

Anatomy of Human Skeletal Muscles (continued)

Muscle	Origin	Insertion	Innervation	Nerve Root	Number of Joints Crossed
Gemellus inferior	Proximal ischial tuberosity	Medial surface of greater trochanter	Sacral plexus	L4, L5, S1	1
Quadratus femoris	Lateral border of ischial tuberosity	Intertrochanteric crest	Sacral plexus	L4, L5, S1	1
Gluteus maximus	Posterior gluteal line and dorsal sacral surface	Gluteal tuberosity of femur and iliotibial tract	Inferior gluteal	L5, S1, S2	2
Gluteus medius	Between posterior and inferior gluteal lines of ilium	Lateral surface of greater trochanter	Superior gluteal	L4, L5, S1	2
Gluteus minimus	Between anterior and inferior gluteal lines of ilium	Anterior surface of greater trochanter	Superior gluteal	L4, L5, S1	2
Psoas major	Transverse processes of vertebral bodies	Lesser femoral trochanter	Lumbar plexus	L1, L2, L3, L4	3
Iliacus	Iliac fossa of ilium	Lesser femoral trochanter	Femoral	L2, L3, L4	1
Adductor longus	Inferior ramus of pubis	Linea aspera of femur	Obturator	L3, L4	1
Adductor brevis	Inferior ramus of pubis	Linea aspera of femur	Obturator	L3, L4	1
Adductor magnus	Ischial tuberosity and inferior ramus of pubis	Entire linea aspera and adductor tubercle of femur	Obturator and sciatic	L2, L3, L4	1
Pectineus	Superior ramus of pubis	Pectineal line of femur	Femoral	L2, L3, L4	1
Deltoid	Clavicle and scapula	Deltoid tuberosity of humerus	Axillary	C5, C6	1
Pectoralis major	Clavicular—medial half of clavicle; Sternal—anterior surface of sternum and cartilages of ribs 2–6	Crest of greater tubercle and lateral lip of intertubercular groove of humerus	Pectoral	C5–T1	2
Coracobrachialis	Tip of coracoid process	Medial surface of humerus	Musculo-cutaneous	C5, C6, C7	1
Latissimus dorsi	Lower thoracic and lumbar vertebrae	Intertubercular groove of humerus	Thoracodorsal	C6, C7, C8	2
Teres major	Inferior angle of scapula	Medial lip of intertubercular groove of humerus	Lower subscapular	C5, C6	1
Supraspinatus	Supraspinous fossa	Greater tubercle of humerus	Suprascapular	C5	1
Teres minor	Lateral scapular border	Greater tubercle of humerus	Axillary	C5	1
Infraspinatus	Infraspinous fossa	Greater tubercle of humerus	Suprascapular	C5, C6	1
Subscapularis	Subscapular fossa	Lesser tubercle of humerus	Subscapular	C1–C6	1
Biceps brachii	Short head—tip of coracoid process; Long head—supraglenoid tubercle	Radial tuberosity	Musculo-cutaneous	C5, C6	3
Triceps brachii	Lateral head—lateral margin of humerus; Long head—infraglenoid tubercle of scapula; Medial head—posterior surface of humerus	Common tendon: superior aspect of olecranon process	Radial	C5, C6	1
Brachialis	Anterior surface of humerus	Tuberosity of ulna	Musculo-cutaneous and radial	C5–C8	1
Brachioradialis	Lateral epicondyle of humerus	Lateral aspect of styloid process of radius	Radial	C5, C6	2
Anconeus	Lateral epicondyle of humerus	Lateral margin of olecranon process of ulna	Radial	C5, C6	1

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