

Table of Contents

LIST OF MUSCLES

3

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Muscle	HINDI	Origin	Insertion	Artery	Nerve	Action	Antagonist
occipitofrontalis	पश्चात्तल्लि	2 occipital bellies and 2 frontal bellies	epicranial aponeurosis		facial nerve [CNVII]	raises eyebrows	
occipitalis	(पश्चात्तल्लि)	superior nuchal line of occipital bone, mastoid part of temporal bone		occipital artery	posterior auricular nerve (facial nerve [CNVII])	retracts scalp	
frontalis	सर्वाग्रि	skin of eyebrow and glabella		ophthalmic artery	temporal branch of facial nerve [CNVII]	wrinkles eyebrow	
orbicularis oculi	(नेत्र सर्वाग्रि)	orbital part: frontal bone	orbital part: lateral palpebral raphe	ophthalmic artery, zygomatico-orbital artery, angular artery	zygomatic branch of facial nerve [CNVII]	closes eyelids	levator palpebrae superioris
		palpebral part: medial palpebral ligament	palpebral part: lateral palpebral raphe				
		lacrimar part: posterior crest of lacrimal bone	lacrimar part: Edges of eyelids				
corrugator supercilii	(सर्वाग्रि)	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	(सर्वाग्रि)	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	उपरी पल्लेब्राइ	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 plate of eyelid		sympathetic nervous system	raises upper eyelid	
Rectus 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, abducts, 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	अग्रपार्श्व	auricular muscles	epicranial aponeurosis		facial nerve [CNVII]		
Auricular muscles							
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	(सर्वाग्रि पंजी)	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	(तन्नि)	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
(procus)	प्रसु	fascia over lower part of nasal bone	skin of lower part of forehead between eyebrows	facial artery	buccal branch of facial nerve [CNVII]	draws down medial angle of eyebrow (giving expressions of frowning)	
depressor septi nasi	सर्वाग्रि	incisive fossa of maxilla	nasal septum and back part of alar part of nasalis	superior labial artery		depresses nasal septum	
levator labii superioris alaeque nasi	सर्वाग्रि	frontal process of maxilla	nostril and upper lip	superior labial artery		dilates nostril, elevates upper lip, elevates wing of nose	
nasalis							
transverse part (compressor naris)	सर्वाग्रि	alveolar yoke of canine tooth	lateral nasal cartilage	superior labial artery	buccal branch of facial nerve [CNVII]	compresses nostrils	
alar part (dilator naris)	सर्वाग्रि	alveolar yoke of lateral incisor tooth, greater and lesser alar cartilages	skin near margin of nostril			dilates nostrils	
Muscle	HINDI	Origin	Insertion	Artery	Nerve	Action	Antagonist
levator anguli oris (caninus)	सर्वाग्रि	maxilla	modiolus of mouth	facial artery	facial nerve [CNVII]	elevates angle of mouth (smile)	
depressor anguli oris (triangularis)	सर्वाग्रि	tubercle of mandible			mandibular branch of facial nerve [CNVII]	depresses angle of mouth (frown)	
levator labii superioris ()	अग्रपार्श्व	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 () (mentalis)	सर्वाग्रि	oblique line 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	
buccinator	सर्वाग्रि	alveolar yoke of lower, lateral incisor tooth, found on anterior mandible	skin of chin			elevates and wrinkles skin of chin, protrudes lower lip	
orbicularis oris	सर्वाग्रि	alveolar processes of maxilla and mandible, pterygomandibular raphe	fibres of orbicularis oris	buccal artery	buccal branch of facial nerve [CNVII]	compress cheeks against teeth (blowing), mastication	
risorius ()	सर्वाग्रि	maxilla and mandible	skin around lips	superior labial artery, inferior labial artery		puckers lips	
Zygomatic muscles	सर्वाग्रि	parotid fascia	modiolus of mouth	facial artery		draw back angle of mouth	
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	(सर्वाग्रि)	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 of mouth)	platysma
temporalis	(सर्वाग्रि)	temporal lines on parietal bone of skull	coronoid process of mandible	deep temporal arteries	deep temporal nerves from mandibular nerve [CNV3]		
