

Muscle Origin, Insertion, and Primary Action

Use pages 217 and 219 to complete the table

NAME	ORIGIN	INSERTION	PRIMARY ACTION(S)
ADDUCTOR MUSCLES			
BICEPS BRACHII			
BRACHIALIS			
BUCCINATOR			
DELTOID			
EXTENSOR DIGITORUM			
EXTENSOR DIGITORUM LONGUS			
EXTERNAL OBLIQUE			
FIBULARIS MUSCLES			
FLEXOR CARPI RADIALIS			
FLEXOR CARPI ULNARIS			
FLEXOR DIGITORUM SUPERFICIALIS			
FRONTALIS			
GASTRACNEMIUS			
GLUTEUS MAXIMUS			
GLUTEUS MEDIUS			
HAMSTRING MUSCLES			

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ILLIOPSOAS			
LATISSIMUS DORSI			
MASSETER			
ORBICULARIS OCULI			
ORBICULARIS ORIS			
PECTORALIS MAJOR			
PLATYSMA			
QUADRICEPS GROUP			
RECTUS ABDOMINUS			
SARTORIUS			
SOLEUS			
STERNOCLEIDOMASTOID			
TEMPORALIS			
TIBIALIS ANTERIOR			
TRAPEZIUS			
TRICEPS BRACHII			
ZYGOMATICUS			

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