lateral mass of atlas	lateral half of inferior nuchal line		suboccipital nerve		
obliquus capitis inferior	ओब्लिक्युस कॉपाइटिस इनफियर	spinosus process of axis	lateral mass of atlas		suboccipital nerve		
Muscle	HINDI	Origin	Insertion	Artery	Nerve	Action	Antagonist
rectus capitis posterior minor	रेक्टस कॉपाइटिस पॉस्टरियर माइनर	tubercle on posterior arch of atlas (C1)	medial part of inferior nuchal line of occipital bone and surface between it and foramen magnum		a branch of dorsal primary division of suboccipital nerve	extends head at neck, but is now considered to be more of a sensory organ than a muscle	
rectus capitis posterior major	रेक्टस कॉपाइटिस पॉस्टरियर माइजर	spinosus process of axis (C2)	intermediate part of occipital bone		dorsal ramus of C1 (suboccipital nerve)		
semispinalis capitis	सेमी-स्पिनलिस कॉपिटिस	प्रिंट: अंगूष्ठिका	articular processes of C4-C6; transverse processes of C7 and T1-T2	occipital bone between superior and inferior nuchal lines	greater occipital nerve	extends head	
longissimus capitis	लॉंगिस्मस कॉपिटिस	प्रिंट: अंगूष्ठिका	articular processes of C4-C7; transverse processes of T1-T5	posterior margin of mastoid process	lateral sacral artery	posterior branch of spinal nerve	laterally: Flexes head and neck to same side.
geniulus capitis	जेनियुलस कॉपिटिस	ligamentum nuchae, spinous processes of C7-T6	meatus process		C3, C4	bilaterally: Extends vertebral column	
obliquus capitis superior	ओब्लिक्युस कॉपाइटिस सुपरियोर	lateral mass of atlas	lateral half of inferior nuchal line		suboccipital nerve	extends, rotates, and laterally flex head	
obliquus capitis inferior	ओब्लिक्युस कॉपिटिस इनफियर	spinosus process of axis	lateral mass of atlas				
Muscle	HINDI	Origin	Insertion	Artery	Nerve	Action	Antagonist
erector spinae	एरेक्टर स्पाइने	spines of last four thoracic vertebrae	both spines of most cranial thoracic vertebrae and cervical vertebrae		posterior branch of spinal nerve	extends vertebral column	rectus abdominis
longissimus	लॉंगिस्मस	प्रार्थिनिकार्डियर	transverse process				
spina iliaca	स्पिना इलियाका	spinosus process	transverse process				
latissimus dorsi	लैटिस्मस डोर्सी	प्रिंट: अंगूष्ठिका	spinous processes of thoracic T6-T12, thoracolumbar fascia, iliac crest and inferior 3 or 4 ribs	floor of intertuberular groove of humerus	subscapular artery, dorsal scapular artery	thoracodorsal nerve	pulls forelimb dorsally and caudally
transversospinales	ट्रांसवर्सोस्पिनेल्स		transverse process	spinosus process		posterior branches of spinal nerve	deltoid, trapezius
semispinalis thoracis	सेमी-स्पिनलिस थोराकासि	प्रिंट: अंगूष्ठिका	transverse processes of sixth to tenth thoracic vertebrae	spinosus processes of upper four thoracic vertebrae and lower two cervical vertebrae			
(dorsi)							
semispinalis cervicis	सेमी-स्पिनलिस कॉर्विसि	प्रिंट: अंगूष्ठिका	transverse processes of upper five or six thoracic vertebrae	cervical spinous processes, from axis to fifth			
(colli)							
semispinalis capitis	सेमी-स्पिनलिस कॉपिटिस	प्रिंट: अंगूष्ठिका	transversal process of lower cervical and higher thoracic column	area between superior and inferior nuchal line	greater occipital nerve	extends head	
(complexus)							
multifidus	मूल्टिफाइडस		sacrum, erector spinae aponeurosis, PSIS, and iliac crest	spinous process	posterior branch of spinal nerve	stabilizes vertebrae in local movements of vertebral column	
rotatores	रोटेटर्स		transverse process		posterior branch		
interspinales	इंटरस्पिनेल्स		spinous process		posterior rami of spinal nerves	extends, flexes, and rotates vertebral column	
intertransversarii	इंटरट्रांस्वर्सोस्पिनेल्स		transverse process	transverse process above		laterally flexes trunk	
splenius	स्प्लेनियस						
capitis	कॉपिटिस	प्रिंट: अंगूष्ठिका	nuchal ligament, spinous process of C7-T6	meatus process of temporal bone, occipital bone	C3, C4	extends, rotates, and laterally flexes head	
cervicus	सीर्विकस	प्रिंट: अंगूष्ठिका	spinous processes of T3-T6	transverse processes of C1, C2, C3	C5, C6		
Muscle	HINDI	Origin	Insertion	Artery	Nerve	Action	Antagonist
