

APPENDICULAR MUSCULATURE LAB VIDEO RECORDING LINKS AND TERMINOLOGY LIST

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Video Recording Links for Muscles of Upper Limb

- [Module 9 Video Exercise 20 Upper Appendicular Musculature - Muscles of the Arm](#)
- [Module 9 Video Exercise 20 Upper Appendicular Musculature - Anterior Muscles of forearm](#)
- [Module 9 Video Exercise 20 Upper Appendicular Musculature - Hand extensors](#)

Pectoral Girdle Muscles

- **supraspinatus**
- **infraspinatus**
- **subscapularis**
- **deltoid**
- **teres major**
- **teres minor**

Posterior

Superficial



Posterior

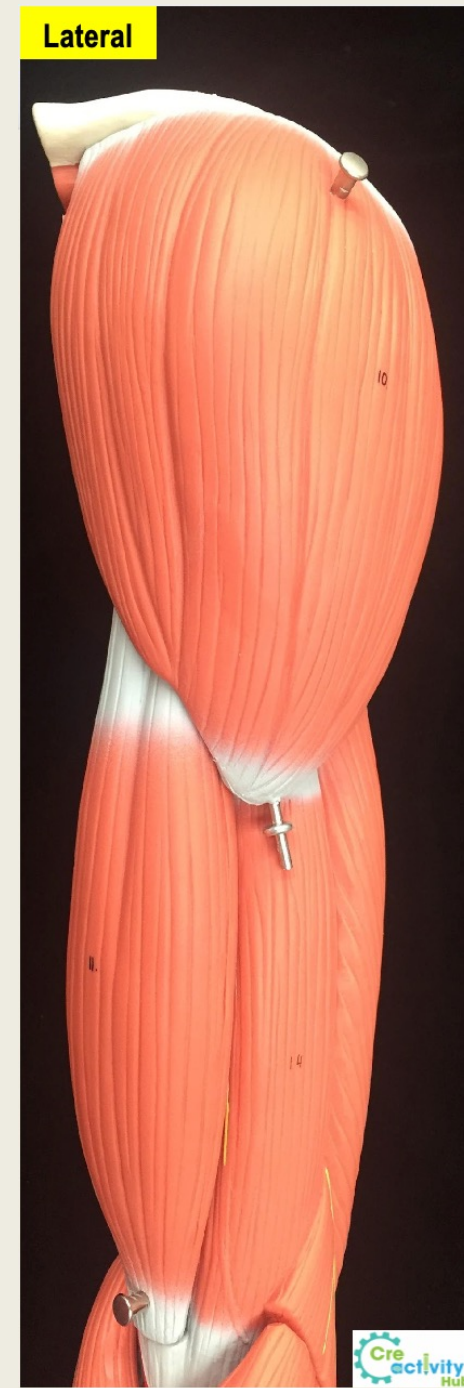
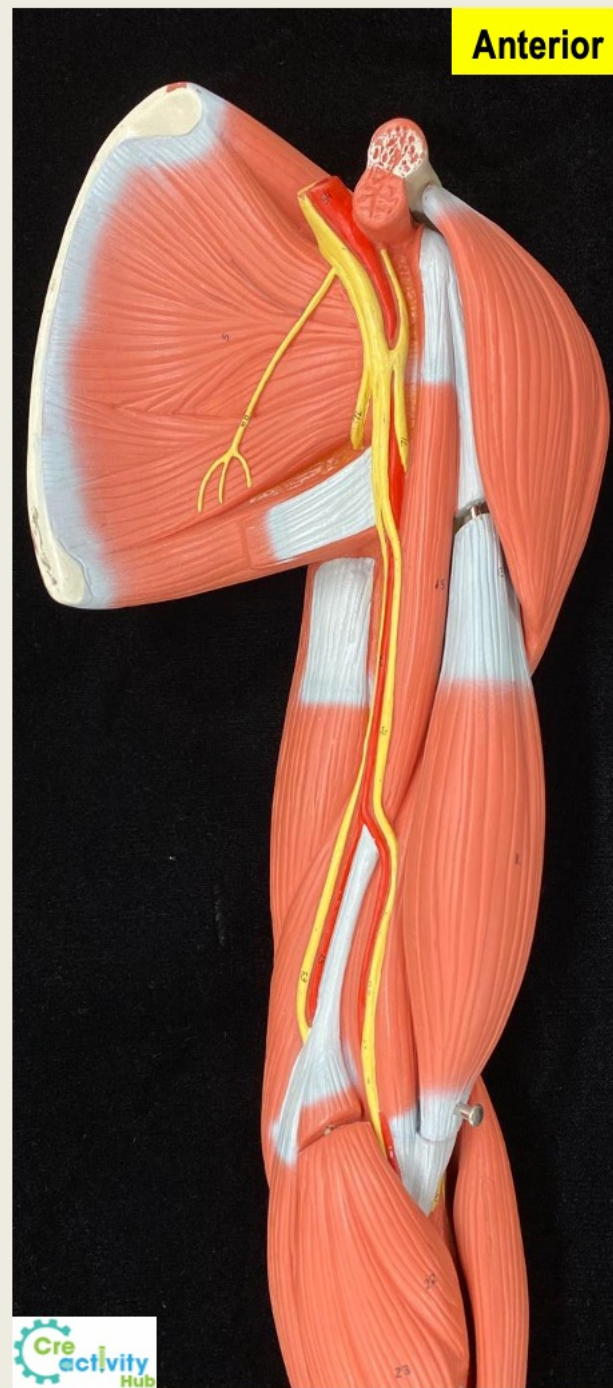
Deep



