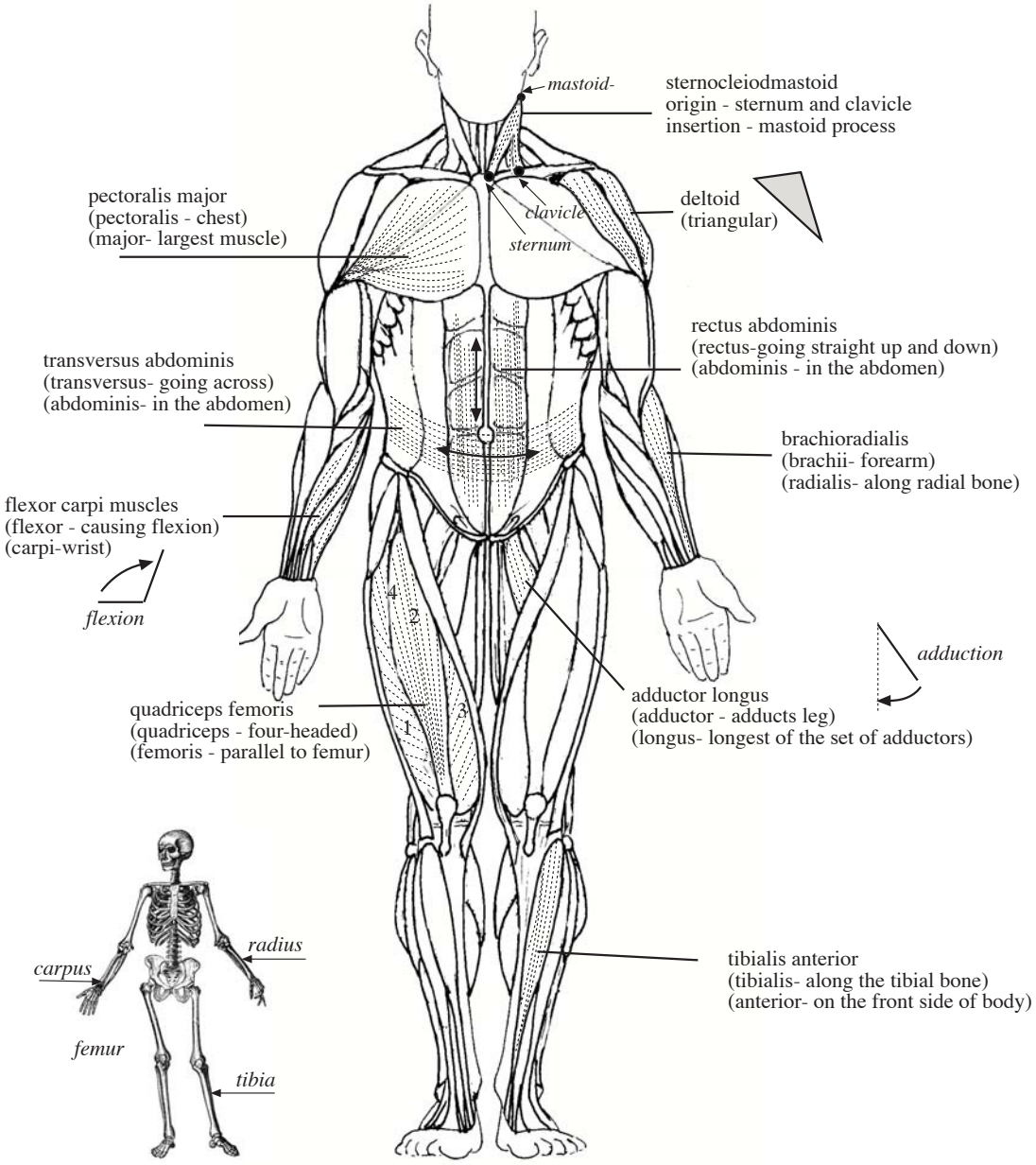
mastoid-
sternocleiodmastoid
origin - sternum and clavicle
insertion - mastoid process
pectoralis major
(pectoralis - chest)
(major- largest muscle)
clavicle
sternum
deltoid
(triangular)
rectus abdominis
(rectus-going straight up and down)
(abdominis - in the abdomen)
transversus abdominis
(transversus- going across)
(abdominis- in the abdomen)
brachioradialis
(brachii- forearm)
(radialis- along radial bone)
flexor carpi muscles
(flexor - causing flexion)
(carpi-wrist)
flexion
4
2
adduction
adductor longus
(adductor - adducts leg)
(longus- longest of the set of adductors)
quadriceps femoris
(quadriceps - four-headed)
(femoris - parallel to femur)
1
3
radius
carpus
femur
tibia
tibialis anterior
(tibialis- along the tibial bone)
(anterior- on the front side of body)