Pterygoid muscles	(सर्वाग्रि)						
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 superficial head: pyramidal process of palatine bone and maxillary tuberosity	medial angle of mandible		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	(सर्वाग्रि)	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 superior fibers: draws tip of tongue back and down	
hyoglossus	(सर्वाग्रि)	hyoid	side of tongue			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	(सर्वाग्रि)	styloid process of temporal bone	tongue	sublingual branch of lingual artery		elevates and retracts tongue	inferior and middle fibers of genioglossus
palatoglossus	(सर्वाग्रि)	palatine aponeurosis			vagus nerve [CNX], accessory nerve [CNXI]	raising back part of tongue	
Muscle	Origin	Insertion	Artery	Nerve	Action	Antagonist	
superior longitudinal	Close to epiglottis, from median fibrous septum	edges of tongue		hypoglossal nerve [CNXI]	shortens tongue , turns tip upward, turns lateral margins upward		
transversus	median fibrous septum	sides of tongue			narrows tongue with no elongation		
inferior longitudinal	root of tongue	apex of tongue			shortens tongue , retracts, pulls tip downward		
verticalis	dorsum of tongue	inferior surface borders of tongue					
Muscle	HINDI	Origin	Insertion	Artery	Nerve	Action	Antagonist
tensor veli palatini	सर्वाग्रि	medial pterygoid plate of sphenoid bone	palatine aponeurosis	palatine aponeurosis	medial pterygoid nerve from mandibular nerve [CNV3]	tenses soft palate, aids in swallowing	
levator veli palatini	सर्वाग्रि	temporal bone, Eustachian tube		facial artery	pharyngeal plexus of vagus nerve [CNX]	elevates soft palate	
palatoglossus	सर्वाग्रि	palatine aponeurosis	tongue			aids in breathing by raising back part of tongue	
palatopharyngeus	सर्वाग्रि	palatine aponeurosis and hard palate	vagor 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	सर्वाग्रि	styloid process of temporal bone	thyroid cartilage (pharynx)	pharyngeal branches of ascending pharyngeal artery	glossopharyngeal nerve [CNIX]	elevates larynx, elevates pharynx, swallowing	
salpingopharyngeus	सर्वाग्रि	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			pharyngeal plexus of vagus nerve [CNX]		
superior		medial pterygoid plate, pterygomandibular raphe, alveolar process	pharyngeal raphe, pharyngeal tubercle				
Muscle	HINDI	Origin	Insertion	Artery	Nerve	Action	Antagonist
cricothyroid	सर्वाग्रि (सर्वाग्रि)	anterior and lateral cricoid cartilage	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)	सर्वाग्रि	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	सर्वाग्रि	inner (anterior) surface of thyroid cartilage	anterior surface of arytenoid cartilage			thickens and decreases length of vocal folds, adducts during speech	
Cricoaarytenoid muscles	सर्वाग्रि						
posterior		posterior part of cricoid cartilage	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	lateral cricoarytenoid
lateral		lateral part of arch of cricoid cartilage				adducts and medially rotates cartilage, pulling vocal ligaments towards midline and backwards and so closing rima glottidis	posterior cricoarytenoid
Muscle	HINDI	Origin	Insertion	Artery	Nerve	Action	Antagonist
platysma	सर्वाग्रि	base of mandible	inferior clavicle and fascia of chest	branches of submental artery, branches of suprascapular artery	cervical branch of facial nerve [CNVII]	tenses skin of neck	masseter, temporalis
sternocleidomastoid	सर्वाग्रि	sternal head: manubrium sterni clavicular head: medial portion of clavicle	mastoid process of temporal bone, superior nuchal line	motor: accessory nerve sensory: cervical plexus		acting alone: tilts head to its own side, rotates head so face is turned towards opposite side acting together: flexes neck, raises sternum, assists in forced inspiration	
Muscle	HINDI	Origin	Insertion	Artery	Nerve	Action	Antagonist