Posterior

Deep





Muscles of the Arm

- **triceps brachii**
- **biceps brachii**
 - long head
 - short head
- **brachialis**

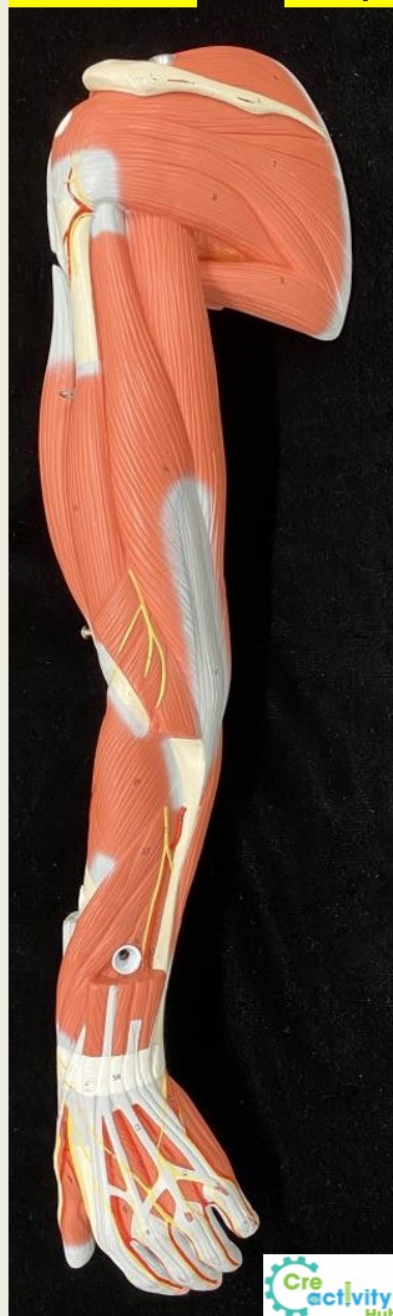
Posterior

Superficial



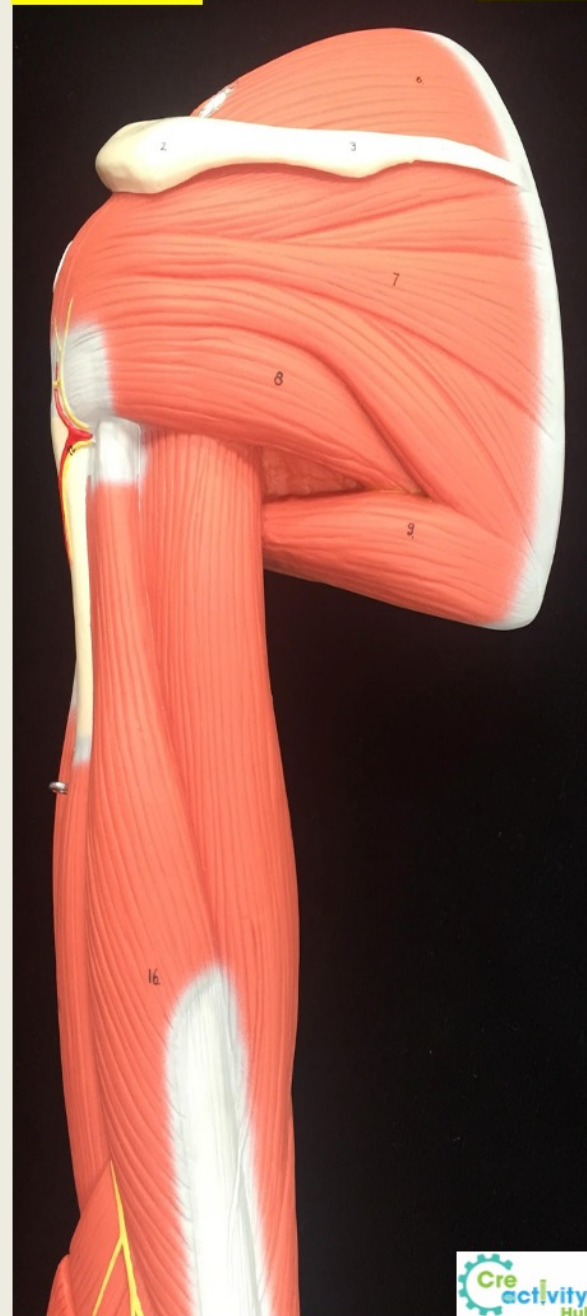
Posterior

Deep

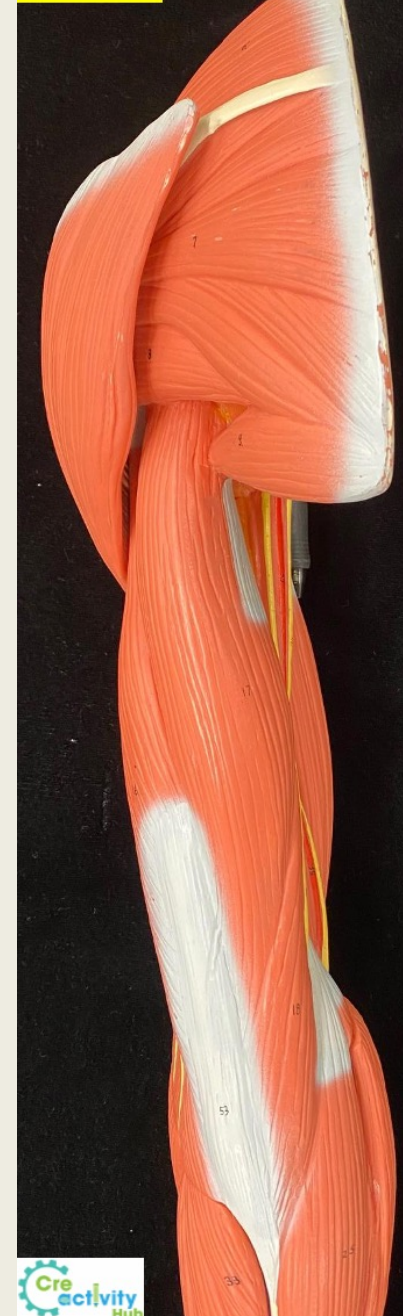


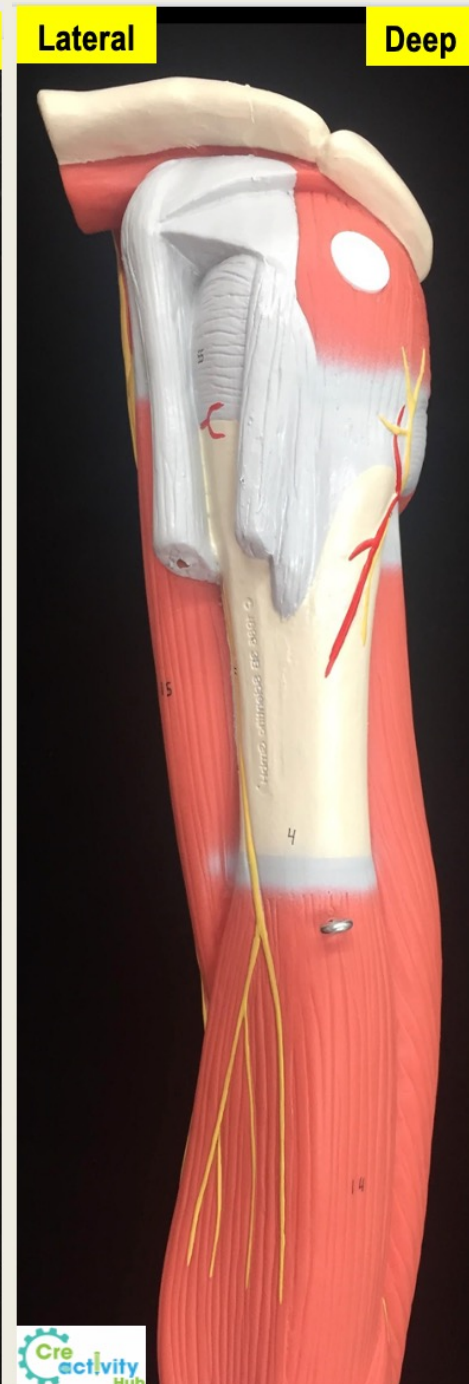
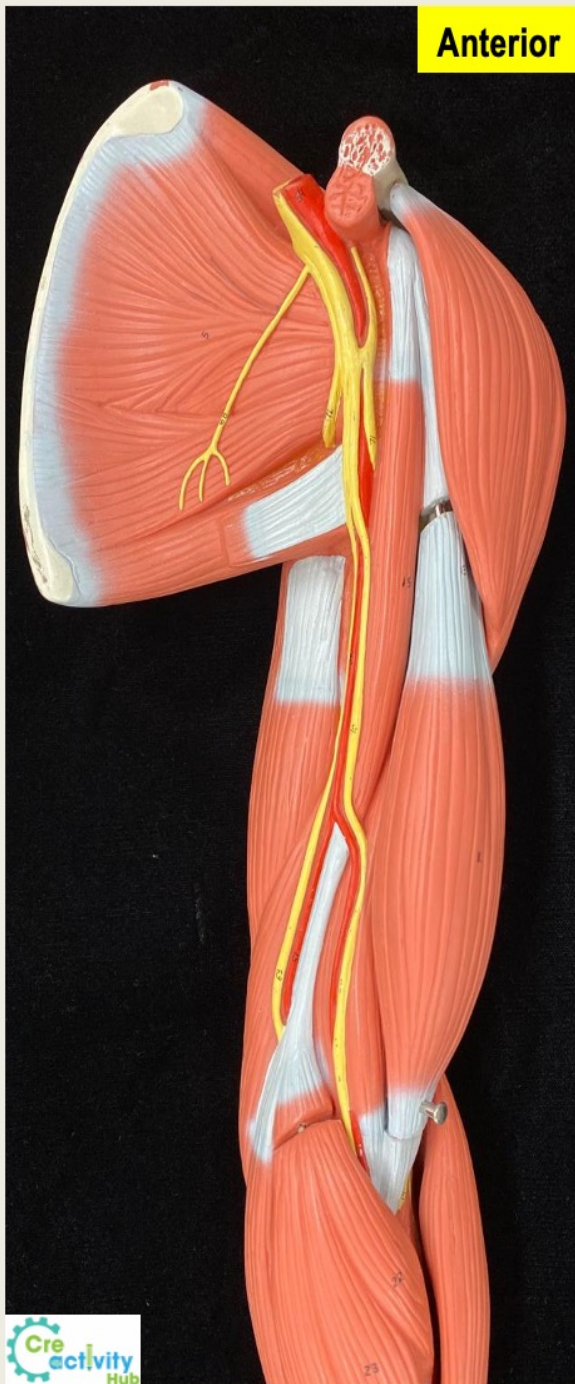
