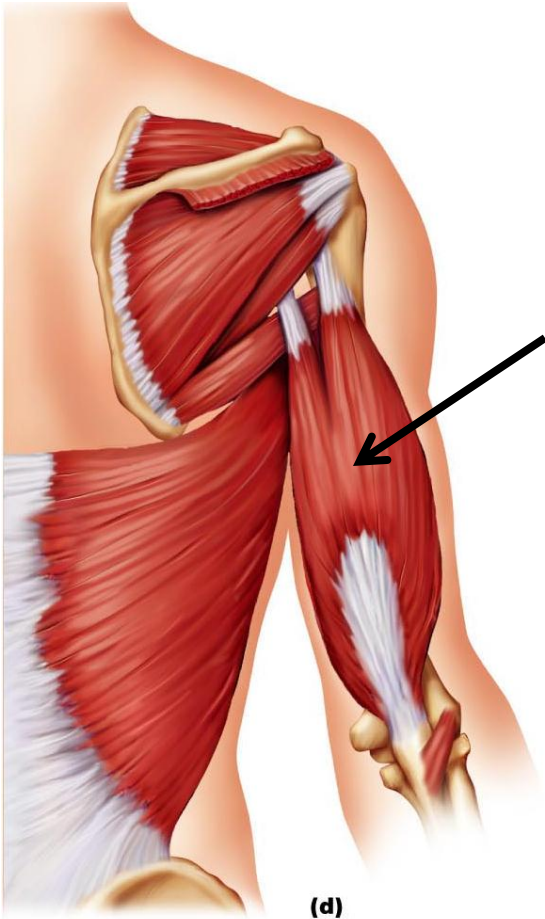


# **Muscles of the Human Body!**

Muscles that Move the Elbow, Wrist,  
Hand & Fingers

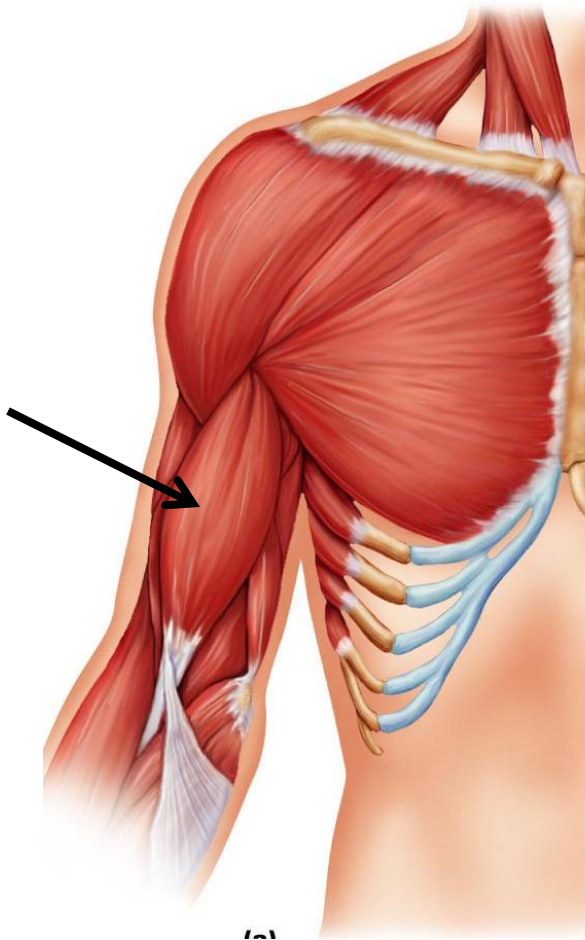
# Triceps Brachii

Prime mover of forearm extension



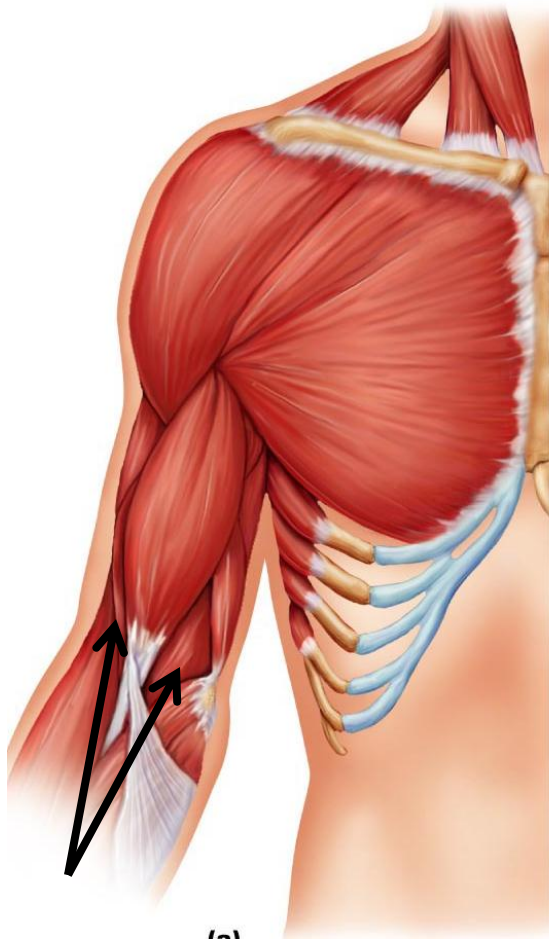
# Biceps Brachii

Prime mover of elbow flexion. Supinates forearm (at same time); (lifts Radius)



# Brachialis

Prime mover of elbow flexion. (lifts Ulna)



# Brachioradialis

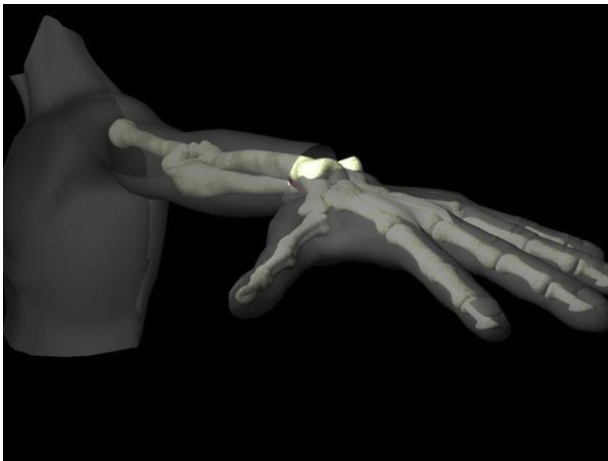
Synergist in elbow flexion



(a)