digastric	सर्वाग्रि	anterior belly: digastric fossa (mandible)	intermediate tendon (lesser horn of hyoid bone)	anterior belly: submental branch of facial artery posterior belly: occipital artery	anterior belly: mandibular nerve [CNV3] via mylohyoid nerve	opens jaw when masseter and temporalis are relaxed	
stylohyoid	सर्वाग्रि	posterior belly: mastoid process of temporal bone	greater horn of hyoid bone	occipital artery	facial nerve [CNVII]	elevates hyoid during swallowing	
mylohyoid	सर्वाग्रि	styloid process of temporal bone	mylohyoid line of mandible	mylohyoid branch of inferior alveolar artery	mylohyoid nerve , from inferior alveolar branch of mandibular nerve [CNV3]	raises oral cavity floor, elevates hyoid, depresses mandible	
geniohyoid	सर्वाग्रि	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
sternohyoid	शरः कीलक	manubrium of sternum	hyoid bone	superior thyroid artery	ansa cervicalis	depresses hyoid	
sternothyroid	शरः अट्टक	thyroid cartilage	thyroid cartilage		C1	depresses larynx, may slightly depress hyoid	
thyrohyoid	अण्ड कीलक	thyroid cartilage	hyoid bone		C1	depresses hyoid	
omohyoid	अण्डकीलक	upper border of scapula	inferior border of scapula	inferior thyroid artery	ansa cervicalis	depresses larynx, depresses and moves to side hyoid	
Muscle	HINDI	Origin	Insertion	Artery	Nerve	Action	Antagonist
longus colli	लंबा कर्चा	transverse processes of vertebrae C3, C4, C5, and C6	anterior arch of atlas		C2, C3, C4, C5, C6	flexes neck and head	
longus capitis	लंबा कर्चा	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	समस्तिका	atlas	occipital bone		C1		
rectus capitis lateralis	समस्तिका	upper surface of transverse process of atlas	under surface of jugular process of occipital bone			sidebends at atlanto-occipital joint	
Muscle	HINDI	Origin	Insertion	Artery	Nerve	Action	Antagonist
scalene	विपरीक	cervical vertebrae	first and second ribs	ascending cervical artery (branch of inferior thyroid artery)	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 rib is fixed, bends neck forward and sideways and rotates it to opposite side	
medius	मध्य						
posterior	पश्चिम	transverse processes of C4 - C6	second rib	ascending cervical artery, superficial cervical artery	ventral rami of third to eighth cervical spinal nerves	elevates 1st rib, rotate neck to opposite side	
levator scapulae	अग्र उन्नयनिका	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	समस्तिका	upper surface of transverse process of atlas (C1)	under surface of jugular process of occipital bone		C1		
obliquus capitis superior	लंबा कर्चा	lateral mass of atlas	lateral half of inferior nuchal line		suboccipital nerve		
obliquus capitis inferior	लंबा कर्चा	spinous process of axis	lateral mass of atlas		suboccipital nerve		
Muscle	HINDI	Origin	Insertion	Artery	Nerve	Action	Antagonist
rectus capitis posterior minor	समस्तिका	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	समस्तिका	spinous process of axis (C2)	inferior nuchal line of occipital bone		dorsal ramus of C1 (suboccipital nerve)		
semispinalis capitis	शरः अर्धसंकीक	articular processes of C4-C6; transverse processes of C7 and T1-T7	occipital bone between superior and inferior nuchal lines		greater occipital nerve	extends head	
longissimus capitis	शरः लंबासंकीक	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.	
splenius capitis	शरः लंबासंकीक	ligamentum nuchae, spinous processes of C7-T6	mastoid process		C3, C4	bilaterally: Extend vertebral column	
obliquus capitis superior	लंबा कर्चा	lateral mass of atlas	lateral half of inferior nuchal line		suboccipital nerve	extends, rotates, and laterally flex head	
obliquus capitis inferior	लंबा कर्चा	spinous process of axis	lateral mass of atlas		suboccipital nerve		
Muscle	HINDI	Origin	Insertion	Artery	Nerve	Action	Antagonist
erector spinae	अभिजातक	spines of last four thoracic vertebrae	both spines of most cranial thoracic vertebrae and cervical vertebrae	lateral sacral artery	posterior branch of spinal nerve	extends vertebral column	rectus abdominis
iliocostalis	शरः लंबासंकीक	transverse process	transverse process				
longissimus	शरः लंबासंकीक	spinous process	spinous process				
spinalis	अर्धसंकीक	spinous process	spinous process				