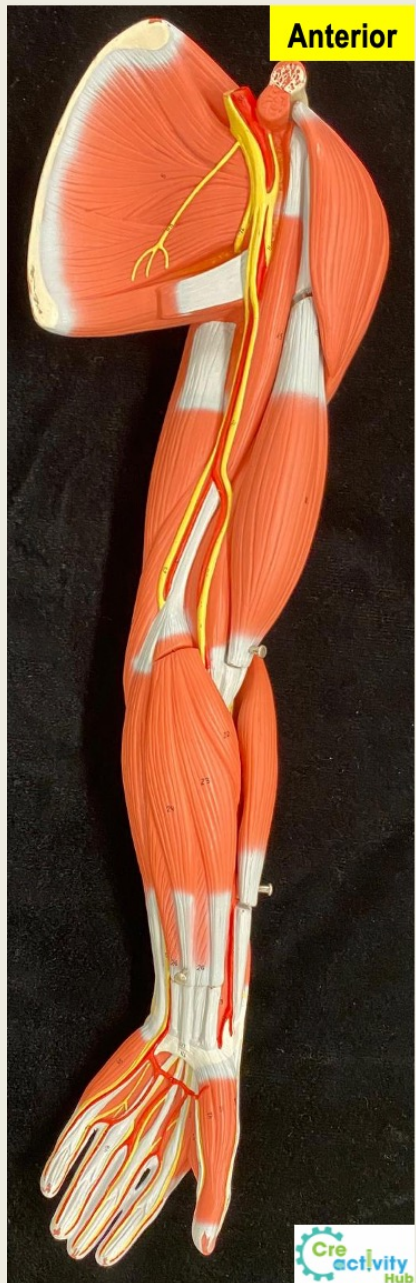
Posterior

Deep



Medial





Muscles of the Posterior Forearm

- **extensor carpi radialis longus**
- **extensor carpi radialis brevis**
- **extensor digitorum**
- **extensor digiti minimi**
- **extensor carpi ulnaris**
- **abductor pollicis longus**
- **extensor pollicis brevis**
- **extensor pollicis longus**
- **extensor retinaculum**

Posterior

Superficial



Posterior

Deep



Superficial

Posterior



Deep

Posterior



Medial



Latero-posterior



Muscles of Anterior Forearm

- **brachioradialis**
- **pronator teres**
- **flexor carpi radialis**
- **palmaris longus**
- **flexor carpi ulnaris**
- **flexor digitorum superficialis**
- **flexor pollicis longus**
- **flexor retinaculum**



