

THE SKELETAL MUSCLES

(Collated by Michelle Wilkinson www.movingnaturally.co.uk)

HEAD & SHOULDERS

The Levator Scapulae originates at the four upper cervical vertebrae and inserts into the top of the scapula on each side.

The Sternocleidomastoid originates at the top of the sternum and first third of clavicle. It inserts into the mastoid process of the skull at the back of the head behind the ears.

The Deltoid originates from the clavicle and the spine of the scapula and inserts into the top side of the humerus.

The small postural Suboccipital muscles are set deep in the back of the neck and connect the skull (occipital bone) to the two upper cervical vertebrae the atlas and axis.

ARMS

The short head of the Biceps originates on the coracoid process tip of the scapula while the long head connects to the top of the scapula. It inserts into the radius and deep fascia of the forearm flexor muscles.

The Triceps muscle originates at the top and bottom rear of the humerus and the outer edge of the scapula. It inserts into the ulna just below the elbow joint.

LEGS

The Rectus Femoris, one of the four quadriceps muscles, originates on the front point of the ilium and inserts with the other three muscles into kneecap (patella) and the tibia via the patella ligament.

The Sartorius muscle originates at the front point of the ilium It inserts into the medial surface of the tibia and into the upper medial aspect of the tibia.

The Gracilis muscle originates at the lower edge of the pubic bone and inserts into the upper medial aspect of the tibia just below the Sartorius.

The four Adductor muscles originate in the front part of the pubic bone and the ischial tuberosity and insert into the inside of the femur from hip to knee.

The Tensor Fascia Lata is a small muscle connected to a very long tendon. It originates on the outer front edge of the ilium and inserts via the long Fascia Lata tendon to the outside top of the tibia.

There are three Hamstring muscles which originate from the bottom part of the pelvis (ischial tuberosity) and the lower portion of the femur. They insert either side of the back of the tibia; two to the medial side and one to the lateral side.

There are two calf muscles the Gastrocnemius and Soleus. The former lies over the latter and they both originate at the back of the leg just above the knee with the soleus more to the outside. They insert via the Achilles Tendon into the heel bone (calcaneus).

TORSO

The Trapezius muscle spans from base of the skull down the neck, out to the clavicle, acromion process and the spine of the scapula. It then tapers down to the twelfth thoracic vertebrae.

The Rhomboids originate at the seventh cervical vertebra and the upper five thoracic vertebrae. They insert into the inner (medial) border of the scapula.

The Serratus Anterior originates at the outer surface of the upper eight or nine ribs and inserts into the inner surface of the medial edge of the scapula.

The Pectoralis Major originates at the front surface of the sternum-half of the clavicle and inserts into the top of the humerus.

Between the ribs lie the internal and external Intercostal muscles

The Latissimus Dorsi is a large triangular muscle originating from the spinous processes of the six lower thoracic vertebrae, five lumbar vertebrae and the posterior crest of the ilium. It twists to insert into the humerus just below the shoulder.

The Sacro-Spinalis has separate strips of muscle that arise from the sacrum, crest of ilium, spinous and transverse processes of the vertebrae and the ribs. It inserts into the ribs, spinous and transverse vertebrae, and the occipital bone.

The Quadratus Lumborum originates on the top rear of the iliac crest (the crest of the ilium) and inserts into the 12th rib and four upper lumbar vertebrae.

There are four major abdominal muscle divisions, the Transverse, Rectus Abdominals and the internal and external Obliques. They all originate on the ribs and insert into the upper edges of the ilium and pubic bones.

The Psoas muscle originates from the 12th thoracic vertebrae down to the 5th lumbar vertebrae and inserts into the top of the femur.

The Gluteus Maximus originates at the back of the ilium along the sacroiliac joint and inserts into the top back of the femur.

The Pelvic Floor is a diamond-shaped muscle which connects the pubis, ischium bones and coccyx.