# Pronator Teres

Pronates forearm



# Flexor Carpi Radialis

Prime mover of wrist flexion;  
abducts wrist



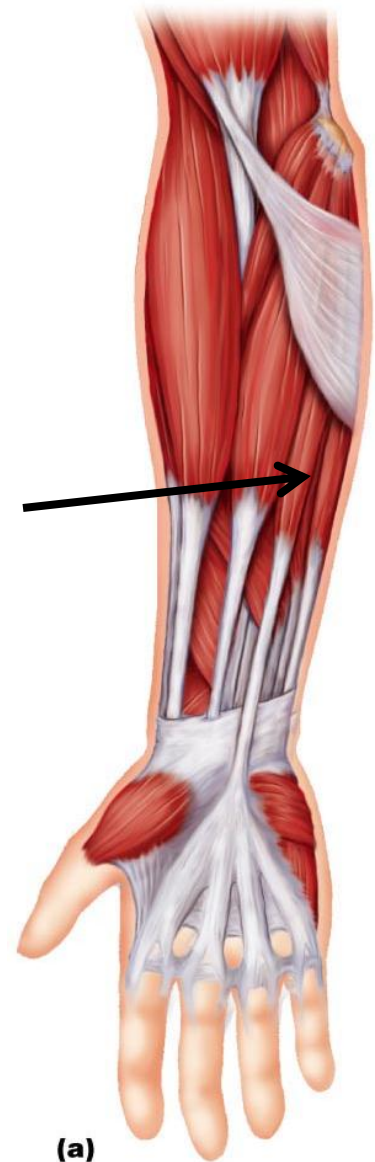
Radial Deviation



(a)

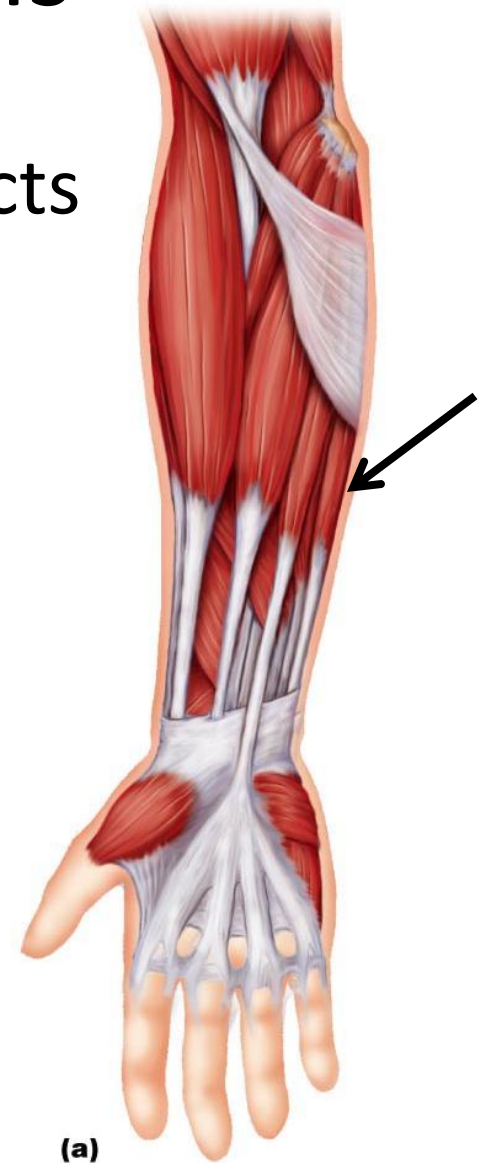
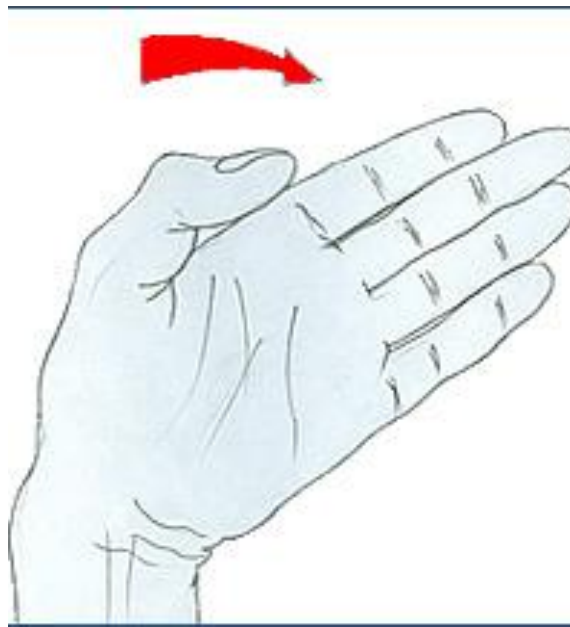
# Palmaris Longus

Weak wrist flexor; tenses skin and fascia of palm during hand movements



# Flexor Carpi Ulnaris

Prime mover of wrist flexion; adducts wrist

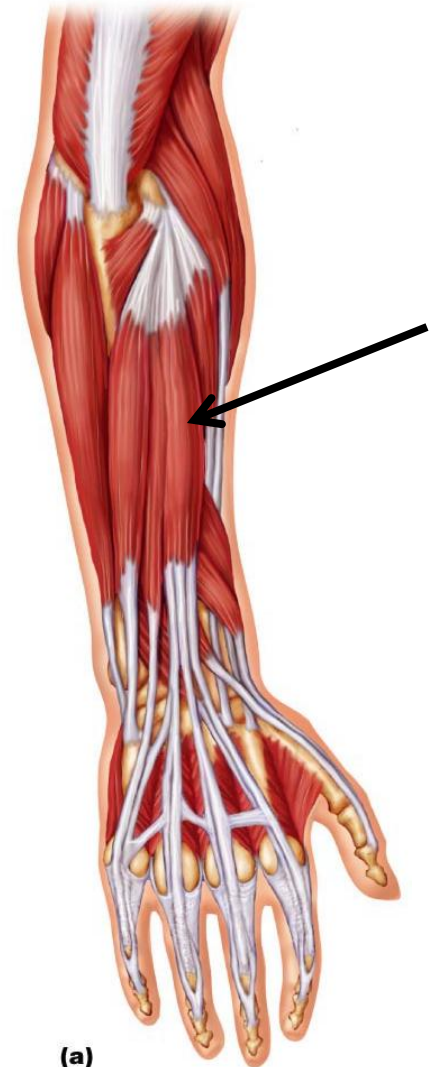


# Extensor Digitorum

Prime mover of wrist extension  
and does extend fingers.



