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|---------------------------|---------------------------|---|-----------------------------------|
| Tibialis anterior | Proximal tibia | First cuneiform (tarsal) first metatarsal of foot | Dorsiflexes and inverts foot |
| Extensor digitorum longus | Proximal tibia and radius | Distal toes 2-5 | Extends toes and dorsiflexes foot |
| Fibularis muscles | Fibula | Metatarsals of foot | Plantar flex and evert foot |

Name _____ Origin _____ Insertion _____

Head/Neck Muscles

| | | |
|-------------------|----------------------------------|--------------------------------|
| Frontalis | Cranial aponeurosis | Skin of eyebrows |
| Orbicularis oculi | Frontal bone and maxilla | Tissue around eye |
| Orbicularis oris | Mandible and maxilla | Skin and muscle mouth |
| Temporalis | Temporal bone | Mandible |
| Zygomaticus | Zygomatic bone | Skin and muscle corner of lips |
| Masseter | Temporal bone | Mandible |
| Buccinator | Maxilla and mandible near molars | Orbicularis oris |

Sternocleidomastoid

| | | |
|---------------------|----------------------|-------------------------|
| Sternocleidomastoid | Sternum and clavicle | Temporal bone (process) |
|---------------------|----------------------|-------------------------|

Platysma

| | | |
|----------|--|---------------------|
| Platysma | Connective tissue covering of superior chest muscles | Tissue around mouth |
|----------|--|---------------------|

Trunk Muscles

| | | |
|------------------|--|--------------------------------|
| Pectoralis major | Sternum, clavicle, and first to sixth ribs | Proximal humerus |
| Rectus abdominis | Pubis | Sternum and fifth seventh ribs |
| External oblique | Lower eight ribs | Iliac crest |

Arm/Shoulder Muscles

| | | |
|----------------|----------------------------|-----------------|
| Biceps brachii | Scapula of shoulder girdle | Proximal radius |
|----------------|----------------------------|-----------------|

Deltoid

| | | |
|---------|---------------|--|
| Deltoid | See Table 6.4 | |
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Hip/Thigh/Leg Muscles

| | | |
|------------------|----------------------------|----------------|
| Illopoas | Ilium and lumbar vertebrae | Femur |
| Adductor muscles | Pelvis | Proximal femur |
| Sartorius | Ilium | Proximal tibia |

Quadriceps group

| | | |
|--|------------------------|---|
| Quadriceps group (vastus medialis, intermedius, and lateralis, and the rectus femoris) | Vastii: Femur | Tibial tuberosity via patellar ligament |
| | Rectus femoris: Pelvis | Tibial tuberosity via patellar ligament |