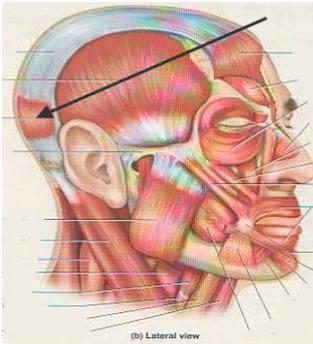


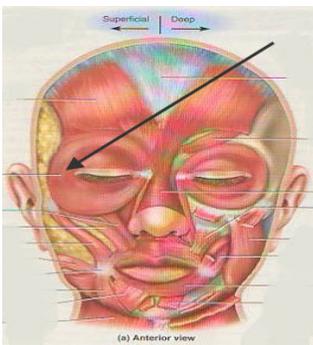
Name the muscle,  
A: (Action), O:  
(Origin), and I:  
(Insertion)

**FRONTALIS** - A: (Action) Elevates eyebrows in glancing upward and expressions of surprise or fright; draws scalp forward and wrinkles skin of forehead; O: (Origin) Galea aponeurotica; I: (Insertion) Subcutaneous tissue of eyebrows



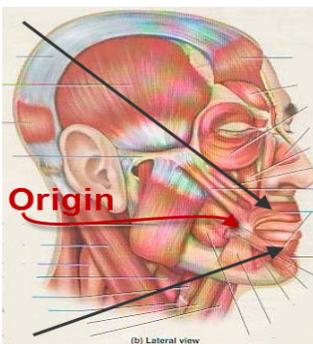
Name the muscle,  
A: (Action), O:  
(Origin), and I:  
(Insertion)

**OCCIPITALIS** - A: (Action) Retracts scalp; fixes galea aponeurotica so frontalis can act on eyebrows; O: (Origin) Superior nuchal line and temporal bone; I: (Insertion) Galea aponeurotica



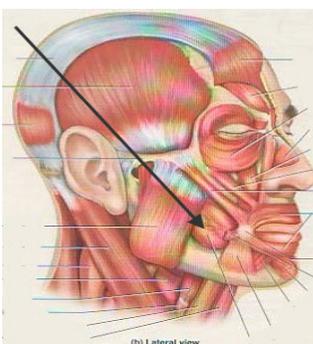
Name the muscle,  
A: (Action), O:  
(Origin), and I:  
(Insertion)

**ORBICULARIS OCULI** - A: (Action) Sphincter of eyelids; closes eye in blinking, squinting, and sleep; aids in flow of tears across eye; O: (Origin) Lacrimal bone; adjacent regions of frontal bone and maxilla; medial angle of eyelids; I: (Insertion) Upper and lower eyelids; skin around margin of orbit



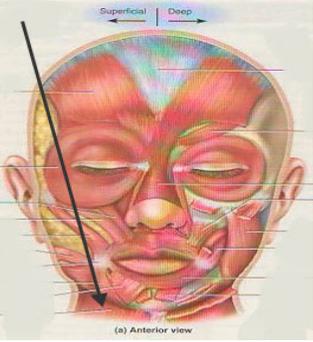
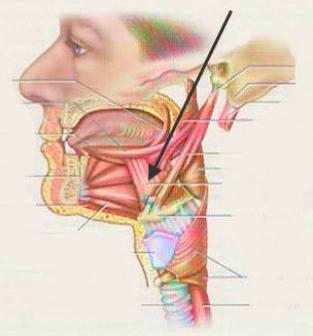
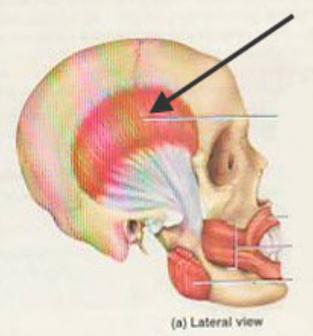
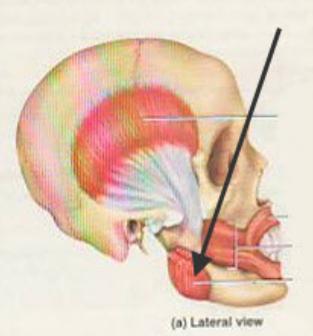
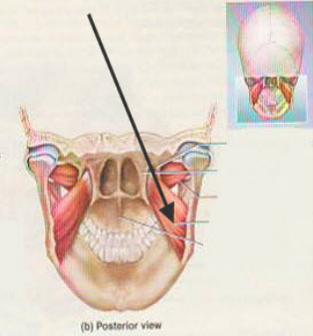
Name the muscle,  
A: (Action), O:  
(Origin), and I:  
(Insertion)

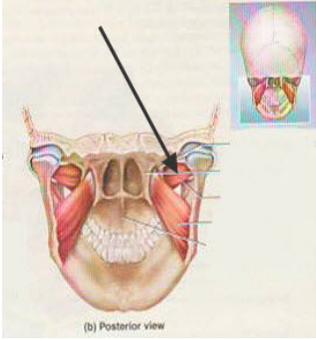
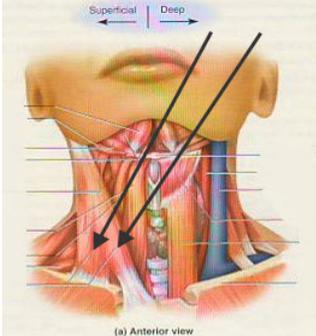
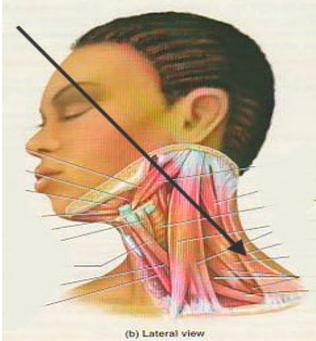
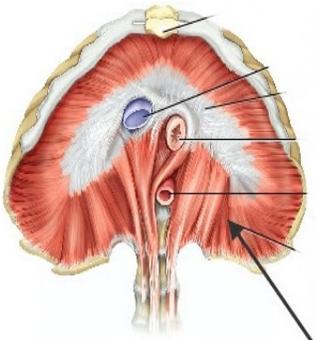
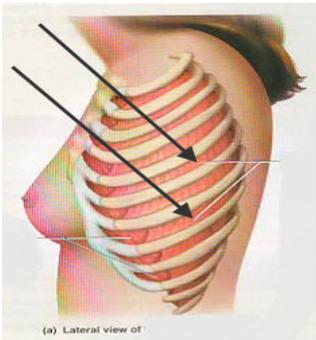
**ORBICULARIS ORIS** - A: (Action) Encircles mouth, closes lips, protrudes lips as in kissing; uniquely developed in humans for speech; O: (Origin) Modiolus of mouth; I: (Insertion) Submucosa and dermis of lips