Video Recording Links for Muscles of Lower Limb

- [Module 9 Video Exercise 21 Lower Appendicular Musculature - Muscles of the Anterior thigh](#)
- [Module 9 Video Exercise 21 Lower Appendicular Musculature - Posterior Muscles of the Thigh](#)
- [Module 9 Video Exercise 21 Lower Appendicular Musculature - Muscles that flex the leg](#)
- [Module 9 Video Exercise 21 Lower Appendicular Musculature - Foot extensors](#)

Muscles of Pelvic Girdle

- **gluteus maximus**
- **gluteus medius**
- **tensor fasciae latae**
- **iliotibial tract or
iliotibial band**
- **piriformis**
- **superior gemellus**
- **obturator internus**
- **inferior gemellus**

Lateral

Superficial



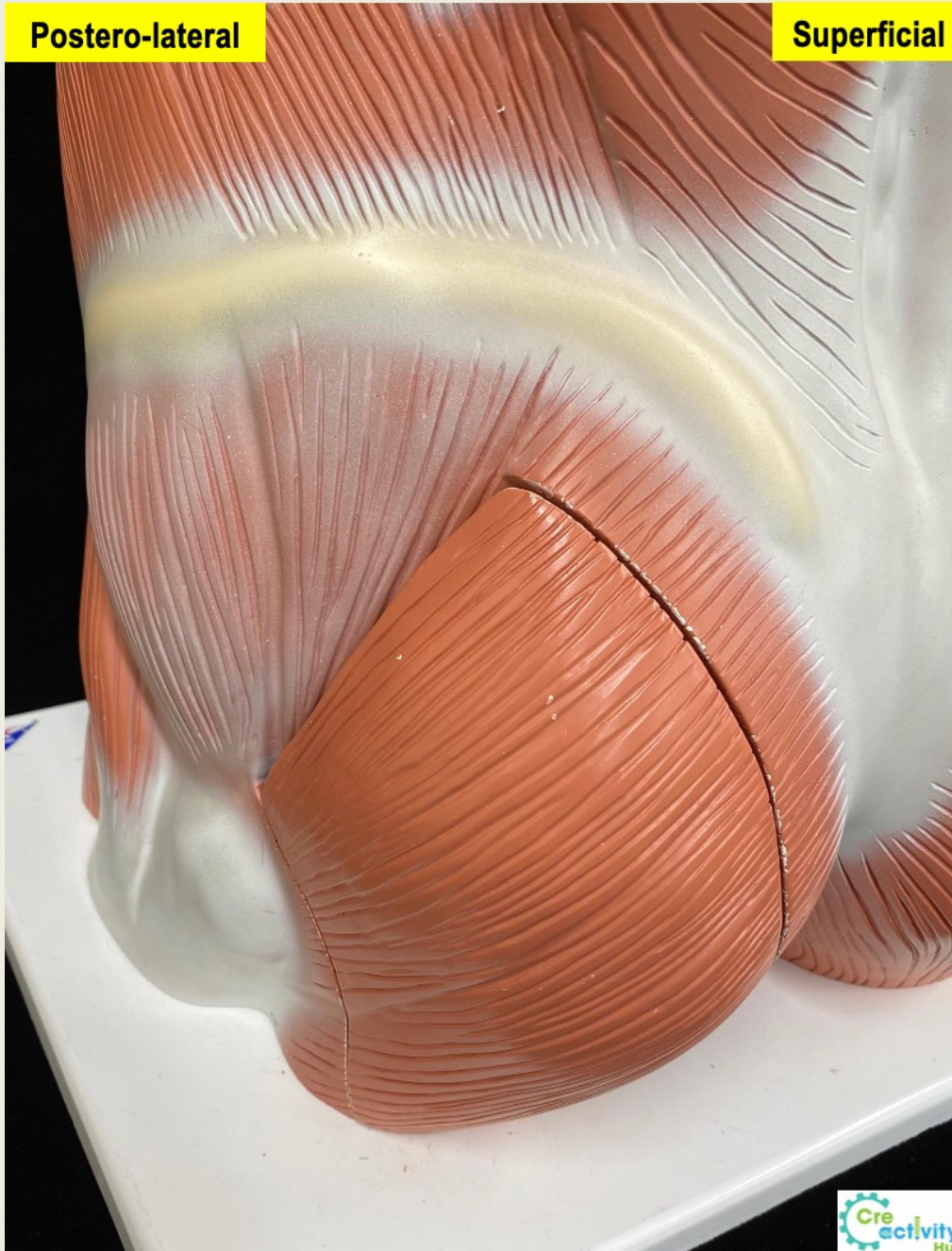
Posterior

Deep