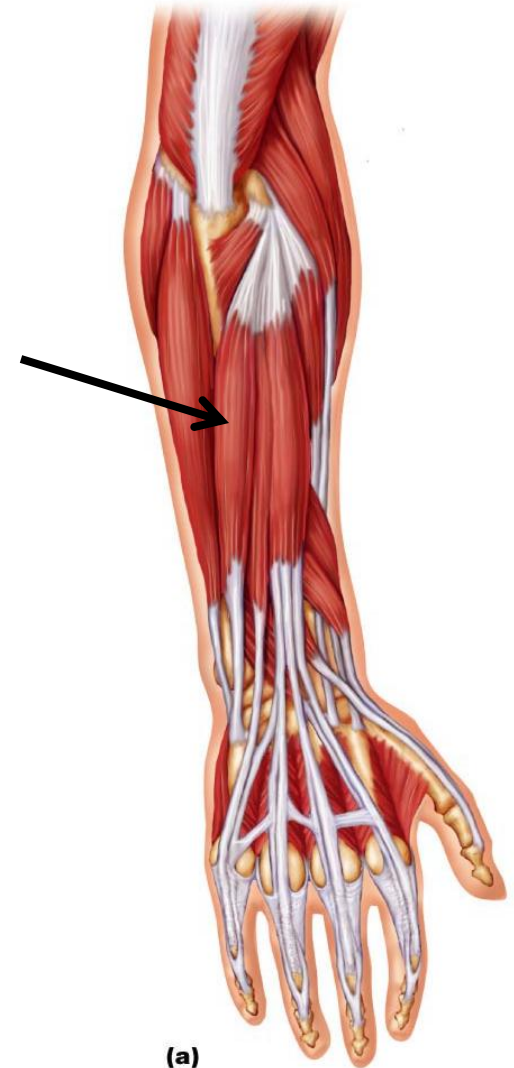
© 2010 - [www.sportize.me](http://www.sportize.me)



(a)