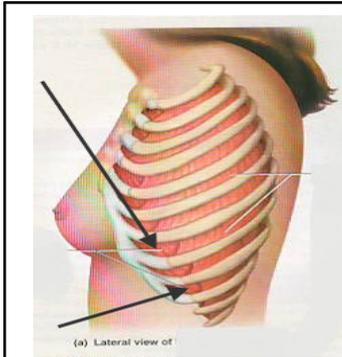
Name the muscle,  
A: (Action), O:  
(Origin), and I:  
(Insertion)

**BUCCINATOR** - A: (Action) Compresses cheek against teeth and gums; directs food between molars; retracts cheek from teeth when mouth is closing to prevent biting cheek; expels air and liquid; O: (Origin) Alveolar processes on lateral surfaces of mandible and maxilla; I: (Insertion) Orbicularis oris; submucosa of cheek and lips

 <p>(a) Anterior view</p>	<p>Name the muscle, A: (Action), O: (Origin), and I: (Insertion)</p>	<p><b>PLATYSMA</b> - A: (Action) Draws lower lip and angle of mouth downward in expressions of horror or surprise; may aid in opening mouth widely; O: (Origin) Fascia of deltoid and pectoralis major; I: (Insertion) Mandible; skin and subcutaneous tissue of lower face</p>
	<p>Name the muscle, A: (Action), O: (Origin), and I: (Insertion)</p>	<p><b>HYOGLOSSUS</b> - A: (Action) Depresses tongue; O: (Origin) Body and greater horn of hyoid bone; I: (Insertion) Lateral and inferior surfaces of tongue</p>
 <p>(a) Lateral view</p>	<p>Name the muscle, A: (Action), O: (Origin), and I: (Insertion)</p>	<p><b>TEMPORALIS</b> - A: (Action) Elevation, retraction, and lateral and medial excursion of the mandible; O: (Origin) Temporal lines and temporal fossa of cranium; I: (Insertion) Coronoid process and anterior border of mandibular ramus</p>
 <p>(a) Lateral view</p>	<p>Name the muscle, A: (Action), O: (Origin), and I: (Insertion)</p>	<p><b>MASSETER</b> - Elevation of mandible, with smaller roles in protraction, retraction, and lateral and medial excursion; O: (Origin) Zygomatic arch; I: (Insertion) Lateral surface of mandibular ramus and angle</p>
 <p>(b) Posterior view</p>	<p>Name the muscle, A: (Action), O: (Origin), and I: (Insertion)</p>	<p><b>MEDIAL PTERYGOID</b> - A: (Action) Elevation, protraction, and lateral and medial excursion of the mandible; O: (Origin) Medial surface of lateral pterygoid plate; palatine bone; lateral surface of maxilla near molar teeth; I: (Insertion) Medial surface of mandibular ramus and angle</p>

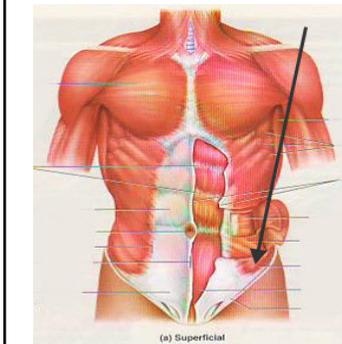
 <p>(b) Posterior view</p>	<p>Name the muscle, A: (Action), O: (Origin), and I: (Insertion)</p>	<p><b>LATERAL PTERYGOID</b> - A: (Action) Depression (In wide opening of the mouth), protraction, and lateral and medial excursion of the mandible; O: (Origin) Lateral surfaces of lateral pterygoid plate; greater wing of sphenoid; I: (Insertion)</p>
 <p>(a) Anterior view</p>	<p>Name the muscle, A: (Action), O: (Origin), and I: (Insertion)</p>	<p><b>STERNOCLEIDOMASTOID</b> - A: (Action) Unilateral action tilts head slightly upward and toward the opposite side, as in looking over one's contralateral shoulder. The most common action is probably rotating the head to the left or right. Bilateral action draws the head straight forward and down, as when eating or reading. Aids in deep breathing when head is fixed.; O: (Origin) Manubrium of sternum; medial one third of clavicle; I:</p>
 <p>(b) Lateral view</p>	<p>Name the muscle, A: (Action), O: (Origin), and I: (Insertion)</p>	<p><b>TRAPEZIUS</b> - A: (Action) Extends and laterally flexes neck.; O: (Origin) External occipital protuberance; medial one-third of superior nuchal line; nuchal ligament; spinous processor of vertebrae C7-T3 or T4; I: (Insertion) Acromion and spine of scapula</p>
	<p>Name the muscle, A: (Action), O: (Origin), and I: (Insertion)</p>	<p><b>DIAPHRAGM</b> - A: (Action) Prime mover of inspiration (responsible for about two-thirds of air intake); contracts in preparation for sneezing, coughing, crying, laughing, and weight lifting; contraction compresses abdominal viscera and aids in childbirth and expulsion of urine and feces; O: (Origin) Xiphoid process of sternum; ribs and costal cartilages 7-12; lumbar</p>
 <p>(a) Lateral view of</p>	<p>Name the muscle, A: (Action), O: (Origin), and I: (Insertion)</p>	<p><b>EXTERNAL INTERCOSTALS</b> - A: (Action) When scalenes fix rib 1, external intercostals elevate and protract ribs 2-12, expanding the thoracic cavity and creating a partial vacuum causing inflow of air; exercise a braking action during expiration so that expiration is not overly abrupt.; O: (Origin) Inferior margins of ribs 1-11; I: (Insertion) Superior margin of next lower rib</p>