intercostals	इंटरकोस्टल्स	रिब्स 1-11	ribs 2-12	intercostal arteries	intercostal nerves	assists in elevation of thoracic rib cage	
external	ऐक्स्टरनल	रिब्स 1-11	rib - inferior border	rib - superior border		inhales	internal
internal	आइन्टरनल	रिब्स 1-11	rib - inferior border	upper borders of 2nd through 5th ribs	intercostal nerves	holds ribs steady	external
innermost	अंटर्मोस्ट	रिब्स 1-11	inner surface of one rib	inner surface of second or third rib above, near its angle		elevates ribs	
subcostales	सबकोस्टल्स						
external	ऐक्स्टरनल						
internal	आइन्टरनल						
innermost	अंटर्मोस्ट						
transversus thoraci	ट्रांसवर्स थोराकासि	प्रिंट: अंगूष्ठिका	costal cartilages of last 3-4 ribs, body of sternum, xiphoid process	ribs/costal cartilages 2-6		depresses ribs	
levatores costarum	लेवेटर्स कॉस्टोरम		transverse processes of C7 to T12 vertebrae	superior surfaces of ribs immediately inferior to preceding vertebrae	dorsal rami - C8, T1, T2, T3, T4, T5, T6, T7, T8, T9, T10, T11	assists in elevation of thoracic rib cage	
Serratus posterior muscles	सेर्रेटस पॉस्टरियर म्यूस्ल्स	वर्टेब्रा T11 - L3	vertebrae T11 - L3	inferior borders of 9th through 12th ribs	intercostal arteries	depresses lower ribs, aiding in expiration	
superior	सुपरियर			upper borders of 2nd through 5th ribs	2nd through 5th intercostal nerves	elevates ribs, aiding in inspiration	
diaphragm	दायरियम् २. त्रांसप्रथर				pericardiacophrenic artery, musculophrenic artery, inferior phrenic arteries	breathing	
Muscle	HINDI	Origin	Insertion	Artery	Nerve	Action	Antagonist
coccygeus	कोक्सिजस	sacrococcygeal ligament	coccyx		sacral nerves, S4, S5 or S3-S4	closes back part of pelvic outlet	
Levator ani	लैटोर एनाइ				levator ani nerve (S4)	supports organs in pelvic cavity	
iliooccygeus	इलिओक्सिजस	ischial spine, posterior part of tendinous arch of pelvic fascia	coccyx and anococcygeal raphe	inferior gluteal artery			
pubococcygeus	पबोक्सिजस	बैक सर्फेस, अंगूष्ठिका	coccyx and sacrum		inferior rectal nerve from pudendal nerve (S3, S4)		
puborectalis	पबोरेक्टालिस	लॉवर पार्ट ऑफ़ पबिक्सिमिस	-		coccygeal plexus	controls urine flow, contracts during orgasm	
Muscle	HINDI	Origin	Insertion	Artery	Nerve	Action	Antagonist
Spincter ani	स्पिंक्टर एनी	प्रिंट: अंगूष्ठिका	perineal raphe	perineal artery	pudendal nerve	inhibits defecation	
externus	-	-		inferior rectal artery	S4 and twigs from inferior and nerves of pudendal nerve	keeps anal canal and anus closed, aids in expulsion of feces	
internus	-	-			pudendal nerve		
Superficial perineal pouch	सुपरिफिशियल पेरिनील पौच						
transversus perinei	ट्रांसवर्सोपेरिनील	प्रिंट: अंगूष्ठिका	anterior surface of ischial tuberosity	central point of perineum	perineal artery	S4 and twigs from inferior and nerves of pudendal nerve	
superior	सुपरियर	प्रिंट: अंगूष्ठिका	ischial tuberosity	perineal artery	pudendal nerve	empties urethra (men)	
bulbospongiosus	बुल्बोस्पिंगोजिस	प्रिंट: अंगूष्ठिका	perineal raphe			clenches vagina (women)	
ischio cavernosus	इश्को कैवर्नोस	प्रिंट: अंगूष्ठिका	ischial tuberosity	crus of penis (men) crus of clitoris (women)		assists bulbospongiosus	
Deep perineal pouch	डीप पेरिनील पौच	प्रिंट: अंगूष्ठिका	inferior ramus of ischium	its fellow of opposite side	perineal nerve		
transversus perinei profundus	ट्रांसवर्सोपेरिनील प्रूफूल्डस	प्रिंट: अंगूष्ठिका	junction of inferior fani of pubis and ischium about 1.25 - 2 cm, and from neighboring fascia			constricts urethra, maintains urinary continence	
Muscle	HINDI	Origin	Insertion	Artery	Nerve	Action	Antagonist
trapezius	त्रैपेजियस	प्रिंट: अंगूष्ठिका	down midline, external occipital protuberance, nuchal ligament, medial part of superior nuchal line, spinous processes of vertebrae C7-T12	at shoulders, lateral third of clavicle, acromion of scapula, spine of scapula	transverse cervical artery	motor: accessory nerve [CNXI]	retracts and elevates scapula
latissimus dorsi	लैटिस्मस डोर्सी	प्रिंट: अंगूष्ठिका	spinosus processes of thorace T6-T12, thoracolumbar fascia, iliac crest and inferior 3 or 4 ribs	floor of intertuberular groove of humerus	subscapular artery, dorsal scapular artery	thoracodorsal nerve	pulls forelimb dorsally and caudally
