

Visible

Official Guide Book

Anatomical Guide

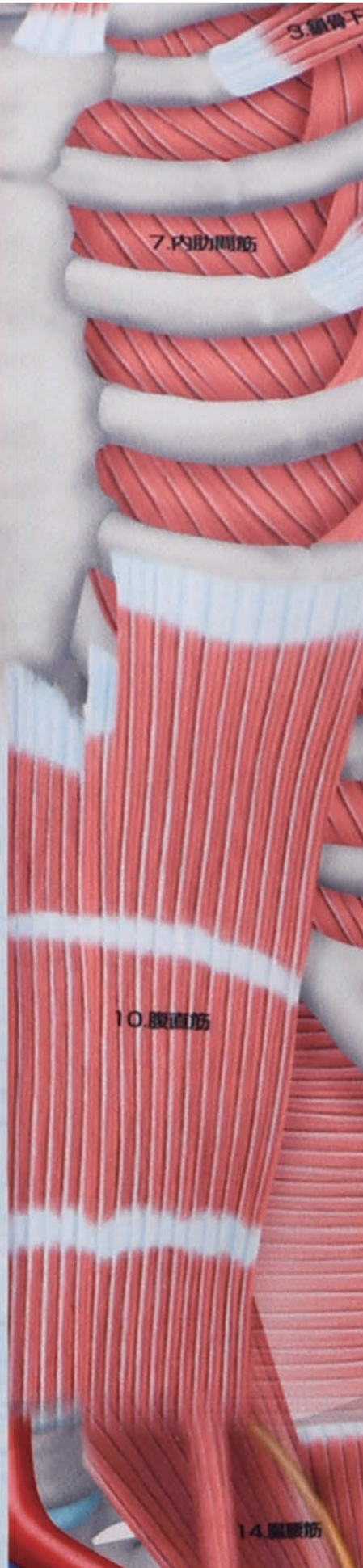
Front p.04

Back p.11

Right sleeve p.18

Left sleeve p.24

VISIBLE TS-02
Superficial and Deep Muscles - T-shirt Style



How to Wear the Garment

1. Align the shoulders

Pull the shirt down from the neckline so the shoulder seams sit on your shoulders. Check that the center of the shirt matches the center of your body.

2. Align the elbows

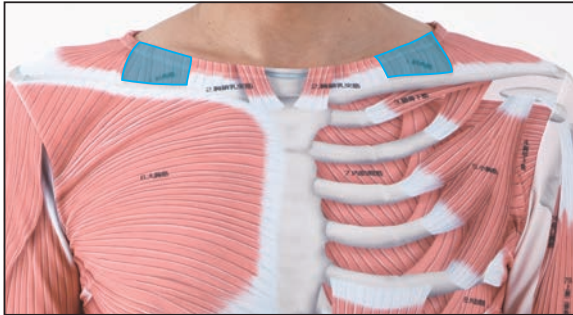
Extend the sleeves to your wrists. Adjust their rotation so the printed elbow landmarks match your elbows.

3. Align the pelvis

Pull the hem down below your waist. Match the printed pelvic landmarks on both sides with your pelvis.



01 Scalene muscles



Three principal scalenes and a variable scalenus minimus.

Laterally bend the neck; assist inspiration.

Anterior scalene

Origin: Anterior tubercles of C3-C6.

Insertion: Scalene tubercle of rib 1, before the arterial groove.

Action: Raises rib 1; bends the neck.

Innervation: Anterior rami (C4-C6).

Middle scalene

Origin: Posterior tubercles of C2-C7.

Insertion: Rib 1, behind the arterial groove.

Action: Raises rib 1; bends the neck.

Innervation: Anterior rami (C3-C8).

Posterior scalene

Origin: Posterior tubercles of C5-C7.

Insertion: Outer surface of rib 2.

Action: Elevates rib 2 and laterally bends the neck.

Innervation: Cervical anterior rami (C6-C8).

Scalenus minimus

Origin: C6 or C7 transverse process.

Insertion: Rib 1 and suprapleural membrane.

Action: Tenses the membrane.

Innervation: Cervical rami; variable.

02 Sternocleidomastoid



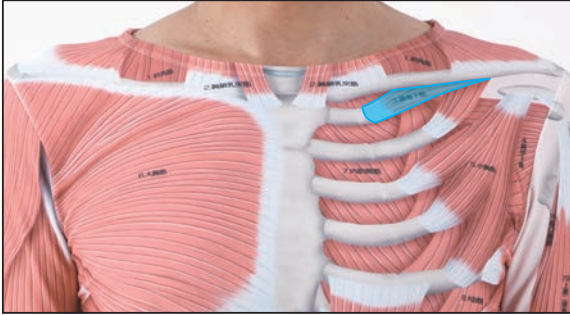
Origin: Manubrium and medial clavicle.