**INTERNAL INTERCOSTALS - A:**  
**(Action)** In inspiration, the intercartilagous



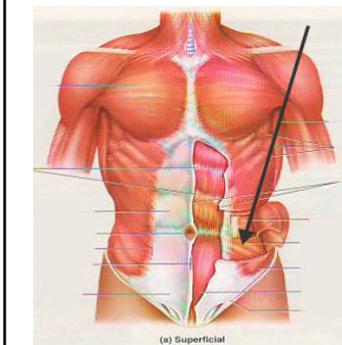
Name the muscle,  
**A:** (Action), **O:**  
 (Origin), and **I:**  
 (Insertion)

part aids in elevating the ribs and expanding the thoracic cavity; in expiration, the interosseous part depresses and retracts the ribs, compressing the thoracic cavity and expelling air; the latter



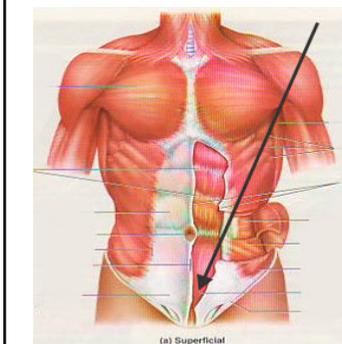
Name the muscle,  
**A:** (Action), **O:**  
 (Origin), and **I:**  
 (Insertion)

occurs only in forceful expiration, not in **EXTERNAL ABDOMINAL OBLIQUE - A:** (Action) Supports abdominal viscera against pull of gravity; stabilizes vertebral column during heavy lifting; maintains posture; compresses abdominal organs, thus aiding in forceful expiration of breath and in expulsion of abdominopelvic contents during childbirth, urination, defecation, and vomiting; unilateral contraction causes contralateral rotation of waist; **O:** (Origin) Ribs 5-12; **I:** (Insertion)



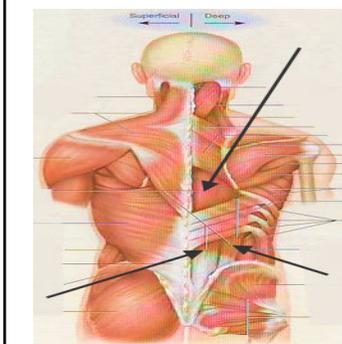
Name the muscle,  
**A:** (Action), **O:**  
 (Origin), and **I:**  
 (Insertion)

**INTERNAL ABDOMINAL OBLIQUE - A:** (Action) Same as external oblique except that unilateral contraction causes ipsilateral rotation of waist; **O:** (Origin) Inguinal ligament; iliac crest; thoracolumbar fascia; **I:** (Insertion) Ribs 10-12; costal cartilages 7-10; pubis



Name the muscle,  
**A:** (Action), **O:**  
 (Origin), and **I:**  
 (Insertion)

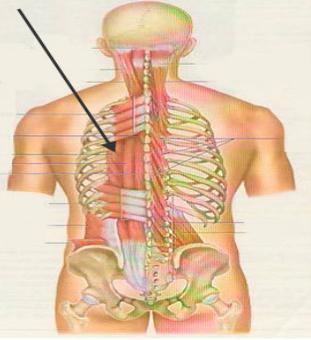
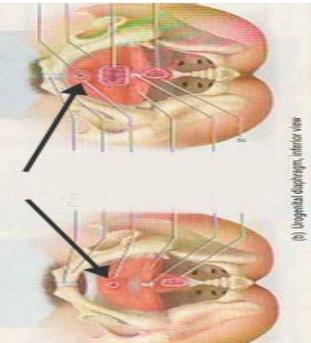
**RECTUS ABDOMINIS - A:** (Action) Flexes lumbar region of vertebral column, producing forward bending at the waist; **O:** (Origin) Pubic symphysis and superior margin of pubis; **I:** (Insertion) Xiphoid process; costal cartilages 5-7

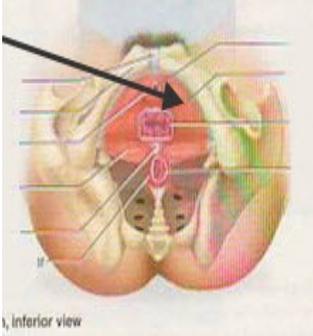
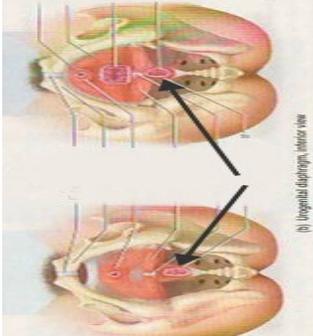
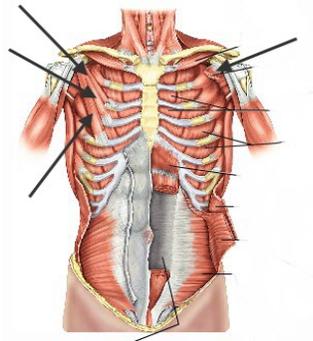
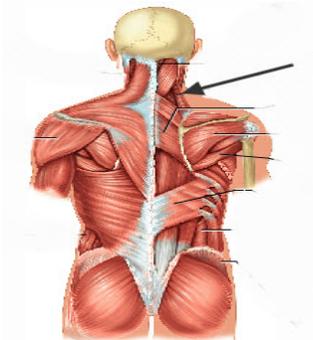
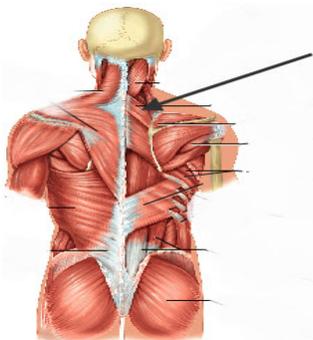


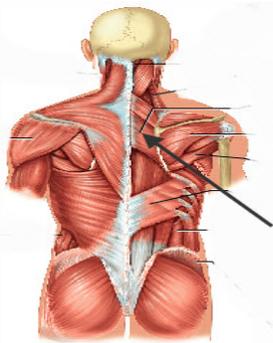
Name the muscle,  
**A:** (Action), **O:**  
 (Origin), and **I:**  
 (Insertion)