rhomboids	रॉम्बोइड्स	प्रिंट: अंगूष्ठिका	nuchal ligaments, spinous processes of C7-T5 vertebrae	medial border of scapula	dorsal scapular artery	dorsal scapular nerve (C4 and C5)	retracts scapula and rotates it to depress glenoid cavity, fixes scapula to thoracic wall
rhomboid major	रॉम्बोइड माइनर	प्रिंट: अंगूष्ठिका	spinous processes of T2 to T5 vertebrae	medial border of scapula, inferior to insertion of rhomboid minor			
rhomboid minor	रॉम्बोइड माइनर	प्रिंट: अंगूष्ठिका	nuchal ligaments and spinous processes of C7-T5 vertebrae	medial border of scapula, superior to insertion of rhomboid major			
levator scapulae	लेवेटर एस्कॉपुले	प्रिंट: अंगूष्ठिका	posterior tubercles of transverse processes of C1 - C4 vertebrae	superior part of medial border of scapula			
Muscle	HINDI	Origin	Insertion	Artery	Nerve	Action	Antagonist
pectoralis major	पेक्टोरलिस माइनर	प्रिंट: अंगूष्ठिका	clavicular head, anterior surface of medial half of clavicle; sternocostal head, anterior surface of sternum; superior 8-10 costal cartilages	intertubercular groove of humerus	pectoral branch of thoracoacromial artery	medial pectoral nerve (C8, T1)	stabilizes scapula by drawing it inferiorly and anteriorly against thoracic wall
pectoralis minor	पेक्टोरलिस मिनोर	प्रिंट: अंगूष्ठिका	3rd to 5th ribs, near their costal cartilages	medial border and superior surface of coracoid process of scapula	thoracoacromial artery, clavicular branch	axillary nerve	depresses clavicle
subclavius	सबक्लेवियस	प्रिंट: अंगूष्ठिका	first rib	subclavian groove of clavicle	subclavian nerve	upper part: lateral thoracic artery	abducts, flexes, and extends shoulder
serratus anterior	सेर्रेटस एन्टियर	प्रिंट: अंगूष्ठिका	fleshy slips from outer surface of upper 8 or 9 ribs	costal surface of medial margin of scapula	long thoracic nerve (from roots of brachial plexus C5, C6, C7)	protracts and stabilizes scapula, assists in upward rotation	rhomboid major, rhomboid minor, trapezius
teres major	तेरेस माइनर	प्रिंट: अंगूष्ठिका	posterior surface of inferior angle of scapula	lateral part of thoracodorsal artery	lateral thoracodorsal artery	lateral part: thoracodorsal nerve (levels C5 and C6)	internally rotates humerus
Rotator cuff							
supraspinatus	सुपरास्पिनेटस		supraspinous fossa of scapula	superior facet of greater tubercle of humerus	suprascapular artery	abducts and stabilises humerus	infraspinatus, teres minor, pectoralis major, latissimus dorsi
infraspinatus	इन्फ्रास्पिनेटस		infraspinous fossa of scapula	middle facet of greater tubercle of humerus	suprascapular artery, circumflex scapular artery	lateral rotates, adducts, and stabilises humerus	subscapularis, pectoralis major, latissimus dorsi
teres minor	तेरेस मिनोर		lateral border of scapula	inferior facet of greater tubercle of humerus	posterior circumflex humeral artery	lateral rotates and adducts humerus	subscapularis, teres minor
subscapularis	सबस्कॉपुलेरिस		subscapular fossa of scapula	lesser tubercle of humerus	posterior circumflex humeral artery	medially rotates humerus, stabilises shoulder	infraspinatus, teres minor
coracobrachialis	कोराकोब्रांकियलिस		coracoid process of scapula	medial surface of humerus	brachial artery	musculocutaneous nerve	flexes and adducts shoulder
biceps brachii	बायप्स ब्रांकियलिस		short head: coracoid process of scapula	radial tuberosity, bicipital aponeurosis	musculocutaneous nerve (lateral cord: C5, C6, C7)	flexes elbow, supinates forearm	triceps brachii
			long head: supraglenoid tubercle				

Muscle	HINDI	Origin	Insertion	Artery	Nerve	Action	Antagonist
brachialis	ब्राकियल	anterior surface of humerus (mainly distal half)	coronoid process of ulna , tuberosity of ulna	radial recurrent artery	musculocutaneous nerve	flexes elbow	
Muscle	Origin	Insertion	Artery	Nerve		Action	Antagonist