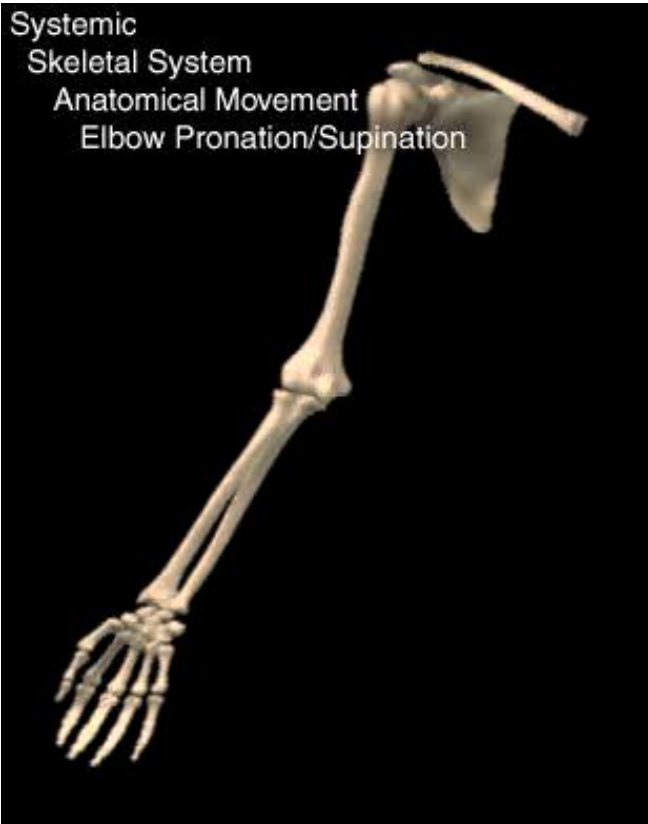
# Extensor Carpi Ulnaris

Extends wrist; also adducts wrist



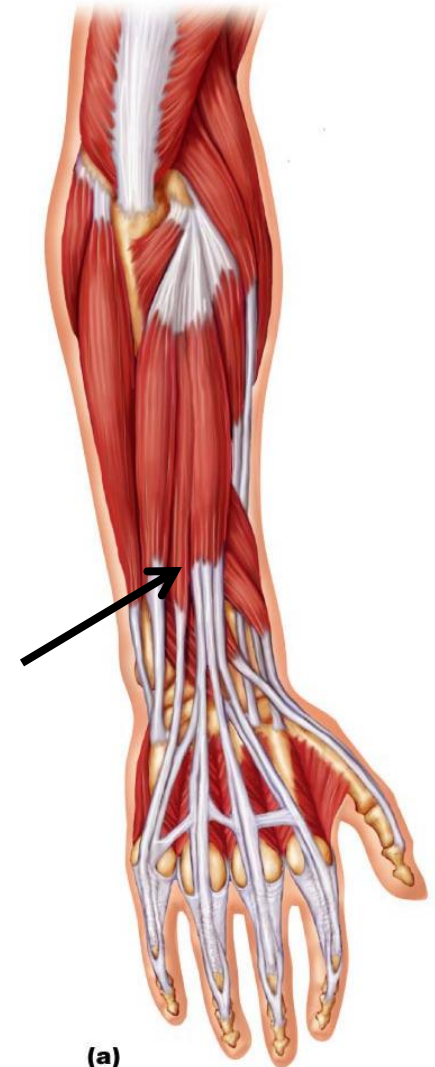
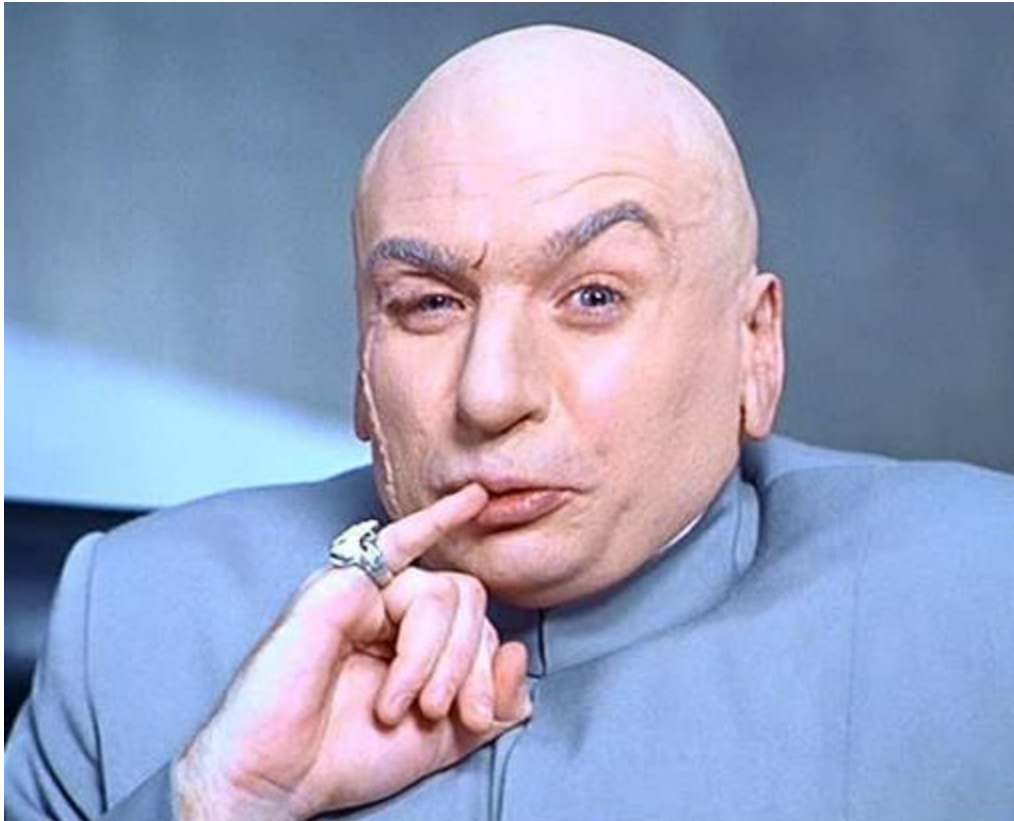
# Supinator

Supinates forearm



# Extensor Digit Minimi

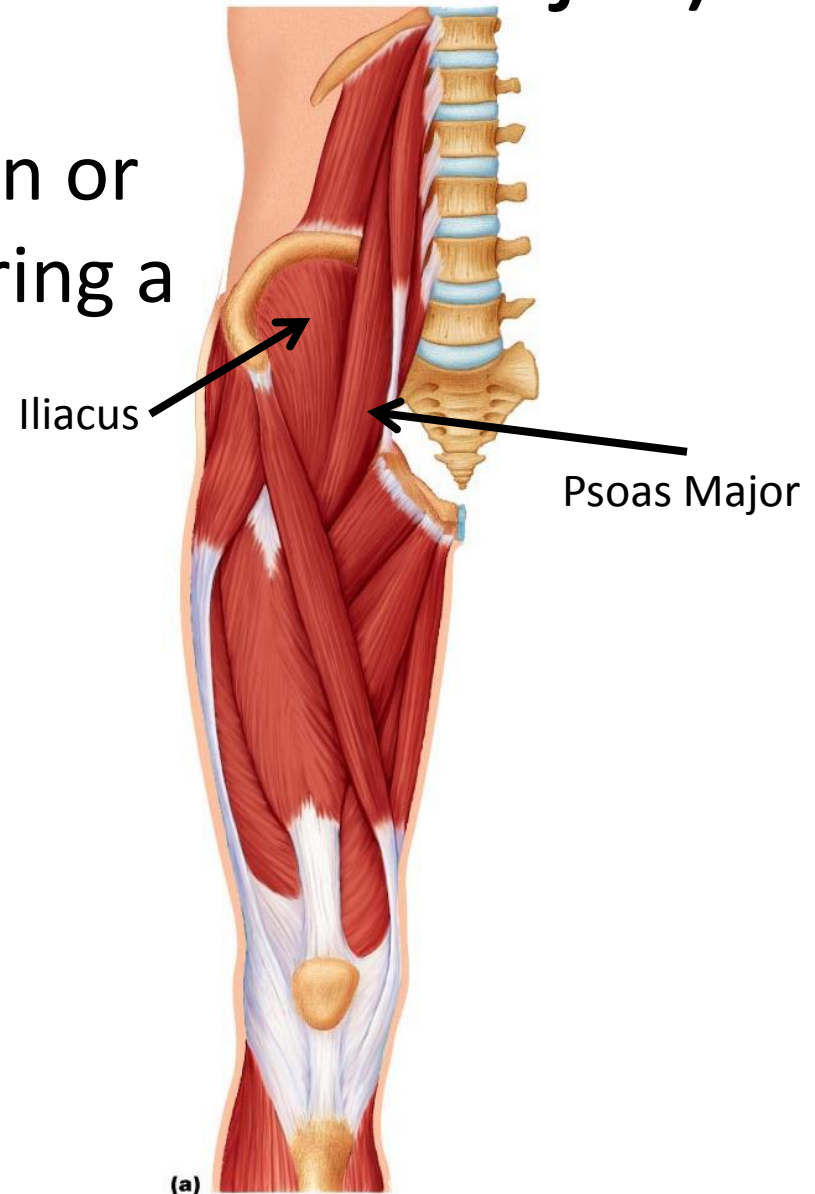
- Extends the pinky finger



(a)