**ERECTOR SPINAE - A:** (Action) Extension and lateral flexion of vertebral column; the longissimus capitis also produces ipsilateral rotation of the head; **O:** (Origin) Nuchal ligament; ribs 3-12; thoracic and lumbar vertebrae; median and lateral sacral crests; thoracolumbar fascia; **I:** (Insertion) Mastoid process; cervical and thoracic vertebrae; all ribs

**ERECTOR SPINAE: ILIOCOSTALIS - A:**

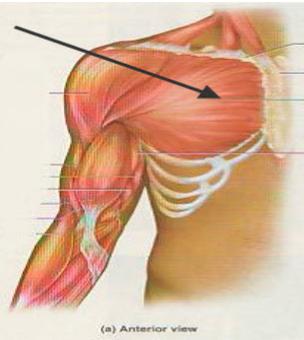
	<p>Name the muscle, A: (Action), O: (Origin), and I: (Insertion)</p>	<p>(Action) Extension and lateral flexion of vertebral column; the longissimus capitis also produces ipsilateral rotation of the head; O: (Origin) Nuchal ligament; ribs 3-12; thoracic and lumbar vertebrae; median and lateral sacral crests; thoracolumbar fascia; I: (Insertion) Mastoid</p> <p><b>ERECTOR SPINAE: LONGISSIMUS - A:</b></p>
	<p>Name the muscle, A: (Action), O: (Origin), and I: (Insertion)</p>	<p>(Action) Extension and lateral flexion of vertebral column; the longissimus capitis also produces ipsilateral rotation of the head; O: (Origin) Nuchal ligament; ribs 3-12; thoracic and lumbar vertebrae; median and lateral sacral crests; thoracolumbar fascia; I: (Insertion) Mastoid</p> <p><b>ERECTOR SPINAE: SPINALIS - A:</b></p>
	<p>Name the muscle, A: (Action), O: (Origin), and I: (Insertion)</p>	<p>(Action) Extension and lateral flexion of vertebral column; the longissimus capitis also produces ipsilateral rotation of the head; O: (Origin) Nuchal ligament; ribs 3-12; thoracic and lumbar vertebrae; median and lateral sacral crests; thoracolumbar fascia; I: (Insertion) Mastoid process; cervical and thoracic vertebrae; all</p> <p><b>QUADRATUS LUMBORUM - A:</b></p>
	<p>Name the muscle, A: (Action), O: (Origin), and I: (Insertion)</p>	<p>(Action) Aids respiration by fixing rib 12 and stabilizing inferior attachments of diaphragm. Unilateral contraction causes ipsilateral flexion of lumbar vertebral column; bilateral contraction extends lumbar vertebral column.; O: (Origin) Iliac crest; iliolumbar ligament; I: (Insertion) Rib 12, vertebrae L1-L4</p>
	<p>Name the muscle, A: (Action), O: (Origin), and I: (Insertion)</p>	<p><b>EXTERNAL URETHRAL SPHINCTER -</b> A: (Action) Retains urine in bladder until voluntarily voided; O: (Origin) Ischiopubic rami; I: (Insertion) Encircles urethral orifice</p>

 <p>1, inferior view</p>	<p>Name the muscle, A: (Action), O: (Origin), and I: (Insertion)</p>	<p><b>COMPRESSOR URETHRAE - A:</b> (Action) Aids in urine retention; found in females only; O: (Origin) Ischiopubic rami; I: (Insertion) Right and left compressor urethrae meet as muscular sheet inferior to external urethral sphincter</p>
 <p>(b) Ischiopubic rami, inferior view</p>	<p>Name the muscle, A: (Action), O: (Origin), and I: (Insertion)</p>	<p><b>EXTERNAL ANAL SPHINCTER - A:</b> (Action) Retains feces in rectum until voluntarily voided; O: (Origin) Coccyx; perineal body; I: (Insertion) Encircles anal canal and orifice</p>
	<p>Name the muscle, A: (Action), O: (Origin), and I: (Insertion)</p>	<p><b>PECTORALIS MINOR - A: (Action)</b> With serratus anterior, draws scapula laterally and forward around chest wall; with other muscles, rotates scapula and depresses apex of shoulder, as in reaching down to pick up a suitcase; O: (Origin) Ribs 3-5 and overlying fascia; I: (Insertion) Coracoid process of scapula</p>
	<p>Name the muscle, A: (Action), O: (Origin), and I: (Insertion)</p>	<p><b>LEVATOR SCAPULAE - A: (Action)</b> Elevates scapula if cervical vertebrae are fixed; flexes neck laterally if scapula is fixed; retracts scapula and braces shoulder; rotates scapula and depresses apex of shoulder; O: (Origin) Transverse processes of vertebrae C1-C4; I: (Insertion) Superior angle to medial border of scapula</p>
	<p>Name the muscle, A: (Action), O: (Origin), and I: (Insertion)</p>	<p><b>RHOMBOIDEUS MINOR - A: (Action)</b> Retracts scapula and braces shoulder; fixes scapula during arm movements; O: (Origin) Spinous processes of vertebrae C7-T1; nuchal ligament; I: (Insertion) Medial border of scapula</p>



Name the muscle,  
A: (Action), O:  
(Origin), and I:  
(Insertion)

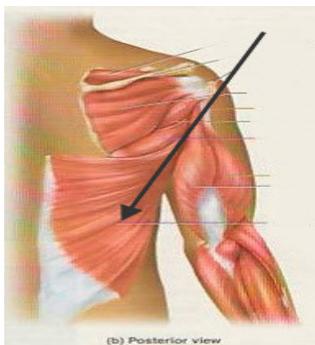
**RHOMBOIDEUS MAJOR** - A: (Action)  
Same as rhomboideus minor; O: (Origin)  
Spinous processes of vertebrae T2-T5; I:  
(Insertion) Medial border of scapula



Name the muscle,  
A: (Action), O:  
(Origin), and I:  
(Insertion)

**PECTORALIS MAJOR** - A: (Action)  
Flexes, adducts, and medially rotates  
humerus, as in climbing or hugging; aids in  
deep inspiration; O: (Origin) Medial half of