triceps brachii	त्रिप्स ब्राकियल	long head: infraglenoid tubercle of scapula lateral head: posterior humerus (above radial sulcus) medial head: posterior humerus - (below radial sulcus)	olecranon of ulna	deep artery of arm	radial nerve	extends forearm long head: adducts shoulder medial head: does not function at shoulder	biceps brachii, brachialis
anconeus	एनकोनियस	lateral epicondyle of humerus	lateral surface of olecranon, superior part of posterior ulna	deep artery of arm, interosseous recurrent artery	radial nerve (C7, C8, and T1)	partly blended with triceps, extends forearm, straightens elbow, abducts ulna during pronation	
Muscle	Origin	Insertion	Artery	Nerve		Action	Antagonist
pronator teres	प्रोनेटरेस	humeral head: medial epicondyle of humerus (common flexor tendon)	pronator tuberosity of radius	ulnar artery, radial artery	median nerve	pronates forearm, flexes elbow	supinator
flexor carpi radialis	फ्लेक्सर कार्पी रेडियल	ulnar head: coronoid process of ulna					
palmaris longus	पाल्मारिस लॉंग्युस	medial epicondyle of humerus (common flexor tendon)	bases of second metacarpal, base of third metacarpal	radial artery		flexes and abducts wrist	extensor carpi radialis brevis, extensor carpi radialis longus
flexor carpi ulnaris	फ्लेक्सर कार्पी अल्यूनारि	प्राइमरी एंड सेकंडरी अल्यूनारि	pisiform, hook of hamate, base of fifth metacarpal	ulnar artery		flexes wrist	extensor carpi ulnaris
flexor digitorum superficialis	फ्लेक्सर डिजिटोरम सुपरफिशियल	medial epicondyle of humerus (common flexor tendon), parts of radius and ulna	bases of middle phalanges 2, 3, 4, and 5	muscular branches of ulnar nerve		flexes fingers (primarily at proximal interphalangeal joints)	extensor digitorum
Muscle	Origin	Insertion	Artery	Nerve		Action	Antagonist
pronator quadratus	प्रोनेटर क्वार्ड्रेटस	medial anterior surface of ulna	lateral anterior surface of radius	anterior interosseous artery	median nerve	weakly pronates forearm	supinator
flexor digitorum profundus	फ्लेक्सर डिजिटोरम प्रूफ़ोर्ड	ulna	distal phalanges	lateral belly: anterior interosseous nerve (median nerve)		flexes wrist, flexes interphalangeal joints	extensor digitorum
flexor pollicis longus	फ्लेक्सर पॉलिसिस लॉंग्युस	मध्ये अंगुल अल्यूनारि	middle half of volar surface of radius , interosseous membrane	base of distal phalanx of thumb	anterior interosseous nerve (median nerve) (C8, T1)	flexes thumb	extensor pollicis longus, extensor pollicis brevis
Muscle	Origin	Insertion	Artery	Nerve		Action	Antagonist
extensor digitorum	एंटेंसर डिजिटोरम	लाटरल एपिकोन्डिले ऑफ हमेरस (common extensor tendon)	2nd-5th phalanges	posterior interosseous artery	posterior interosseous nerve (C7, C8)	extends hand, extends fingers	flexor digitorum superficialis, flexor digitorum profundus
extensor digiti minimi	एंटेंसर डिजिटी मिनिमी	लाटरल सुरफेस ऑफ लाटरल एपिकोन्डिले ऑफ हमेरस (common extensor tendon)	extensor expansion, located at base of proximal phalanx on dorsal side	extends little finger at all joints	flexor digiti minimi brevis	extensor digiti minimi	anterior surface of lateral epicondyle of humerus (common extensor tendon)
extensor carpi ulnaris	एंटेंसर कार्पी अल्यूनारि	लाटरल एपिकोन्डिले ऑफ हमेरस (common extensor tendon)	5th metacarpal	ulnar artery	extends and adducts wrist	flexor carpi ulnaris	extensor carpi ulnaris
Mobile wad	मोबाइल वैड	Mobile wad	Mobile wad	Mobile wad	Mobile wad	Mobile wad	Mobile wad
brachioradialis	ब्रैचिओरेडियल	लाटरल सुपराकॉन्डिले राइडे ऑफ हमेरस	radial styloid process (distal radius)	radial recurrent artery	radial nerve	flexes forearm, pronates forearm when supine, supinates forearm when prone	
extensor carpi radialis longus	एंटेंसर कार्पी रेडियल लॉंग्युस	2nd metacarpal	radial artery	flexor carpi radialis	extensor carpi radialis longus	2nd metacarpal	
extensor carpi radialis brevis	एंटेंसर कार्पी रेडियल ब्रेविस	लाटरल सुरफेस ऑफ हमेरस (common extensor tendon)	base of 3rd metacarpal	posterior interosseous nerve	extensor carpi radialis brevis	base of 3rd metacarpal	
Muscle	Origin	Insertion	Artery	Nerve		Action	Antagonist