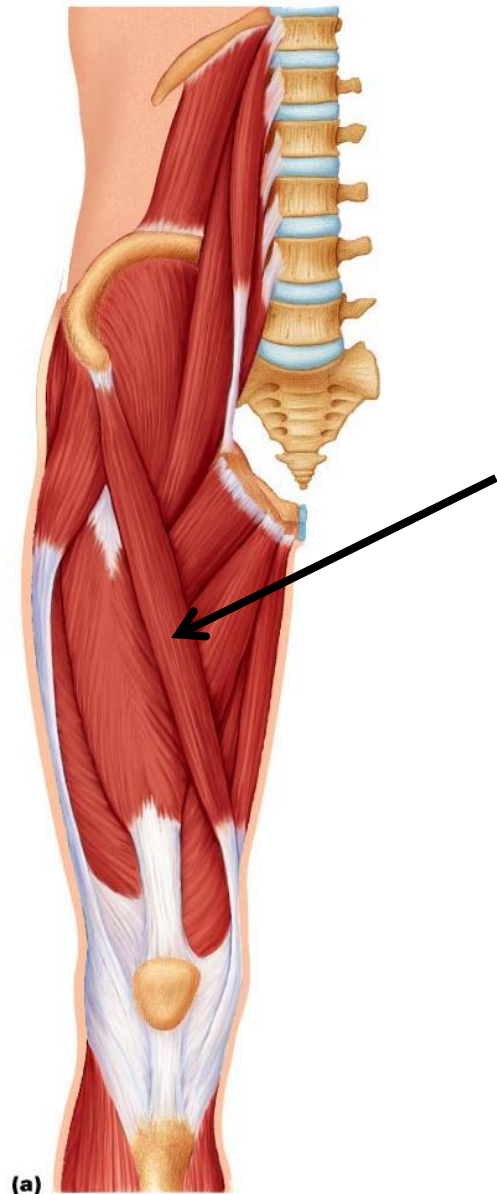
# Iliopsoas (Iliacus and Psoas Major)

Prime mover of thigh flexion or flexing trunk on thigh during a bow



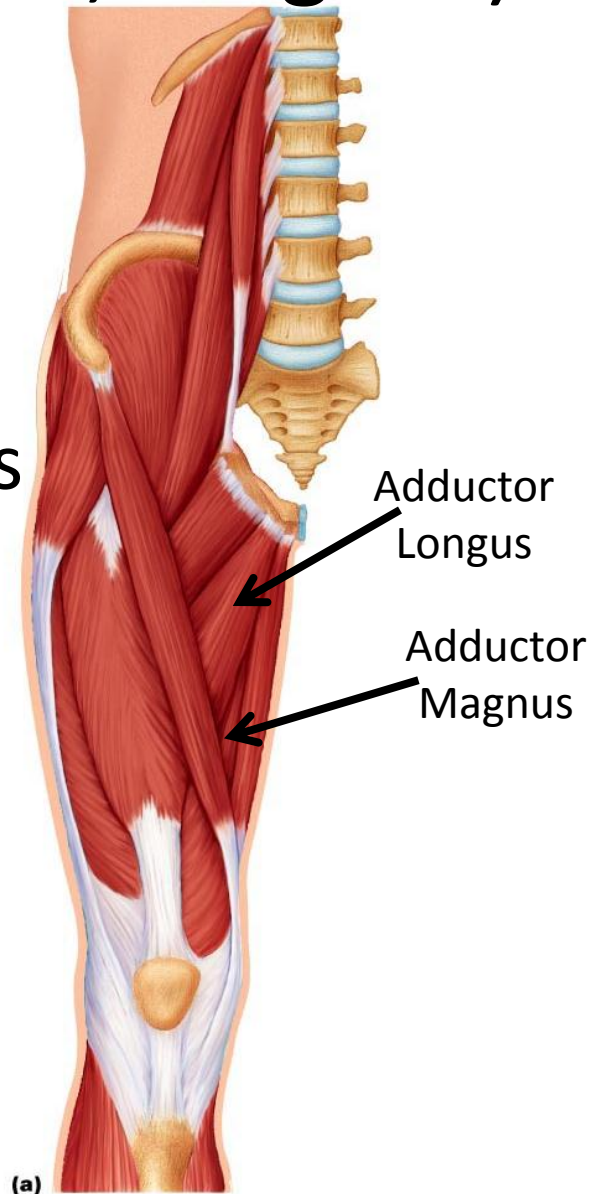
# Sartorius

- Flexes, abducts, and laterally rotates thigh; flexes knee (weak) as in a soccer kick
- Known as “tailor’s muscle” because it helps effect cross-legged position in which tailors are often depicted



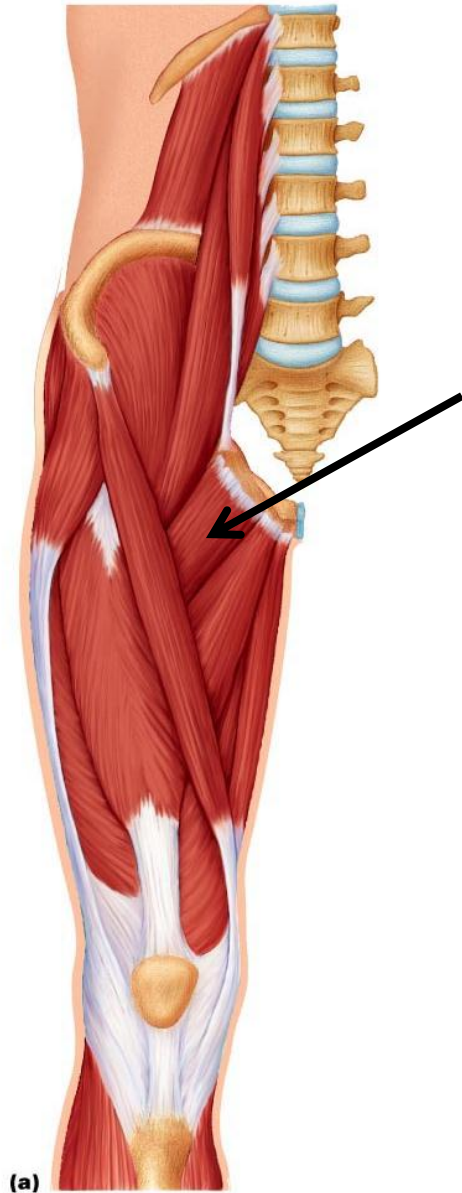
# Adductors (Brevis, Longus, Magnus)