latissimus dorsi	शरः लंबासंकीक	spinous processes of thoracic T6-T12, thoracolumbar fascia, iliac crest and inferior 3 or 4 ribs	floor of intertubercular groove of humerus	subscapular artery, dorsal scapular artery	thoracodorsal nerve	pulls forelimb dorsally and caudally	deltoid, trapezius
transversospinales	अर्धसंकीक	transverse process	spinous process		posterior branches of spinal nerve		
semispinalis thoracis	शरः अर्धसंकीक	transverse processes of sixth to tenth thoracic vertebrae	spinous processes of upper four thoracic vertebrae and lower two cervical vertebrae				
(dorsi)							
semispinalis cervicis	शरः अर्धसंकीक	transverse processes of upper five or six thoracic vertebrae	cervical spinous processes, from axis to fifth				
(coll)							
semispinalis capitis	शरः अर्धसंकीक	transversal process of lower cervical and higher thoracic columna	area between superior and inferior nuchal line		greater occipital nerve	extends head	
(complexus)							
multifidus		sacrum, erector spinae aponeurosis, PS5, and iliac crest	spinous process		posterior branch of spinal nerve	stabilizes vertebrae in local movements of vertebral column	
rotatores		transverse process	spinous process		posterior branch	extends, flexes, and rotates vertebral column	
interspinales	शरः लंबासंकीक	spinous process	transverse process above		posterior rami of spinal nerves	laterally flexes trunk	
intertransversarii		transverse process	transverse process above				
splenius	शरः लंबासंकीक	nuchal ligament, spinous process of C7-T6	mastoid process of temporal bone, occipital bone		C3, C4	extends, rotates, and laterally flexes head	
capitis	शरः लंबासंकीक	spinous processes of T3-T6	transverse processes of C1, C2, C3		C5, C6		
cervicis	शरः लंबासंकीक	Origin	Insertion	Artery	Nerve	Action	Antagonist
intercostalis	अर्धसंकीक	ribs 1-11	ribs 2-12	intercostal arteries	intercostal nerves	inhalation	internal
external	अर्धसंकीक	rib - inferior border	rib - superior border			holds ribs steady	external
internal	अर्धसंकीक	inner surface of one rib	inner surface of second or third rib above, near its angle			elevates ribs	
inmost	अर्धसंकीक	costal cartilages of last 3-4 ribs, body of sternum, xiphoid process	ribs/costal cartilages 2-6			depresses ribs	
subcostales	अर्धसंकीक	superior surfaces of ribs immediately inferior to preceding 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	
transversus thoracis	अर्धसंकीक	vertebrae T11 - L3	inferior borders of 9th through 12th ribs	intercostal arteries	intercostal nerves	depresses lower ribs, aiding in expiration	
levatores costarum	अर्धसंकीक	nuchal ligament (or ligamentum nuchae) and spinous processes of vertebrae C7 through T3	upper borders of 2nd through 5th ribs		2nd through 5th intercostal nerves	elevates ribs, aiding in inspiration	
Serratus posterior muscles	अर्धसंकीक						
inferior							
superior							
diaphragm	अर्धसंकीक						
Muscle	HINDI	Origin	Insertion	Artery	Nerve	Action	Antagonist
coccygeus	अर्धसंकीक	sacrospinous ligament	coccyx		sacral nerves: S4, S5 or S3-S4	closes back part of pelvic outlet	
Levator ani	अर्धसंकीक	ischial spine, posterior part of tendinous arch of pelvic fascia	coccyx and anococcygeal raphe	inferior gluteal artery	levator ani nerve (S4)	supports organs in pelvic cavity	
illococcygeus	अर्धसंकीक	back surface of pubis, anterior part of obturator fascia	coccyx and sacrum		inferior rectal nerve from pudendal nerve (S3, S4)	controls urine flow, contracts during orgasm	
pubococcygeus	अर्धसंकीक	lower part of pubic symphysis			S3, S4, levator ani nerve	inhibits defecation	
puborectalis	अर्धसंकीक	Origin	Insertion	Artery	Nerve	Action	Antagonist
Sphincter ani	अर्धसंकीक						
externus							
internus							
Superficial perineal pouch	अर्धसंकीक	anterior surface of ischial tuberosity	central point of perineum	perineal artery	pudendal nerve	empties urethra (men)	
transversus perinei	अर्धसंकीक	perineal raphe				clenches vagina (women)	
superficialis	अर्धसंकीक	ischial tuberosity	crus of penis (men)			assists bulbospongiosus	
bulbospongiosus	अर्धसंकीक	crus of clitoris (women)					