**LATISSIMUS DORSI** - A: (Action)  
Adducts and medially rotates humerus;  
extends the shoulder joint as in pulling on  
the oars of a rowboat; produces backward

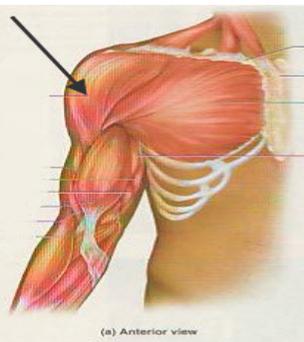


Name the muscle,  
A: (Action), O:  
(Origin), and I:  
(Insertion)

swing of arm in such actions as walking  
and bowling; with hands grasping overhead  
objects, pulls body forward and upward, as  
in climbing; aids in deep inspiration,  
sudden expiration such as sneezing and  
coughing, and prolonged forceful  
expiration as in singing or blowing a  
sustained note on a wind instrument; O:

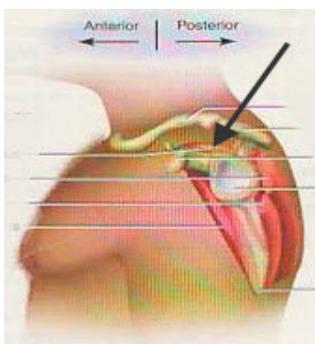
**DELTOID** - A: (Action) Anterior fibers

flex and medially rotate arm; lateral fibers  
abduct arm; posterior fibers extend and  
laterally rotate arm; involved in arm  
swinging during such actions as walking or  
bowling, and in adjustment of hand height  
for various manual tasks; O: (Origin)  
Acromion and spine of scapula; clavicle; I:  
(Insertion) Deltoid tuberosity of humerus

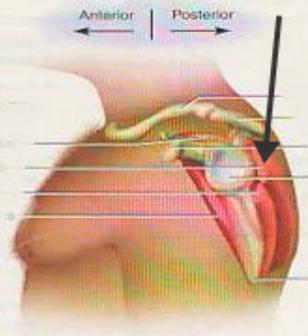
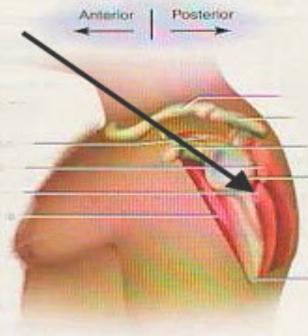
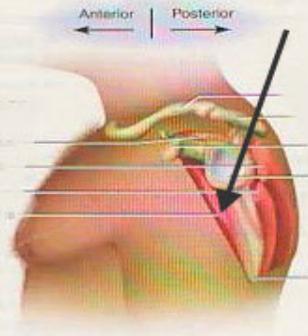
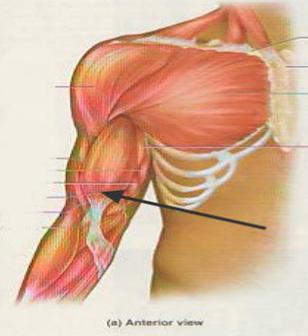


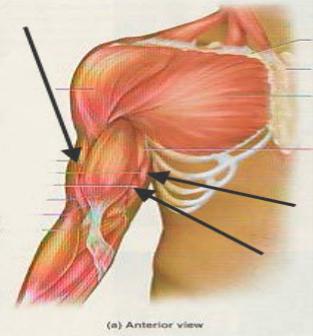
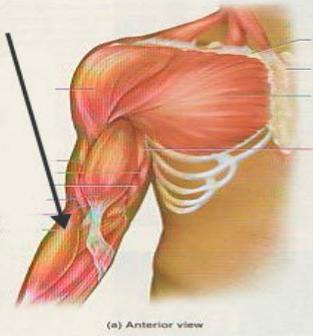
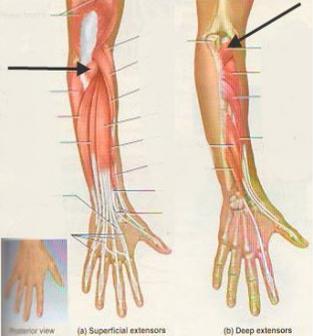
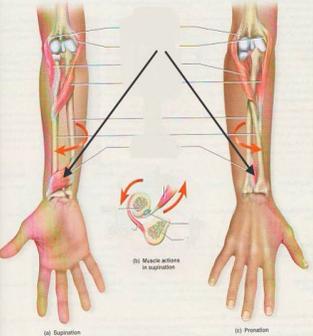
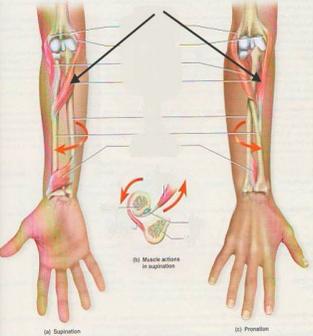
Name the muscle,  
A: (Action), O:  
(Origin), and I:  
(Insertion)

**SUPRASPINATUS** - A: (Action) Aids  
deltoid in abductions of arm; resists  
downward slippage of humeral head when  
arm is relaxed or when carrying weight; O:  
(Origin) Supraspinous fossa of scapula; I:  
(Insertion) Greater tubercle of humerus

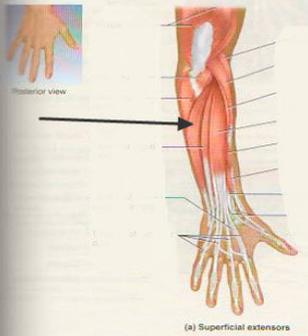
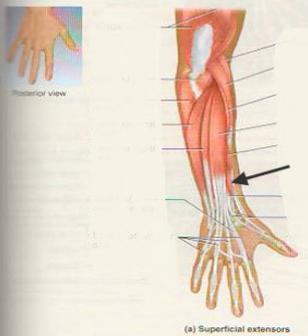
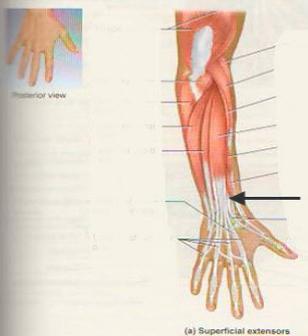
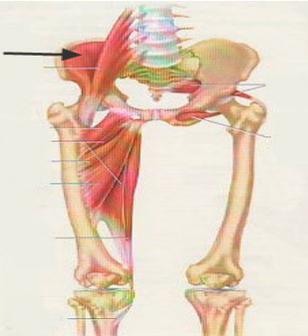