- Adducts thigh, medially rotates thigh and thigh flexor; (groin muscles)
- Used in movements that press thighs together
- Ex. Sitting on a horse



# Pectineus

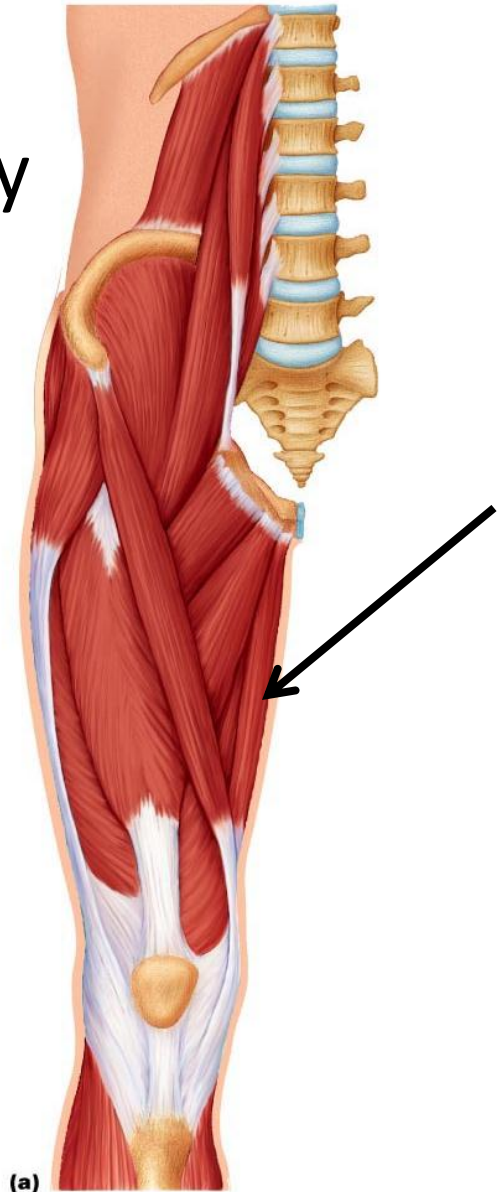
Adducts, flexes, and medially rotates thigh



(a)

# Gracilis

Adducts thigh, flexes and medially rotates thigh, especially during walking; flexes knee.



# Quadriceps Femoris

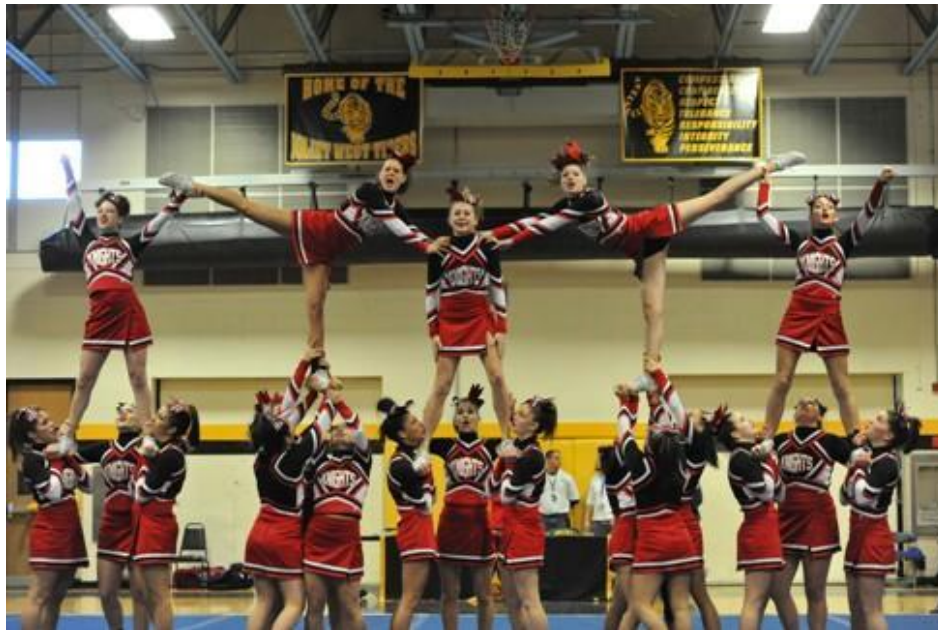
## (Rectus Femoris & Vastus Muscles)

- Prime mover of knee extension – used in climbing, jumping, running, and rising from a seated position. Plays an important role in strengthening the knee joint



# Gluteus Maximus

**Prime mover in thigh extension. role in abduction and lateral rotation.**



(a)

# Gluteus Medius



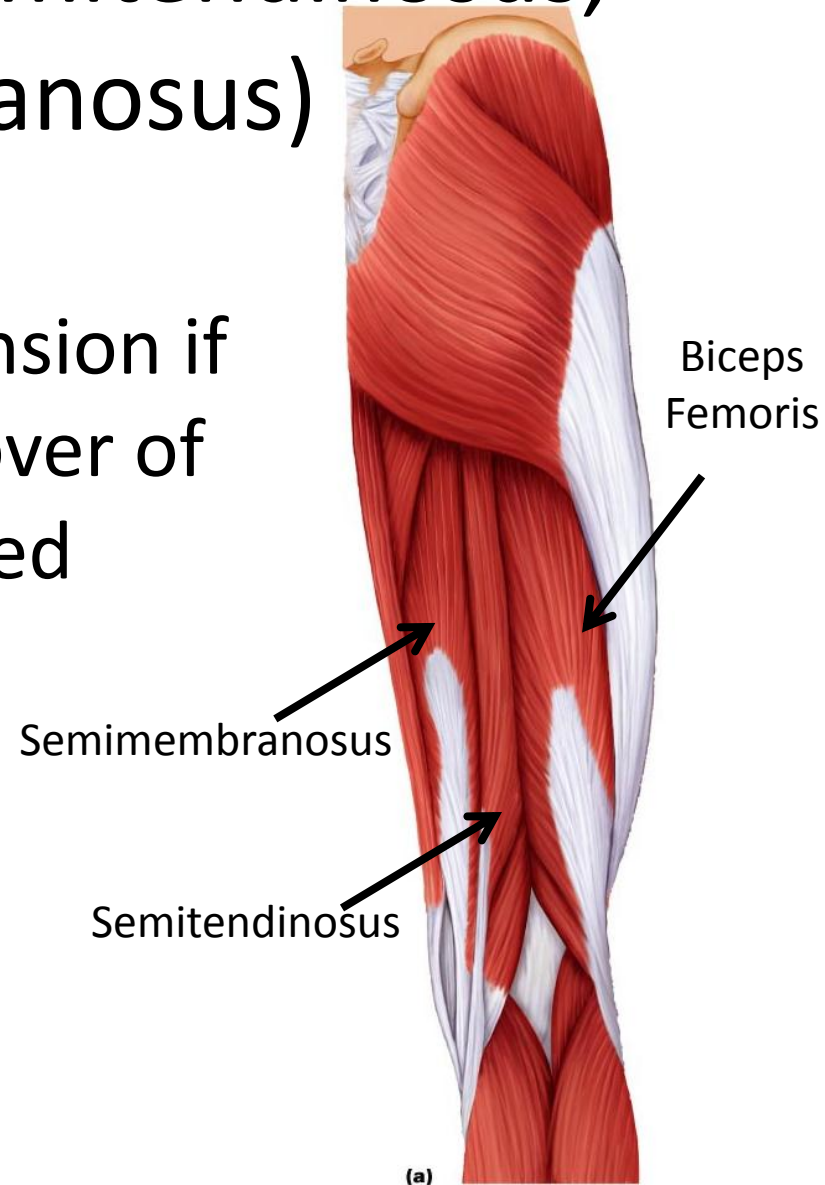
**Prime mover of abduction. Medially rotates thigh – extremely important in walking**