supinator	सुपायेटर	लाटरल एपिकोन्डिले ऑफ हमेरस, supinator crest of ulna , radial collateral ligament, annular ligament	lateral proximal shaft of radius	radial recurrent artery	posterior interosseous nerve (C7, C8)	supinates forearm	pronator teres, pronator quadratus
extensor indicis	एंटेंसर इंडिकीस	ulna	index finger (extensor hood)	index finger (extensor hood)	extends index finger, wrist		extensor indicis
Anatomical snuff box	आनॉटोमिकल स्नुफ बॉक्स	आनॉटोमिकल स्नुफ बॉक्स	first metacarpal	posterior interosseous artery	Anatomical snuff box	आनॉटोमिकल स्नुफ बॉक्स	आनॉटोमिकल स्नुफ बॉक्स
abductor pollicis longus	एंटेंसर पॉलिसिस लॉंग्युस	ulna	proximal phalanx of thumb	proximal phalanx of thumb	flexor pollicis longus, flexor pollicis brevis	ulna , interosseous membrane of forearm	
extensor pollicis brevis	एंटेंसर पॉलिसिस ब्रेविस	radius , interosseous membrane of forearm	distal phalanx of thumb	extensor pollicis brevis	extensor pollicis longus	distal phalanx of thumb	
extensor pollicis longus	एंटेंसर पॉलिसिस लॉंग्युस	ulna , interosseous membrane of forearm	(metacarpophalangeal and interphalangeal joint)				
Muscle	Origin	Insertion	Artery	Nerve		Action	Antagonist
opponens pollicis	ओपोनेंस पॉलिसिस	त्रेपियम, transverse carpal ligament	metacarpal bone of thumb on its radial side	superficial palmar arch	median nerve	opposes thumb	
flexor pollicis brevis	फ्लेक्सर पॉलिसिस ब्रेविस	त्रेपोइड, flexor retinaculum	thumb, proximal phalanx	median nerve, deep branch of ulnar nerve (median head)	flexes thumb	extensor pollicis longus, extensor pollicis brevis	
abductor pollicis brevis	एंटेंसर पॉलिसिस ब्रेविस	flexor retinaculum of hand , scaphoid and trapezium	radial base of proximal phalanx of thumb and thumb extensors	median nerve	abducts thumb	adductor pollicis	
adductor pollicis	एंटेंसर पॉलिसिस लॉंग्युस	transverse head: anterior body of third metacarpal	medial base of base of proximal phalanx of thumb andular sesamoid	deep palmar arch	deep branch of ulnar nerve (T1)	abducts thumb at carpometacarpal joint	abductor pollicis longus, abductor pollicis brevis
Muscle	Origin	Insertion	Artery	Nerve		Action	Antagonist
palmaris brevis	पॉलिमारिस ब्रेविस	लाटरल एपिकोन्डिले ऑफ हमेरस	flexor retinaculum (medial), palmar aponeurosis	palmar	superficial branch of ulnar nerve		
hypothear						wrinkle skin of palm	
abductor digiti minimi	एंटेंसर डिजिटी मिनिमी	पॉलिफॉर्म	base of proximal phalanx of 5th digit on ulnar or medial side	ulnar artery	deep branch of ulnar nerve	abducts little finger	
flexor digiti minimi brevis	फ्लेक्सर डिजिटी मिनिमी ब्रेविस	हैमेटो बॉने	little finger	deep branch of ulnar nerve	flexes little finger	extensor digiti minimi	
opponens digiti minimi	ओपोनेंस डिजिटी मिनिमी	हैमेटो बॉने	hook of hamate, flexor retinaculum	medial border of 5th metacarpal	deep branch of ulnar nerve (CB and T1)	draws 5th metacarpal anteriorly and rotates it, bringing little finger (5th digit) into opposition with thumb	
Muscle	Origin	Insertion	Artery	Nerve		Action	Antagonist
lumbrical	लुम्ब्रिकल	फ्लेक्सर डिजिटोरम profundi	superficial palmar arch, common palmar digital arteries, deep palmar arch, dorsal digital artery	deep branch of ulnar nerve	flex metacarpophalangeal joints, extend interphalangeal joints		
dorsal interossei	डॉर्सल इंटरोसेली	मेटाकॉर्पल्स	proximal phalanges	dorsal branch of ulnar nerve	abduct fingers	palmar interossei	
palmar interossei	पॉल्मर इंटरोसेली		dorsal metacarpal artery, palmar interosseous artery	deep branch of ulnar nerve	abduct fingers	dorsal interossei	
Muscle	Origin	Insertion	Artery	Nerve		Action	Antagonist
iliopsoas	इलिओप्सोएस	इलियस एंड पॉसोमाइस	iliac fossa (iliacus), sacrum (iliacus), spine (T12, L1, lumbar vertebrae), psoas major, psoas minor[6]	medial femoral circumflex artery, iliacolumbar artery	iliopsoas nerve, lumbar nerves L1, L2	flexes hip (psoas major/minor, iliacus), spine rotation (psoas major/minor)	gluteus maximus, posterior compartment of thigh
psoas major	पॉसो मॉजर	त्रांसप्रेसर्स	transverse processes, bodies and intervertebral discs of T12-L5 vertebrae	lesser trochanter of femur	iliolumbar artery	iliopsoas nerve via anterior branches of L1, L2, L3[7]	gluteus maximus