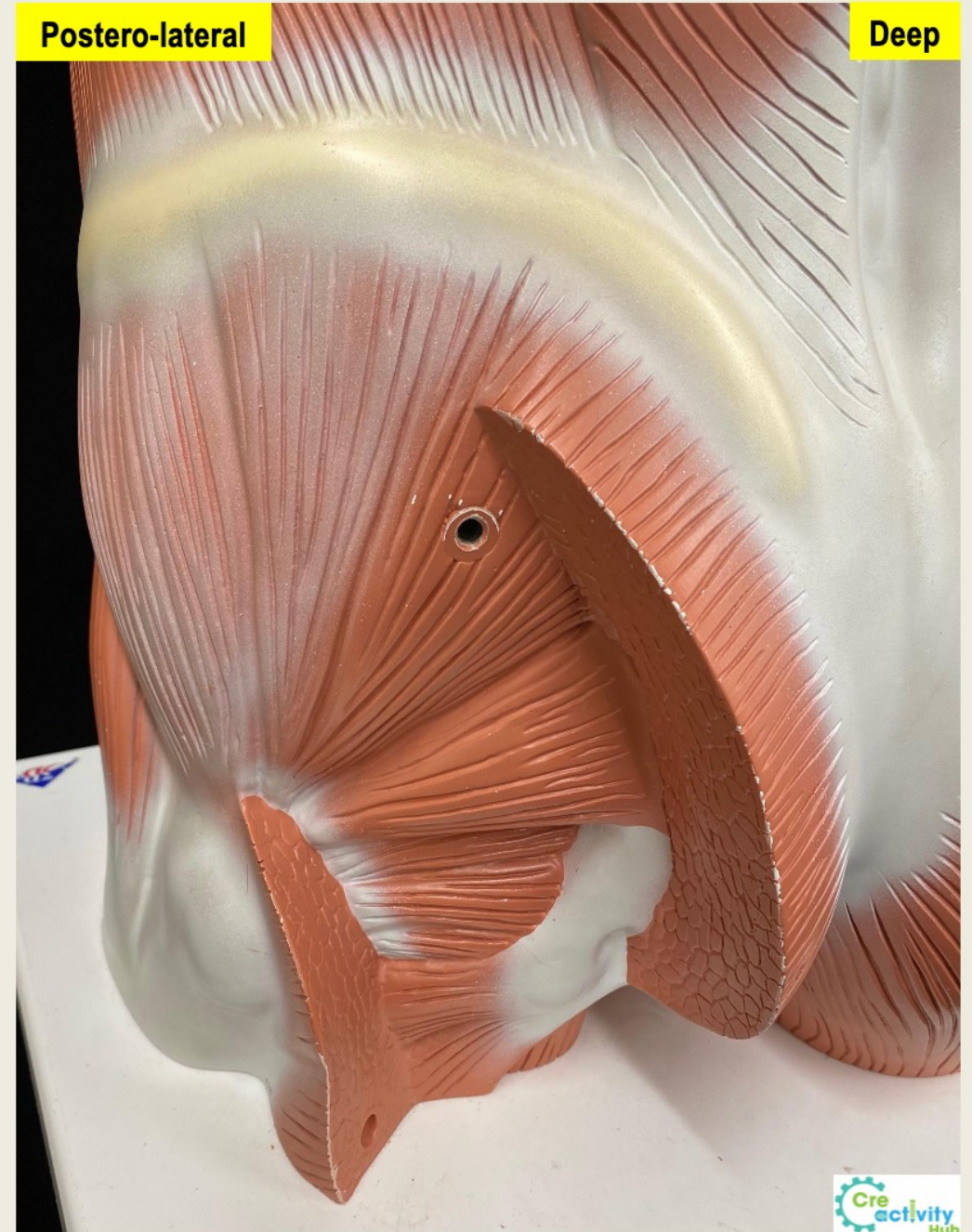
Postero-lateral

Superficial



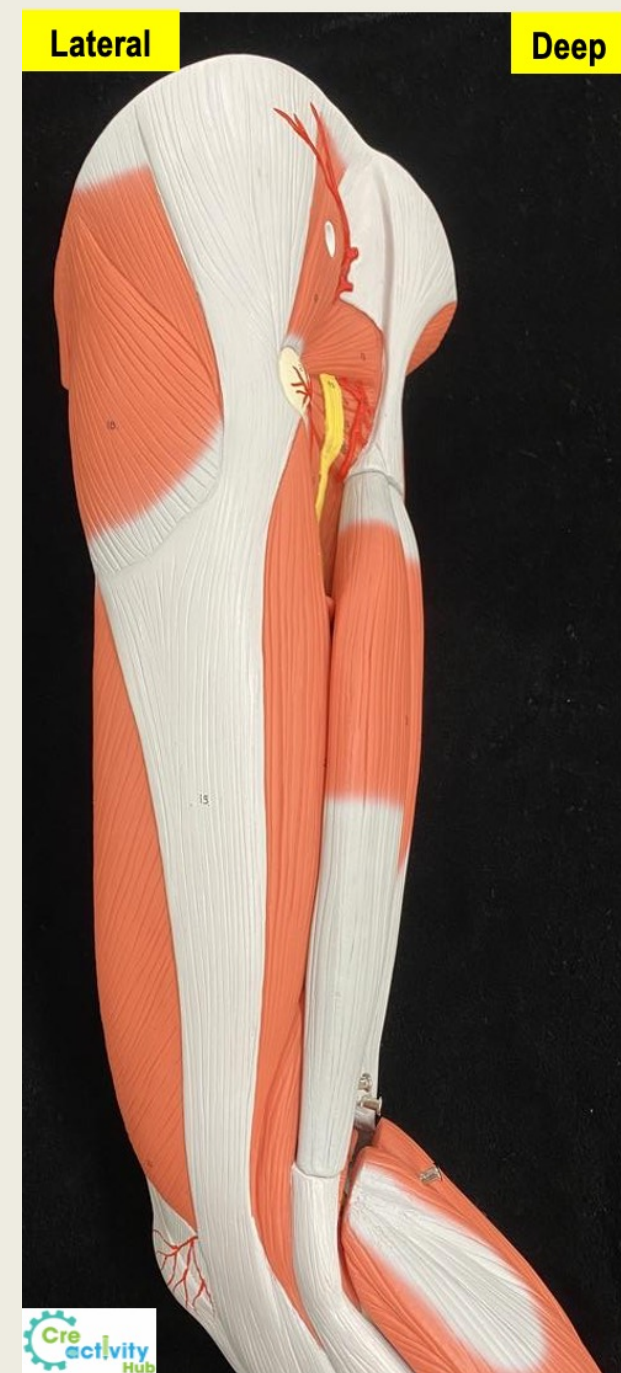
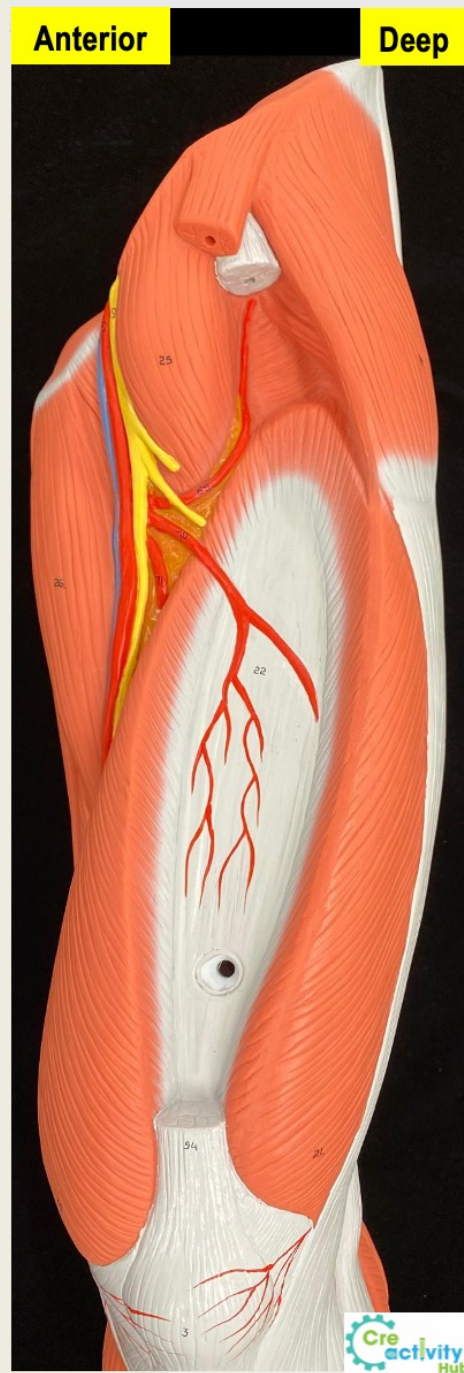
Postero-lateral

Deep



Muscles of Thigh

- adductor longus
- adductor magnus (follow to back)
- gracilis
- iliopsoas
- sartorius
- semimembranosus
- semitendinosus
- biceps femoris
- rectus femoris
- vastus lateralis
- vastus medialis