Insertion: Mastoid process and lateral superior nuchal line.

Action: Bilaterally flexes the neck; unilaterally tilts it to the same side and rotates it to the opposite side. Assists inspiration.

Innervation: Accessory nerve (CN XI); C2, C3 for sensation.

03 Subclavius



Origin: Rib 1 at its costochondral junction.

Insertion: Inferior surface of the middle third of the clavicle.

Action: Depresses and stabilizes the clavicle.

Innervation: Nerve to subclavius (C5, C6).

04 Subscapularis



Origin: Subscapular fossa.

Insertion: Lesser tubercle of the humerus.

Action: Medially rotates and adducts the arm; stabilizes the shoulder.

Innervation: Upper and lower subscapular nerves (C5, C6).

05 Pectoralis minor



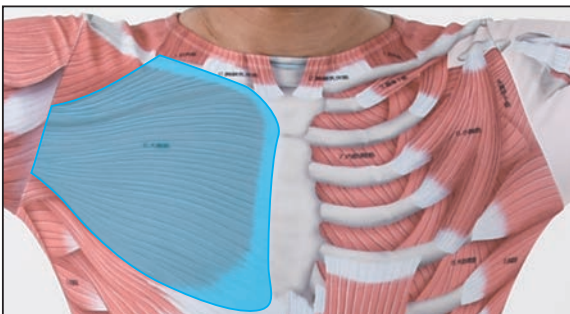
Origin: Ribs 3-5 near their costal cartilages.

Insertion: Coracoid process of the scapula.

Action: Protracts and depresses the scapula; elevates ribs when the scapula is fixed.

Innervation: Medial pectoral nerve (C8, T1).

06 Pectoralis major



Origin: Medial half of the clavicle, sternum, upper six costal cartilages and external oblique aponeurosis.

Insertion: Lateral lip of the intertubercular sulcus.

Action: Adducts and medially rotates the arm. Clavicular fibers flex it; sternocostal fibers extend it from a flexed position.

Innervation: Lateral and medial pectoral nerves (C5-T1).

07 Internal intercostal muscles



Origin: Costal grooves of ribs 1-11 and adjacent costal cartilages.

Insertion: Superior borders of the ribs immediately below.

Action: Interosseous fibers depress ribs in forced expiration; interchondral fibers help elevate them.

Innervation: Intercostal nerves (T1-T11).

08 External intercostal muscles



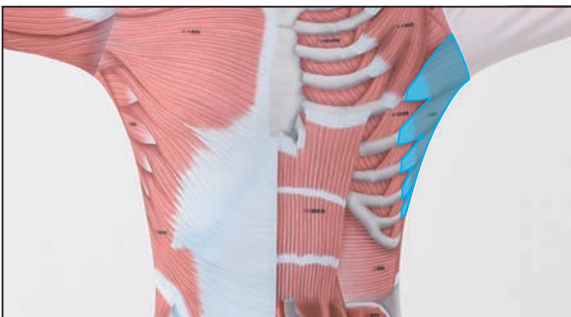
Origin: Inferior borders of ribs 1-11.

Insertion: Superior borders of the ribs immediately below.

Action: Elevates the ribs during inspiration and supports the intercostal spaces.

Innervation: Intercostal nerves (T1-T11).

09 Serratus anterior



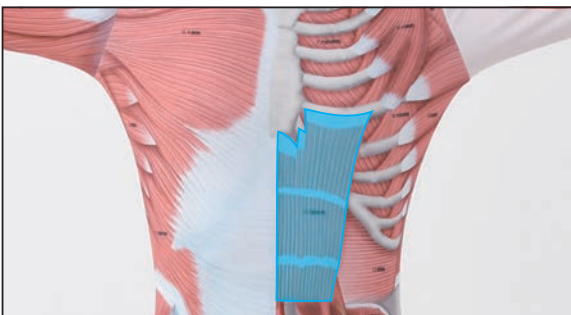
Origin: Outer surfaces of ribs 1-8 or 1-9.

Insertion: Anterior surface of the medial scapular border.

Action: Protracts and upwardly rotates the scapula; holds it against the thoracic wall.

Innervation: Long thoracic nerve (C5-C7).

10 Rectus abdominis



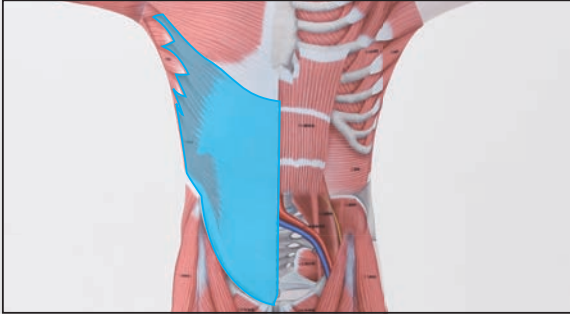
Origin: Pubic crest and pubic symphysis.