psoas minor	पॉसो मिनोर		side of T11+L1 and IV intervertebral disc	greater trochanter of femur	lumbar plexus via anterior branches of L1, L2, L3[7]	flexes and rotates laterally thigh	
iliacus	इलियस	इलियस	iliac fossa	lesser trochanter of femur	iliolumbar artery, lumbar arteries	iliopsoas nerve (L2, L3)[7]	weakly flexes trunk
Muscle	Origin	Insertion	Artery	Nerve		Action	Antagonist
tensor fasciae latae	टेंसर फैशियल लॉटिनिका	iliac crest	iliotibial tract	superior gluteal artery (L4, L5)	superior gluteal nerve (L4, L5)	flexes thigh, mediately rotates thigh, stabilises torso	
gluteal	ग्लूटेल						
gluteus maximus	ग्लूटेस मॉजिमस	ग्लूटेल	fossa iliaca, sacrum (iliacus), spine (T12, L1, lumbar vertebrae), psoas major, psoas minor[6]	medial femoral circumflex artery, iliacolumbar artery	iliopsoas nerve, lumbar nerves L1, L2	externally rotates and extends hip joint; supports extended knee through iliobial tract, chief antigravity muscle in sitting	
gluteus medius	ग्लूटेस मेडियस		gluteal surface of ilium , under gluteus maximus	greater trochanter of femur	iliopsoas nerve, lumbar nerves L1, L2	abduction of hip; preventing adduction of hip	lateral rotator group
gluteus minimus	ग्लूटेस मिनिमस		gluteal surface of ilium , under gluteus medius	superior gluteal artery	iliopsoas nerve (L4, L5, S1 nerve roots)	Medial rotation of thigh	
lateral rotator group			at or below acetabulum of ilium	inferior gluteal artery, lateral sacral artery, superior gluteal artery	obturator nerve, piriformis nerve, nerve to quadratus femoris	externally rotates and extends hip joint; supports extended knee through iliobial tract, chief antigravity muscle in sitting	
piriformis	पिरिफॉर्मिस			inferior gluteal artery, lateral sacral artery, superior gluteal artery	obturator nerve, piriformis nerve, nerve to quadratus femoris	externally rotates hip	gluteus minimus, gluteus medius
obturator externus	ओब्ट्यूरेटर एक्स्टर्नस		obturator foramen and obturator membrane	obturator artery	piriformis nerve (S1 and S2 nerve roots)[9]	laterally rotates (outward) thigh	
superior gemellus	सुपरियर गेमेल्स		ischial spine	obturator artery	posterior branch of obturator nerve (L3, L4)	adducts thigh, rotate laterally thigh	
obturator internus	ओब्ट्यूरेटर इन्टर्नस		ischio pubic ramus, obturator membrane	obturator artery	nerve to obturator internus (L5, S1, S2)	abducts & rotates laterally thigh, stabilises hip during walking	
inferior gemellus	इनफरियर गेमेल्स		ischial tuberosity	obturator internus tendon	nerve to quadratus femoris (L4, L5, S1)	laterally rotates thigh	
quadratus femoris	क्वारेटस फैमोरिस		intertrochanteric crest	inferior gluteal artery	nerve to quadratus femoris (L4, L5, S1)	abducts & rotates thigh	
Muscle	Origin	Insertion	Artery	Nerve		Action	Antagonist
articularis genu	एंटिक्यूलर गेनुइनस	femur	suprapatellar bursa	femoral artery	femoral nerve	pulls suprapatellar bursa during extension of knee	
sartorius	सार्टोरियस	सुपरियर आंप्लिकेशन	superior to anterior superior iliac spine	medial side of upper tibia in pes anserinus		flexes knee, laterally rotates and abducts thigh, flexes and medially rotates leg	
quadriceps femoris	क्वारेटस फैमोरिस	क्वारेटस फैमोरिस	combined rectus femoris and vastus muscle	patella and tibial tuberosity via patellar tendon		extends knee, flexes hip (rectus femoris only)	hamstring
rectus femoris	रेक्टस फैमोरिस		anterior inferior iliac spine and exterior surface of bony ridge which forms iliac portion of acetabulum			knee extension; hip flexion	
vastus lateralis	वास्टस लेटरियलस		greater trochanter, intertrochanteric line, and linea aspera of femur				
vastus intermedius	वास्टस इंटर्मेडियस		anterior surface of femur			extends knee	
vastus medialis	वास्टस मेडियलिस		anterioromedial surface of femur				
Muscle	Origin	Insertion	Artery	Nerve		Action	Antagonist
hamstring	हैम्स्ट्रिंग						quadriceps femoris
