

ACTION	ORIGIN	INSERTION	MUSCLE
Extends thigh	Pubis ischium	femur	adductor femoris adductor longus pectineus semimembranosus
Adducts thigh	ilium ischium ilium	tibia patella	sartorius gracilis rectus femoris
extends leg	femur ilium	patella	vastus medialis vastus intermedius vastus lateralis rectus femoris
Abducts thigh	ischium vertebrae	tibia femur patella	biceps femoris gluteus maximus gluteus medius caudofemoralis
flexes thigh	ilium lumbar vert.	femur	iliopsoas
flexes leg	ischium	tibia &patella	semitendinosus biceps femoris gracilis
extends foot	patella/tibia fibula	calcaneus	gastrocnemius soleus
flexes foot	fibula/tibia	metatarsal 1	tibialis anterior
compresses abdomen	pubis lumbodorsal facia	sternum linea alba	rectus abdominus internal oblique
constricts abdomen	lumbodorasal facia ribs	linea alba-pubis linea alba	external oblique transversus abdominus
adducts forelimb	sternum	humerus	pectoralis group xiphohumeralis
extends arm	supraspinous fossa	humerus	supraspinatus

ACTION	ORIGIN	INSERTION	MUSCLE
moves arm caudodorsally	thoracic/ lumbar vert.	humerus	latissimus dorsi
extends forearm	latissimus dorsi humerus	ulna ulna	epitrochlearis triceps brachii
flexes forearm	clavicle scapula humerus	ulna radius ulna	clavobrachialis biceps brachii brachialis
extend forefoot	ulna	metacarpels	extensors of forefoot
flexor of forefoot	radius, ulna humerus	phalanges	flexors of forefoot
supinator of hand	humerus	radius	brachioradialis
flexes phalanges	humerus	phalanges	palmaris longus
flexes upper arm	scapula	humerus	spinodeltoid
rotates upper arm	scapula scapula scapula	humerus humerus spinodeltoid	infraspinatus teres major acromiodeltoid
adducts upper arm	scapula	humerus	subscapularis
depresses lower jaw	skull	mandible	digastric
elevates mandible	zygomatic arch temporal fossa	mandible	masseter temporalis
raises mouth floor	mandible	median raphe	mylohyoid
draws scapula dorsally	cervical vertebrae thoracic vertebrae skull (nuchal crest)	scapula	acromiotrapezius spinothrapezius rhomboideus clavotrapezius
flexes forearm	lambdaoial crest of skull	clavicle	
draws scapula cranially	atlas/occipital bone	scapula	levator scapulae ventralis
draws scapula to thorax	ribs	scapula	serratus ventralis
draws sternum cranially	sternum	rib	transversus costarum
extends vert. column	sacral-caudal vert.	vertebrae	longissimus dorsi
draws ribs cranially	ribs	mid-dorsal raphe	serratus dorsalis
protracts ribs	rib	adjacent rib	external intercostals
flexes neck	ribs	cervical vertebrae	scalenus group

ACTION	ORIGIN	INSERTION	MUSCLE
turns head	clavicle	mastoid p.	cleidomastoid
draws hyoid cranially	mandible	hyoid	geniohyoid
draws hyoid posteriorly	costal cartilage	hyoid	sternohyoid
elevates head	mid-dorsal facial line	lambdoidal ridge	splenius