Insertion: Xiphoid process and costal cartilages 5-7.

Action: Flexes the trunk, compresses abdominal contents and stabilizes the pelvis.

Innervation: Thoracoabdominal and subcostal nerves (T7-T12).

11 External oblique



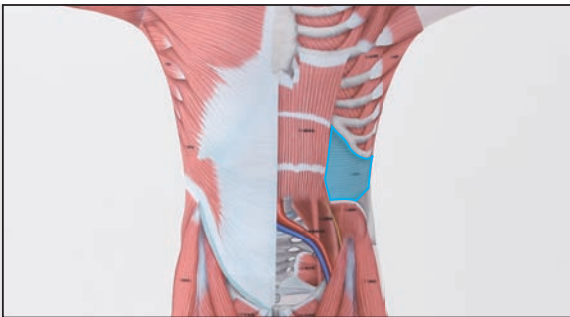
Origin: Outer surfaces of ribs 5-12.

Insertion: Linea alba, pubic tubercle and anterior iliac crest; lower aponeurosis forms the inguinal ligament.

Action: Bilaterally flexes the trunk and compresses the abdomen; unilaterally bends it to the same side and rotates it to the opposite side.

Innervation: Thoracoabdominal and subcostal nerves (T7-T12).

12 Transversus abdominis



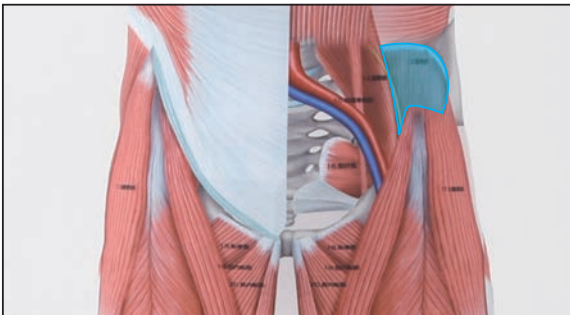
Origin: Inner surfaces of costal cartilages 7-12, thoracolumbar fascia, iliac crest and lateral inguinal ligament.

Insertion: Linea alba, pubic crest and pecten pubis via the conjoint tendon.

Action: Compresses abdominal contents and supports the trunk.

Innervation: Thoracoabdominal and subcostal nerves (T7-T12); iliohypogastric and ilioinguinal nerves (L1).

13 Iliacus



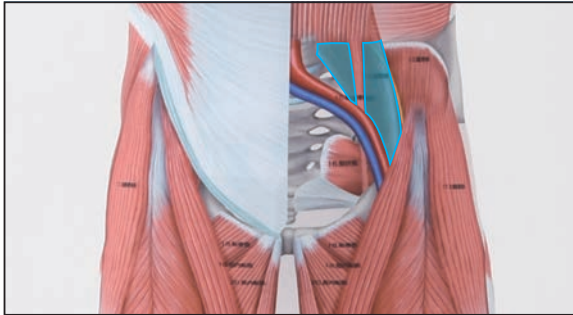
Origin: Iliac fossa and adjacent iliac crest.

Insertion: Lesser trochanter via the iliopsoas tendon.

Action: Flexes the hip; assists lateral rotation.

Innervation: Femoral nerve (L2, L3).

14 Iliopsoas



Iliacus (No. 13) and psoas major form iliopsoas. Psoas minor is separate.

Psoas major

Origin: Bodies and discs of T12-L5 and lumbar transverse processes.

Insertion: Lesser trochanter via the iliopsoas tendon.

Action: Flexes the hip and assists lateral rotation; flexes the trunk when the femur is fixed.

Innervation: Anterior rami of L1-L3.

Psoas minor

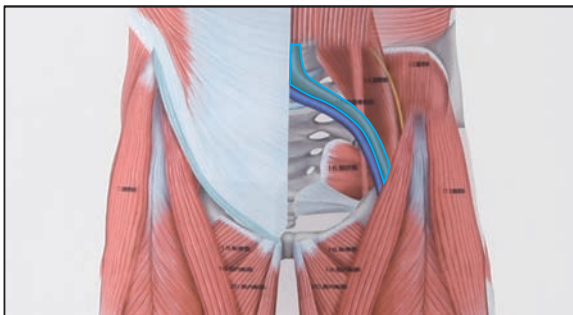
Origin: T12 and L1 bodies and their disc.