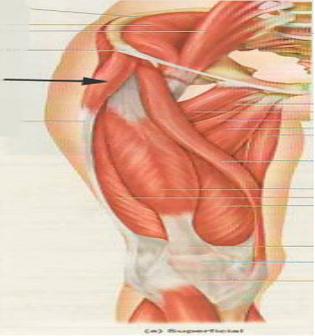
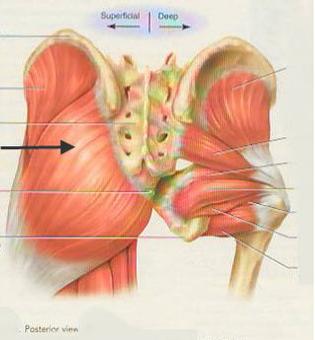
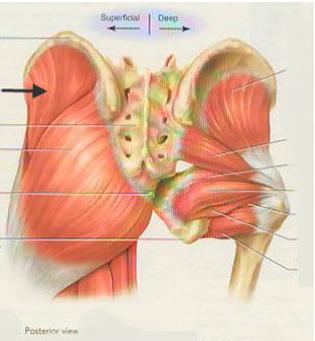
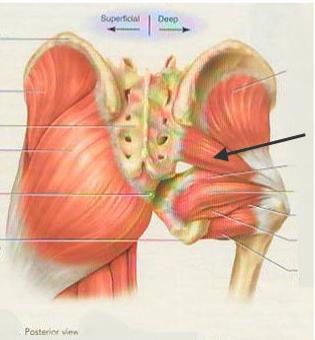
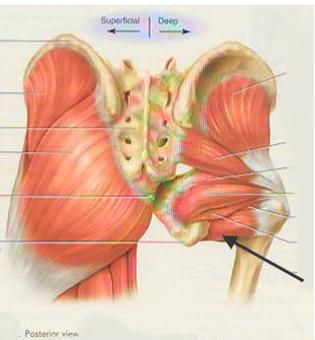
Name the muscle,  
A: (Action), O:  
(Origin), and I:  
(Insertion)

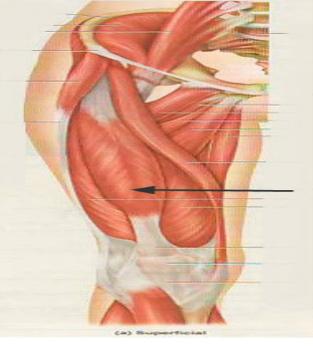
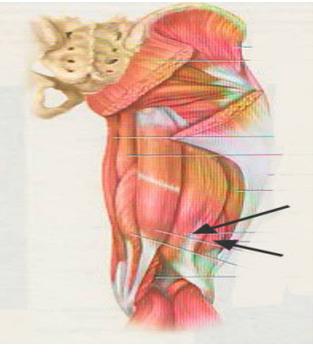
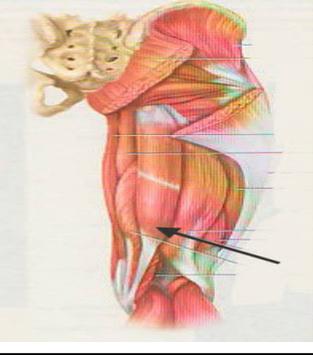
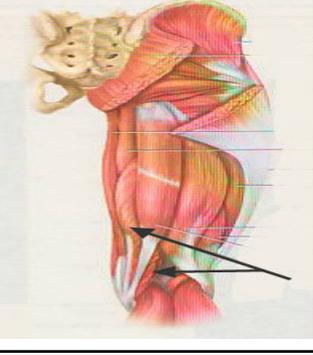
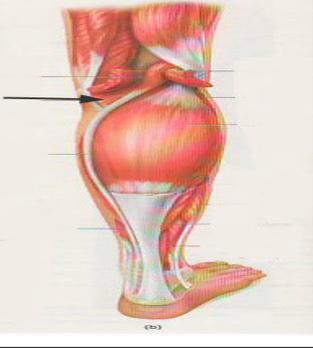
	<p>Name the muscle, A: (Action), O: (Origin), and I: (Insertion)</p>	<p><b>INFRASPINATUS</b> - A: (Action) Modulates action of deltoid, preventing humeral head from sliding upward; rotates humerus laterally; O: (Origin) Infraspinous fossa of scapula; I: (Insertion) Greater tuberosity of humerus</p>
	<p>Name the muscle, A: (Action), O: (Origin), and I: (Insertion)</p>	<p><b>TERES MINOR</b> - A: (Action) Modulates action of deltoid, preventing humeral head from sliding upward as arm is abducted; rotates humerus laterally; O: (Origin) Lateral border and adjacent posterior surface of scapula; I: (Insertion) Greater tuberosity of humerus; posterior surface of joint capsule</p>
	<p>Name the muscle, A: (Action), O: (Origin), and I: (Insertion)</p>	<p><b>SUBSCAPULARIS</b> - A: (Action) Modulates action of deltoid, preventing humeral head from sliding upward as arm is abducted; rotates humerus medially; O: (Origin) Subscapular fossa of scapula; I: (Insertion) Lesser tuberosity of humerus; anterior surface of joint capsule</p>
	<p>Name the muscle, A: (Action), O: (Origin), and I: (Insertion)</p>	<p><b>BRACHIALIS</b> - A: (Action) Prime mover of elbow flexion; O: (Origin) Anterior surface of distal half of humerus; I: (Insertion) Coronoid process and tuberosity of ulna</p>
	<p>Name the muscle, A: (Action), O: (Origin), and I: (Insertion)</p>	<p><b>BICEPS BRACHII</b> - A: (Action) Rapid or forceful supination of forearm; synergist in elbow flexion; slight shoulder flexion; tendon of long head stabilizes shoulder by holding humeral head against glenoid cavity; O: (Origin) Long head-superior margin of glenoid cavity; Short head-coracoid process; I: (Insertion) Tuberosity of radius; fascia of forearm</p>