# Hamstrings

(Biceps Femoris, Semitendinosus, Semimembranosus)

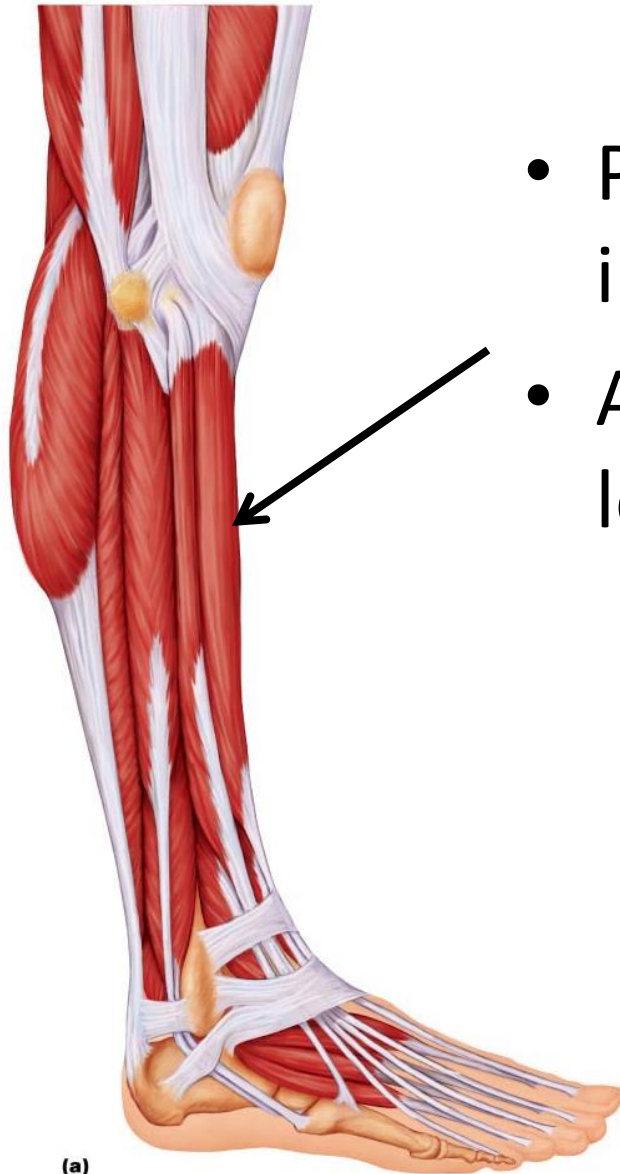
Prime movers of thigh extension if knee is extended, prime mover of knee flexion if hip is extended flexes knee



# Tibialis Anterior

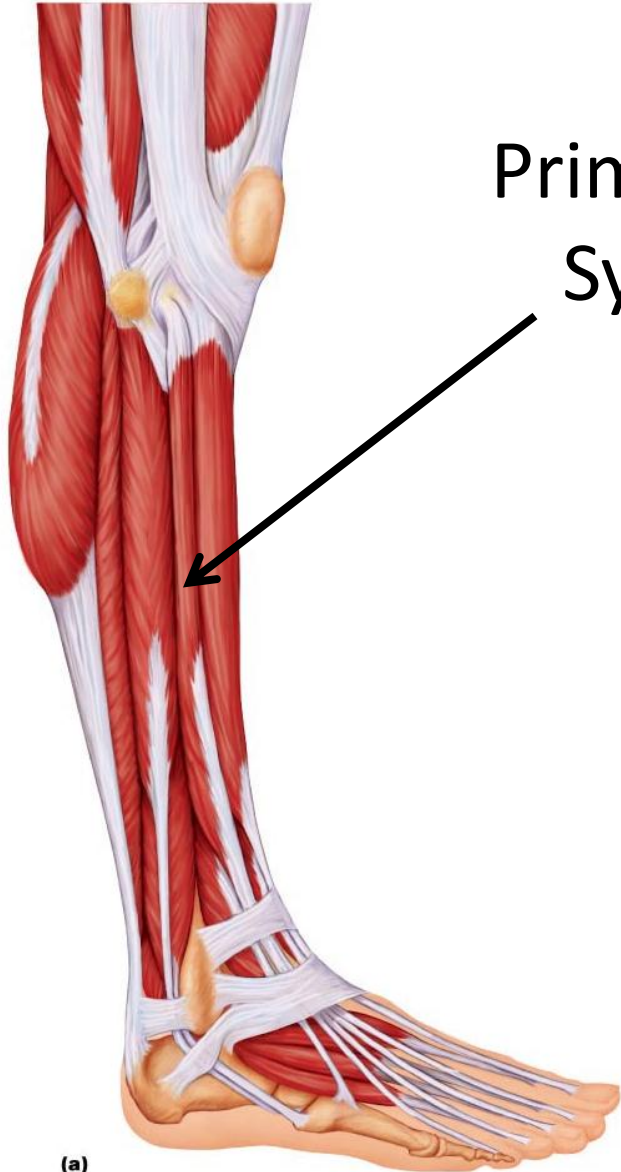


- Prime mover of dorsiflexion; inverts foot.
- Assists in supporting medial longitudinal arch of foot