ischiocavernosus	अर्धसंकीक	its fellow of opposite side			pudendal nerve	constricts urethra, maintains urinary continence	
Deep perineal pouch	अर्धसंकीक	junction of inferior rami of pubis and ischium about 1.25 - 2 cm, and from neighboring fascia			perineal branch of pudendal nerve (S2, S3, S4)		
sphincter urethrae membranacea	अर्धसंकीक						
Muscle	HINDI	Origin	Insertion	Artery	Nerve	Action	Antagonist
trapezius	अर्धसंकीक	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	serratus anterior
latissimus dorsi	अर्धसंकीक	spinous processes of thoracic T6-T12, thoracolumbar fascia, iliac crest and inferior 3 or 4 ribs	floor of intertubercular groove of humerus	subscapular artery, dorsal scapular artery	sensory: cervical nerves C3 and C4	pulls forelimb dorsally and caudally	deltoid, trapezius
rhomboids	अर्धसंकीक	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	serratus anterior
rhomboid major	अर्धसंकीक	spinous processes of T2 to T5 vertebrae	medial border of scapula, inferior to insertion of rhomboid minor				
rhomboid minor	अर्धसंकीक	nuchal ligaments and spinous processes of C7-T1 vertebrae	medial border of scapula, superior to insertion of rhomboid major				
levator scapulae	अर्धसंकीक	posterior tubercles of transverse processes of C1 - C4 vertebrae	superior part of medial border of scapula		cervical nerve (C3, C4) and dorsal scapular nerve (C5)	elevates scapula, tilts glenoid cavity inferiorly by rotating scapula	
Muscle	HINDI	Origin	Insertion	Artery	Nerve	Action	Antagonist
pectoralis major	अर्धसंकीक	clavicular head: anterior surface of medial half of clavicle sternocostal head: anterior surface of sternum, superior six costal cartilages	intertubercular groove of humerus	pectoral branch of thoracoacromial artery	lateral pectoral nerve, medial pectoral nerve clavicular head: C5 and C6 sternocostal head: C7, C8 and T1	adducts and medially rotates humerus, draws scapula anteriorly and inferiorly clavicular head: flexes humerus sternocostal head: extends humerus	
pectoralis minor	अर्धसंकीक	3rd to 5th ribs, near their costal cartilages	medial border and superior surface of coracoid process of scapula	thoracoacromial artery, clavicular branch	medial pectoral nerve (C8, T1)	stabilizes scapula by drawing it inferiorly and anteriorly against thoracic wall	
subclavius	अर्धसंकीक	first rib	subclavian groove of clavicle	subclavian artery	subclavian nerve	depresses clavicle	
serratus anterior	अर्धसंकीक	fleshy slips from outer surface of upper 8 or 9 ribs	costal surface of medial margin of scapula	upper part: lateral thoracic artery	long thoracic nerve (from roots of brachial plexus C5, C6, C7)	protracts and stabilises scapula, assists in upward rotation	rhomboid major, rhomboid minor, trapezius
Muscle	HINDI	Origin	Insertion	Artery	Nerve	Action	Antagonist
deltoid	अर्धसंकीक	clavicle, acromion, spine of scapula	deltoid tuberosity of humerus	primarily posterior circumflex humeral artery	axillary nerve	abducts, flexes, and extends shoulder	latissimus dorsi
teres major	अर्धसंकीक	medial lip of intertubercular sulcus of humerus	superior facet of greater tubercle of humerus	suprascapular artery, circumflex scapular artery	lower subscapular nerve (segmental levels C5 and C6)	internally rotates humerus	
Rotator cuff							
supraspinatus	अर्धसंकीक	supraspinous fossa of scapula	superior facet of greater tubercle of humerus	suprascapular artery	suprascapular nerve	abducts and stabilises humerus	infraspinatus, teres minor, pectoralis major, latissimus dorsi
infraspinatus	अर्धसंकीक	middle facet of greater tubercle of humerus	middle facet of greater tubercle of humerus	suprascapular artery, circumflex scapular artery	suprascapular nerve	laterally rotates, adducts, and stabilises humerus	subscapularis, pectoralis major, latissimus dorsi
teres minor	अर्धसंकीक	lateral border of scapula	inferior facet of greater tubercle of humerus	axillary nerve	axillary nerve	laterally rotates and adducts humerus	subscapularis, pectoralis major, latissimus dorsi