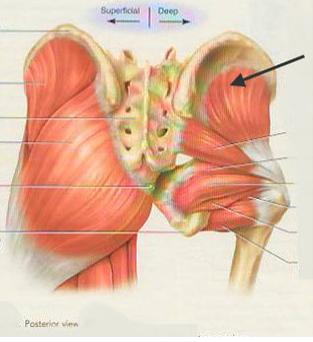
 <p>(a) Anterior view</p>	<p>Name the muscle, A: (Action), O: (Origin), and I: (Insertion)</p>	<p><b>TRICEPS BRACHII</b> - A: (Action) Extends elbow; long head extends and adducts humerus; O: (Origin) Long head-inferior margin of glenoid cavity and joint capsule; Lateral head-posterior surface of proximal end of humerus; Medial head-posterior surface of entire humeral shaft; I: (Insertion) Olecranon; fascia of forearm</p>
 <p>(a) Anterior view</p>	<p>Name the muscle, A: (Action), O: (Origin), and I: (Insertion)</p>	<p><b>BRACHIORADIALIS</b> - A: (Action) Flexes elbow; O: (Origin) Lateral supracondylar ridge of humerus; I: (Insertion) Lateral surface of radius near styloid process</p>
 <p>(a) Superficial extensors (b) Deep extensors</p>	<p>Name the muscle, A: (Action), O: (Origin), and I: (Insertion)</p>	<p><b>ANCONEUS</b> - A: (Action) Extends elbow; may help to control ulnar movement during pronation; O: (Origin) Lateral epicondyle of humerus; I: (Insertion) Olecranon and posterior surface of ulna</p>
 <p>(a) Supination (c) Pronation</p>	<p>Name the muscle, A: (Action), O: (Origin), and I: (Insertion)</p>	<p><b>PRONATOR QUADRATUS</b> - A: (Action) Prime mover of forearm pronation; also resists separation of radius and ulna when force is applied to forearm through wrist, as in doing push-ups; O: (Origin) Anterior surface of distal ulna; I: (Insertion) Anterior surface of distal radius</p>
 <p>(a) Supination (c) Pronation</p>	<p>Name the muscle, A: (Action), O: (Origin), and I: (Insertion)</p>	<p><b>PRONATOR TERES</b> - A: (Action) Assists pronator quadratus in pronation, but only in rapid or forceful action; weakly flexes elbow; O: (Origin) Humeral shaft near medial epicondyle; coronoid process of ulna; I: (Insertion) Lateral surface of radial shaft</p>

	<p>Name the muscle, A: (Action), O: (Origin), and I: (Insertion)</p>	<p><b>SUPINATOR</b> - A: (Action) Supinates forearm; O: (Origin) Lateral epicondyle of humerus; supinator crest and fossa of ulna just distal to radial notch; anular and radial collateral ligaments of elbow; I: (Insertion) Proximal one-third of radius</p>
	<p>Name the muscle, A: (Action), O: (Origin), and I: (Insertion)</p>	<p><b>FLEXOR CARPI RADIALIS</b> - A: (Action) Flexes wrist anteriorly; aids in radial flexion of wrist; O: (Origin) Medial epicondyle of humerus; I: (Insertion) Base of metacarpals II-III</p>
	<p>Name the muscle, A: (Action), O: (Origin), and I: (Insertion)</p>	<p><b>FLEXOR CARPI ULNARIS</b> - A: (Action) Flexes wrist anteriorly; aids in ulnar flexion of wrist; O: (Origin) Medial epicondyle of humerus; medial margin of olecranon; posterior surface of ulna; I: (Insertion) Pisiform; hamate; metacarpal V</p>
	<p>Name the muscle, A: (Action), O: (Origin), and I: (Insertion)</p>	<p><b>FLEXOR POLLICIS LONGUS</b> - A: (Action) Flexes phalanges of thumb; O: (Origin) Radius; interosseous membrane; I: (Insertion) Distal phalanx I</p>
	<p>Name the muscle, A: (Action), O: (Origin), and I: (Insertion)</p>	<p><b>EXTENSOR CARPI RADIALIS LONGUS</b> - A: (Action) Extends wrist; aids in radial flexion of wrist; O: (Origin) Lateral supracondylar ridge of humerus; I: (Insertion) Base of metacarpal II</p>

 <p>(a) Superficial extensors</p>	<p>Name the muscle, A: (Action), O: (Origin), and I: (Insertion)</p>	<p><b>EXTENSOR CARPI ULNARIS - A:</b> (Action) Extends and fixes wrist when fist is clenched or hand grips an object; aids in ulnar flexion of wrist; O: (Origin) Lateral epicondyle of humerus; posterior; I: (Insertion) Base of metacarpal V surface of ulnar shaft</p>
 <p>(a) Superficial extensors</p>	<p>Name the muscle, A: (Action), O: (Origin), and I: (Insertion)</p>	<p><b>EXTENSOR POLLICIS BREVIS - A:</b> (Action) Extends metacarpal I and proximal phalanx of thumb; O: (Origin) Shaft of radius; interosseous membrane; I: (Insertion) proximal phalanx I</p>
 <p>(a) Superficial extensors</p>	<p>Name the muscle, A: (Action), O: (Origin), and I: (Insertion)</p>	<p><b>EXTENSOR POLLICIS LONGUS - A:</b> (Action) Extends distal phalanx I; aids in extending proximal phalanx I and metacarpal I; adducts and laterally rotates thumb; O: (Origin) Posterior surface of ulna; interosseous membrane; I: (Insertion) Distal phalanx I</p>
	<p>Name the muscle, A: (Action), O: (Origin), and I: (Insertion)</p>	<p><del>ILIACUS</del> <b>A: (Action) Flexes thigh at hip</b> when trunk is fixed; flexes trunk at hip when thigh is fixed, as in bending forward in a chair or setting up in bed; balances trunk during sitting; O: (Origin) Iliac crest and fossa; superolateral region of sacrum; anterior sacroiliac and iliolumbar ligaments; I: (Insertion) Lesser trochanter and nearby shaft of femur</p>
	<p>Name the muscle, A: (Action), O: (Origin), and I: (Insertion)</p>	<p><b>PSOAS MAJOR - A: (Action) Same as iliacus;</b> O: (Origin) Bodies and intervertebral discs of vertebrae T12-L5; transverse processes of lumbar vertebrae; I: (Insertion) Lesser trochanter and nearby shaft of femur.</p>