biceps femoris	बायोपीलिम्फर	लॉन्ग हेड: इलियाल ट्यूबरिस्ट	long head: ischial tuberosity	head of fibula[10] articulating with back of lateral tibial condyle	inferior gluteal artery, perforating arteries, popliteal artery	flexes knee joint, laterally rotates leg at knee (when knee is flexed), extends hip joint (long head only)[10]	
		शॉर्ट हेड: लाइना एस्पेरा [10]					
semitendinosus	सेमिटेंडिनोस		ischial tuberosity[10]	pes anserinus	inferior gluteal artery, perforating arteries	flexes knee, extends hip, medially rotates leg at knee[10]	
semimembranosus	सेमिमेंब्रेनोस		medial surface of tibia [10]	profunda femoris, gluteal artery	sciatic nerve		
Muscle	Origin	Insertion	Artery	Nerve		Action	Antagonist
adductor muscles of the hip	एंडडक्टर म्यूसल्स ऑफ द हायप	pubis	femur , tibia	obturator artery	obturator nerve	adducts hip	gluteus medius, gluteus minimus
gracilis	ग्रैसिलिस	इन्फरियर पब्यूमस[11]	inferior public ramus[11]	tibia (pes anserinus)	anterior branch of obturator nerve[11]	adducts hip, flexes hip, medially rotates knee[11]	
pectenius	पेक्टेनियस	सुपरियर पब्यूमस[11]	superior public ramus[11]	lesser trochanter, linea aspera	Femoral nerve and obturator nerve (medial compartment)[11]	flexes and adducts hip[11]	
adductor brevis	एंडडक्टर ब्रेविस	सुपरियर पब्यूमस[11]	anterior surface of inferior public ramus[11]	lesser trochanter and linea aspera of femur	anterior branch of obturator nerve[11]	adducts hip[11]	
adductor longus	एंडडक्टर लॉंग्युस	सुपरियर पब्यूमस[11]	public body just below pubic crest	middle third of linea aspera	posterior branch of obturator nerve (adductor) and tibial branch of sciatic nerve (vertical head)[11][12]	adducts and medially rotates hip[11]	
adductor magnus	एंडडक्टर मैग्नस	इलियस एंड पॉसोमाइस		femur , adductor tubercle of femur	posterior branch of obturator nerve (adductor) and tibial branch of sciatic nerve (vertical head)[11][12]	adducts hip[11]	
Muscle	Origin	Insertion	Artery	Nerve		Action	Antagonist
tibialis anterior	टिबिलियस एंटेरियर	बॉडी ऑफ tibia	medial cuneiform and first metatarsal bones of foot	anterior tibial artery	deep fibular nerve	dorsi flexes and inverts foot	
extensor hallucis longus	एंटेंसर हॉलिक्स लॉंग्युस	मध्ये प्रायाल्यक एंड प्रायाल्यनी	middle portion of anterior surface of tibia , anterior surface of interosseous membrane	dorsal side of base of distal phalanx of hallux		extends big toe, assists in dorsiflexion of foot at ankle, weakly inverts foot	flexor hallucis longus, flexor hallucis brevis
extensor digitorum longus	एंटेंसर डिजिटोरम लॉंग्युस	प्रायाल्यमि एंड प्रायाल्यनी	lateral condyle of tibia , superior 1/3 of interosseous membrane	middle and distal phalanges of lateral four digits		extension of toes and ankle	flexor digitorum longus, flexor digitorum brevis
fibularis tertius	फिब्यूलरि टेर्टिस	प्रायाल्य एंड प्रायाल्यिनिश	distal anterior surface of tibia	dorsal surface of fifth metatarsal		dorsi flex and everts foot	
Muscle	Origin	Insertion	Artery	Nerve		Action	Antagonist
triceps surae	ट्रांस्प्रेसर			achilles tendon, calcaneus	posterior tibial artery	plantarflexes ankle	
gastrocnemius	गास्ट्रोक्नेमिस	प्रायाल्यिनिश . प्रायाल्यनी	medial condyle and lateral condyle of femur	calcaneus	deep fibular nerve	plantarflexes ankle, flexes knee (minor)	tibialis anterior
soleus	सोलिस	प्रिमियर	tibia , medial border of tibia (soleal line)	tendo calcaneus	deep fibular nerve	plantarflexes ankle	
plantaris	प्लांटरिस	अभिनिष्ठा	lateral supracondylar ridge of femur above lateral head of gastrocnemius	calcaneal tendon (medial side, deep)	deep fibular nerve	plantarflexes ankle, flexes knee	
Muscle	Origin	Insertion	Artery	Nerve		Action	Antagonist
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Muscle	HINDI	Origin	Insertion	Artery	Nerve	Action	Antagonist
popliteus	पॉप्लिटस	middle facet of lateral surface of lateral femoral condyle	posterior tibia under tibial condyles	popliteal artery	tibial nerve	medially rotates and flexes knee	
tarsal tunnel							
flexor hallucis longus	दैर्घ्य शाहनाख अङ्गुष्ठीया	posterior surface of upper 1/3 of fibula	base of distal phalanx of hallux	fibular artery (peroneal branch of posterior tibial artery)	tibial nerve, S1, S2 nerve roots	flexes all joints of big toe, plantarflexes ankle	extensor hallucis longus