subscapularis	अर्धसंकीक	subscapular fossa of scapula	lesser tubercle of humerus	subscapular artery	subscapular nerve, lower subscapular nerve (C5, C6)	medially rotates humerus, stabilizes shoulder	infraspinatus, teres minor
Muscle	HINDI	Origin	Insertion	Artery	Nerve	Action	Antagonist
coracobrachialis	अर्धसंकीक	coracoid process of scapula	radial tuberosity, bicipital aponeurosis	brachial artery	musculocutaneous nerve	flexes and adducts shoulder	
biceps brachii	अर्धसंकीक	short head: coracoid process of scapula long head: supraglenoid tubercle			musculocutaneous nerve (lateral cord: C5, C6; C7)	flexes elbow, supinates forearm	triceps brachii

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Muscle	HINDI	Origin	Insertion	Artery	Nerve	Action	Antagonist
popliteus	पशुपुच्छ		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	सिरु पशुपुच्छ अङ्गुली		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
flexor digitorum longus	सिरु पशुपुच्छ अङ्गुली		medial tibia	distal phalanges of lateral four digits	posterior tibial artery	tibial nerve	flexes toes
tibialis posterior			navicular, medial cuneiform				extensor digitorum longus, extensor digitorum brevis
Muscle	HINDI	Origin	Insertion	Artery	Nerve	Action	Antagonist
fibularis longus	सिरु पशुपुच्छ अङ्गुली		fibula	first metatarsal, medial cuneiform	fibular artery	superficial fibular nerve	inverts foot, plantarflexes foot at ankle
fibularis brevis	सिरु पशुपुच्छ अङ्गुली		fibula	fifth metatarsal	fibular artery	superficial fibular nerve	plantarflexes and everts ankle
Muscle	HINDI	Origin	Insertion	Artery	Nerve	Action	Antagonist
extensor digitorum brevis	सिरु पशुपुच्छ अङ्गुली		calcaneus	toes		deep fibular nerve	plantarflexes and everts ankle
extensor hallucis brevis	सिरु पशुपुच्छ अङ्गुली			base of proximal phalanx of big toe		deep fibular nerve	flexor digitorum longus, flexor digitorum brevis
dorsal interosseal of foot			metatarsals	proximal phalanges		lateral plantar nerve(fourth interosseous space: superficial branch others: deep branch), first and second interosseal: lateral branch of deep fibular nerve	extends digits 2, 3, and 4
Muscle	HINDI	Origin	Insertion	Artery	Nerve	Action	Antagonist
abductor hallucis	सिरु पशुपुच्छ अङ्गुली		metatarsals	proximal phalanges		lateral plantar nerve	abducts toes
flexor digitorum brevis	सिरु पशुपुच्छ अङ्गुली		metatarsals	proximal phalanges		lateral plantar nerve	plantar interosseal
abductor digiti minimi	सिरु पशुपुच्छ अङ्गुली		metatarsals	proximal phalanges		lateral plantar nerve	abducts toes
Muscle	Origin	Insertion	Artery	Nerve	Action	Antagonist	
quadratus plantae	calcaneus	tendons of flexor digitorum longus		lateral plantar nerve (S1, S2)	flexes distal interphalangeal joints (assists flexor digitorum longus)		
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 nerve (lateral three lumbricals) and medial plantar nerve (first lumbrical)	maintain extension of digits at interphalangeal joints		
Muscle	HINDI	Origin	Insertion	Artery	Nerve	Action	Antagonist
flexor hallucis brevis	सिरु पशुपुच्छ अङ्गुली		plantar surface of cuneiforms, plantar calcaneocuboid ligament, long plantar ligament	medial side of base of proximal phalanx of first digit	medial plantar nerve	flexes big toe	extensor hallucis longus
			medial process of calcaneus, plantar aponeurosis, intermuscular septa	middle phalanges of digits 2-5			
adductor hallucis	सिरु पशुपुच्छ अङ्गुली		plantar aponeurosis	phalanges of fifth toe	lateral plantar artery	lateral plantar nerve (S1, S2)	flexes lateral four toes
flexor digiti minimi brevis	सिरु पशुपुच्छ अङ्गुली		phalanx of fifth toe			flexes and abducts fifth toe	flexor digiti minimi brevis
Muscle	Origin	Insertion	Artery	Nerve	Action	Antagonist	
plantar interosseal	proximal phalanges III-V - muscles cross the metatarsophalangeal joint of toes III-V so the insertions 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 interosseal		
dorsal interosseal	metatarsals	proximal phalanges	lateral plantar nerve	abducts toes	plantar interosseal		

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