	<p>Name the muscle, A: (Action), O: (Origin), and I: (Insertion)</p>	<p><b>TENSOR FASCIAE LATAE - A: (Action)</b> Extends knee, laterally rotates tibia, aids in abduction and medial rotation of femur; during standing, steadies pelvis on femoral head and steadies femoral condyles on tibia; O: (Origin) Iliac crest; anterior <b>GLUTEUS MAXIMUS - A: (Action)</b> Extends thigh at hip as in stair climbing (rising to next step) or running and walking</p>
	<p>Name the muscle, A: (Action), O: (Origin), and I: (Insertion)</p>	<p>(backswing of limb); abducts thigh; elevates trunk after stooping; prevents trunk from pitching forward during walking and running; helps stabilize femur on tibia; O: (Origin) Posterior gluteal line of ilium, on posterior surface from iliac crest to posterior superior spine; coccyx; posterior surface of lower sacrum;</p>
	<p>Name the muscle, A: (Action), O: (Origin), and I: (Insertion)</p>	<p>aponeurosis of erector spinae; I: (Insertion) <b>GLUTEUS MEDIUS - A: (Action)</b> Abduct and medially rotate thigh; during walking, shift weight of trunk toward limb with foot on the ground as other foot is lifted; O: (Origin) Most of lateral surface of ilium between crest and acetabulum; I: (Insertion) Greater trochanter of femur</p>
	<p>Name the muscle, A: (Action), O: (Origin), and I: (Insertion)</p>	<p><b>PIRIFORMIS - A: (Action)</b> Laterally rotates extended thigh; abducts flexed thigh; O: (Origin) Anterior surface of sacrum; gluteal surface of ilium; capsule of sacroiliac joint; I: (Insertion) Greater trochanter of femur</p>
	<p>Name the muscle, A: (Action), O: (Origin), and I: (Insertion)</p>	<p><b>QUADRATUS FEMORIS - A: (Action)</b> Laterally rotates thigh; O: (Origin) Ischial tuberosity; I: (Insertion) Intertrochanteric crest of femur</p>

	<p>Name the muscle, A: (Action), O: (Origin), and I: (Insertion)</p>	<p><b>RECTUS FEMORIS</b> - A: (Action) Extends knee; flexes thigh at hip; flexes trunk on hip if thigh is fixed; O: (Origin) Ilium at anterior inferior spine and superior margin of acetabulum; capsule of hip joint; I: (Insertion) See quadriceps femoris above</p>
	<p>Name the muscle, A: (Action), O: (Origin), and I: (Insertion)</p>	<p><del><b>BICEPS FEMORIS</b></del> - A: (Action) Flexes knee; extends hip; elevates trunk from stooping posture; laterally rotates tibia on femur when knee is flexed; laterally rotates femur when hip is extended; counteracts forward bending at hips; O: (Origin) Long head-ischial tuberosity; Short head-linea aspera and lateral supracondylar line of femur; I: (Insertion) Head of fibula</p>
	<p>Name the muscle, A: (Action), O: (Origin), and I: (Insertion)</p>	<p><b>SEMITENDINOSUS</b> - A: (Action) Flexes knee; medially rotates tibia on femur when knee is flexed; medially rotates femur when hip is extended; counteracts forward bending at hips; O: (Origin) Ischial tuberosity; I: (Insertion) Medial surface of upper tibia</p>
	<p>Name the muscle, A: (Action), O: (Origin), and I: (Insertion)</p>	<p><b>SEMIMEMBRANOSUS</b> - A: (Action) Same as semitendinosus, O: (Origin) Ischial tuberosity; I: (Insertion) Medial condyle and nearby margin of tibia; intercondylar line and lateral condyle of femur; ligament of popliteal region</p>
	<p>Name the muscle, A: (Action), O: (Origin), and I: (Insertion)</p>	<p><del><b>POPLITEUS</b></del> - A: (Action) Rotates tibia medially on femur if femur is fixed (as in sitting down), or rotates femur laterally on tibia if tibia is fixed (as in standing up); unlocks knee to allow flexion; may prevent forward dislocation of femur during crouching; O: (Origin) Lateral condyle of femur; lateral meniscus and joint capsule; I: (Insertion) Posterior surface of upper tibia</p>

	<p>Name the muscle, A: (Action), O: (Origin), and I: (Insertion)</p>	<p><b>TIBIALIS ANTERIOR</b> - A: (Action) Dorsiflexes and inverts foot; resists backward tipping of body (as when standing on a moving boat deck); helps support medial longitudinal arch of foot; O: (Origin) Lateral condyle and lateral margin of proximal half of tibia; interosseous membrane; I: (Insertion) Medial cuneiform, metatarsal I</p>
	<p>Name the muscle, A: (Action), O: (Origin), and I: (Insertion)</p>	<p><b>GASTROCNEMIUS</b> - Plantar flexes foot, flexes knee; active in walking, running and jumping; O: (Origin) Condyles, popliteal surface, and lateral supracondylar line of femur; capsule of knee joint; I: (Insertion) Calcaneus</p>
	<p>Name the muscle, A: (Action), O: (Origin), and I: (Insertion)</p>	<p><b>SOLEUS</b> - A: (Action) Plantar flexes foot; steadies leg on ankle during standing; O: (Origin) Posterior surface of head and proximal one-fourth of fibula; middle one-third of tibia; interosseous membrane; I: (Insertion) Calcaneus</p>
	<p>Name the muscle, A: (Action), O: (Origin), and I: (Insertion)</p>	<p><b>GLUTEUS MINIMUS</b> - A: (Action) Abduct and medially rotate thigh; during walking, shift weight of trunk toward limb with foot on the ground as other foot is lifted; O: (Origin) Most of lateral surface of ilium between crest and acetabulum; I: (Insertion) Greater trochanter of femur</p>