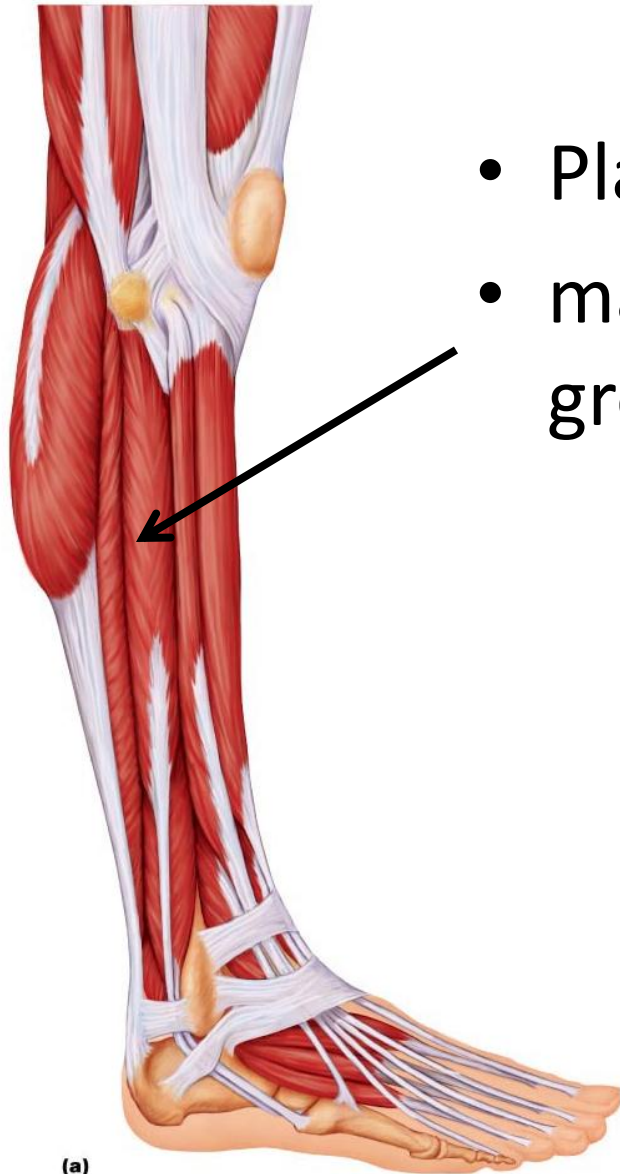


# Extensor Digitorum Longus

Prime mover of toe extension.  
Synergist of dorsiflexion



# Fibularis (Peroneus) Longus

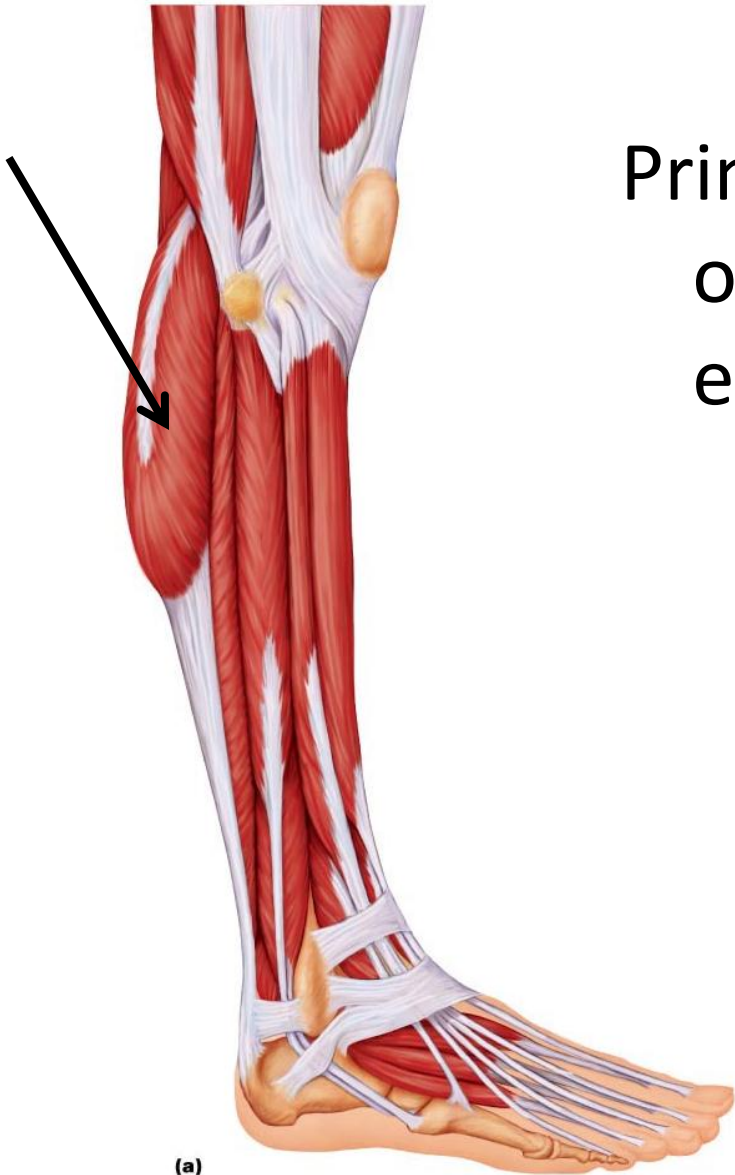


- Plantar flexes and everts foot;
- may help keep foot flat on ground



# Gastrocnemius

Prime mover of plantar flexion of foot when knee is extended.



# Soleus



- Prime mover of plantar flexion of foot.
- Important locomotor and postural muscle during walking, running, and dancing



# Plantaris

- Assists in knee flexion and plantar flexion of foot