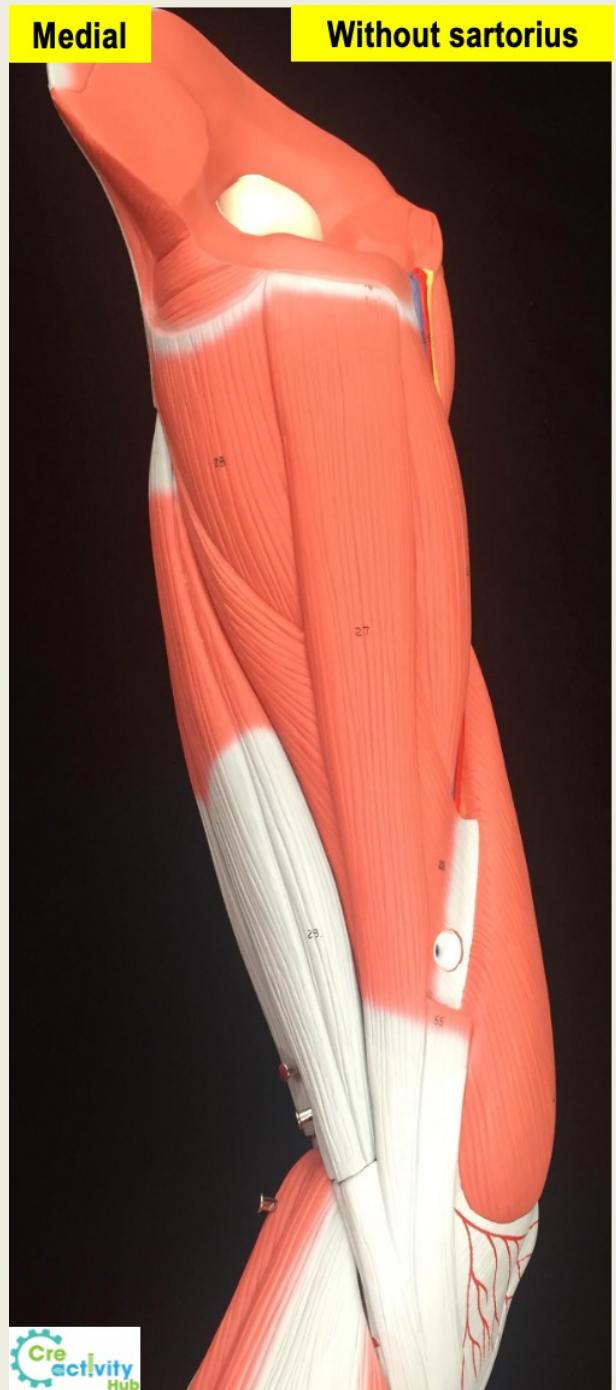
Medial

Superficial



Medial

Without sartorius



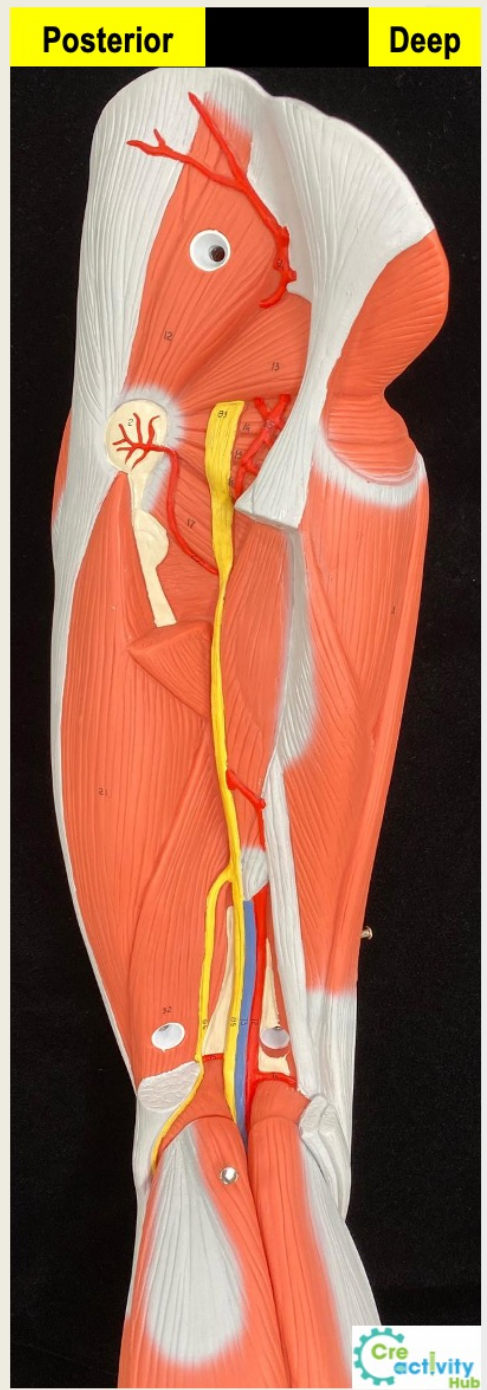
Posterior

Superficial



Posterior

Deep



Muscles of Anterior Leg

- **tibialis anterior**
- **extensor digitorum longus**
- **extensor hallucis longus**
- **fibularis longus**
- **fibularis brevis**

Anterior



Anterior



Anterior



Lateral



Muscles of Posterior Leg & Foot

gastrocnemius
soleus
calcaneal tendon
popliteus
plantaris
tibialis posterior
flexor hallucis longus
flexor digitorum longus
extensor retinaculum
flexor digitorum brevis