flexor digitorum longus	दैर्घ्य विंगार्डिंग अङ्गुष्ठीया	medial tibia	distal phalanges of lateral four digits	posterior tibial artery	tibial nerve	flexes toes	extensor digitorum longus, extensor digitorum brevis
tibialis posterior		tibia, fibula	navicular, medial cuneiform			inverts foot, plantarflexes foot at ankle	medial anterior tibialis anterior
Muscle	HINDI	Origin	Insertion	Artery	Nerve	Action	Antagonist
tibialis longus	दैर्घ्य तिबिलियास	musculotendinous junction	first metatarsal, medial cuneiform	fibular artery	superficial fibular nerve	plantarflexes and everts ankle	tibialis anterior
tibialis brevis	दैर्घ्य तिबिलियास	musculotendinous junction	fibula	fibular artery	superficial fibular nerve	plantarflexes and everts ankle	tibialis posterior
Muscle	HINDI	Origin	Insertion	Artery	Nerve	Action	Antagonist
extensor digitorum brevis	दैर्घ्य फिंगरार्डिंग शाहनाखीया	calcaneus	toes	deep fibular nerve		extends digits 2, 3, and 4	flexor digitorum longus, flexor digitorum brevis
extensor hallucis brevis	दैर्घ्य शाहनाख शाहनाखीया		base of proximal phalanx of big toe	deep fibular nerve		extends big toe	flexor hallucis brevis
dorsal interossei of foot		metatarsals	proximal phalanges				plantar interossei
Muscle	HINDI	Origin	Insertion	Artery	Nerve	Action	Antagonist
abductor hallucis	पालाम्प्रालवलनी	medial process of calcaneus, flexor retinaculum, plantar aponeurosis	medial side of base of proximal phalanx of first digit	medial plantar nerve		abducts hallux	adductor hallucis
flexor digitorum brevis	दैर्घ्य फिंगरार्डिंग शाहनाखीया	medial process of calcaneus, plantar aponeurosis, intermuscular septa	middle phalanges of digits 2-5			flexes lateral four toes	extensor digitorum longus, extensor digitorum brevis
abductor digiti minimi	कालिन्द्रवलनी	plantar aponeurosis	phalanges of fifth toe	lateral plantar artery	lateral plantar nerve (S1, S2)	flexes and abducts fifth toe	flexor digiti minimi brevis
Muscle	Origin	Insertion	Artery	Nerve	Action	Antagonist	
quadratus plantae		tendons of flexor digitorum longus		lateral plantar nerve			
lumbricals	tendons of flexor digitorum longus	medial surface of extensor expansion of proximal phalanges of lateral four toes	lateral plantar artery, plantar arch, four plantar metatarsal arteries	lateral plantar artery (lateral three lumbricals) and medial plantar nerve (first lumbrical)	flexes distal interphalangeal joints (assists flexor digitorum longus)	maintain extension of digits at interphalangeal joints	
Muscle	HINDI	Origin	Insertion	Artery	Nerve	Action	Antagonist
flexor hallucis brevis	दैर्घ्य शाहनाख अङ्गुष्ठीया	plantar surface of cuneiforms, plantar calcaneocuboid ligament, long plantar ligament	medial head: medial sesamoid bone of metatarsophalangeal joint, proximal lateral head: lateral sesamoid bone of metatarsophalangeal joint, proximal phalanx of great toe	medial plantar nerve		flexes big toe	extensor hallucis longus
adductor hallucis	पालाम्प्रालवलनी	oblique head: proximal ends of middle 3 metatarsals	lateral side of base of proximal phalanx of big toe, sesamoid	lateral plantar nerve		abducts big toe	abductor hallucis
flexor digiti minimi brevis	दैर्घ्य कमिंडा अङ्गुष्ठीया	transverse head: metatarsophalangeal joints, ligaments of lateral 3 toes	transverse head: metatarsal bone	lateral plantar nerve (superficial branch)		extends and adducts fifth toe	abductor digiti minimi
Muscle	Origin	Insertion	Artery	Nerve	Action	Antagonist	
plantar interossei	tendons of plantar interossei	proximal phalanges III-V - muscles cross the metatarsophalangeal joint of both toes. The portions correspond with the origin and there is no crossing between toes	plantar arch, dorsal metatarsal artery	lateral plantar nerve	adducts toes 3 - 5, strengthens transverse arch	dorsal interossei	
dorsal interossei	metatarsals	proximal phalanges		lateral plantar nerve	abducts toes	plantar interossei	

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