Insertion: Iliopubic eminence, pectineal line and iliac fascia.

Action: Weakly flexes the lumbar spine; tenses iliac fascia.

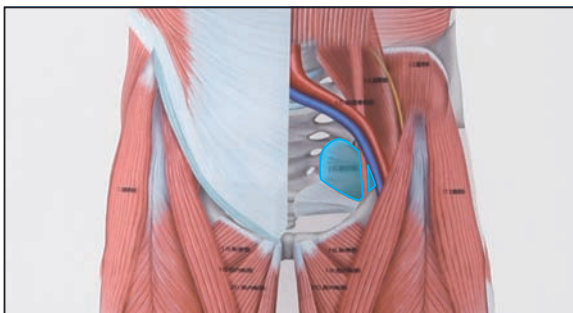
Innervation: Anterior ramus of L1.

15 Common iliac artery



The abdominal aorta divides into the right and left common iliac arteries. Each divides into an internal iliac artery supplying the pelvis and an external iliac artery continuing toward the lower limb.

16 Piriformis



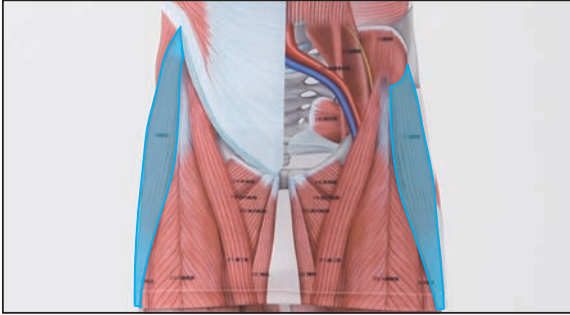
Origin: Anterior surface of the sacrum.

Insertion: Superior border of the greater trochanter.

Action: Laterally rotates the extended thigh and abducts the flexed thigh.

Innervation: Nerve to piriformis (S1, S2).

17 Tensor fasciae latae



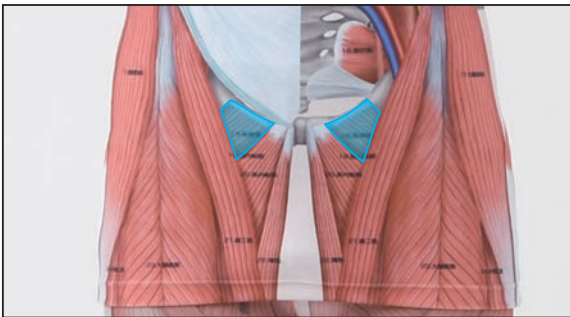
Origin: Anterior superior iliac spine and anterior iliac crest.

Insertion: Iliotibial tract, which attaches to the lateral tibial condyle.

Action: Flexes, abducts and medially rotates the thigh; helps stabilize the knee.

Innervation: Superior gluteal nerve (L4, L5, S1).

18 Pectineus



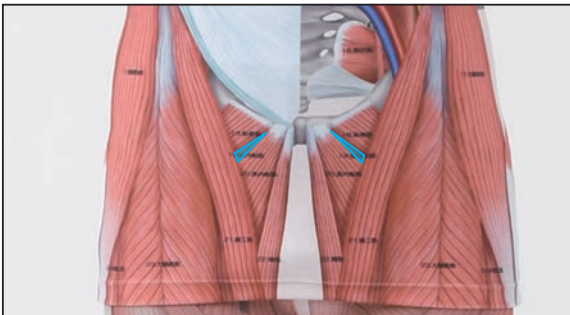
Origin: Pecten pubis and superior pubic ramus.

Insertion: Pectineal line of the femur.

Action: Adducts and flexes the thigh; assists medial rotation.

Innervation: Femoral nerve (L2, L3); sometimes obturator contribution.

19 Adductor brevis



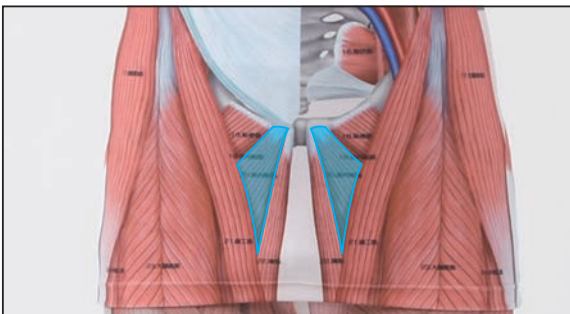
Origin: Body and inferior ramus of the pubis.

Insertion: Pectineal line and proximal linea aspera.

Action: Adducts the thigh and assists hip flexion.

Innervation: Obturator nerve (L2-L4).

20 Adductor longus



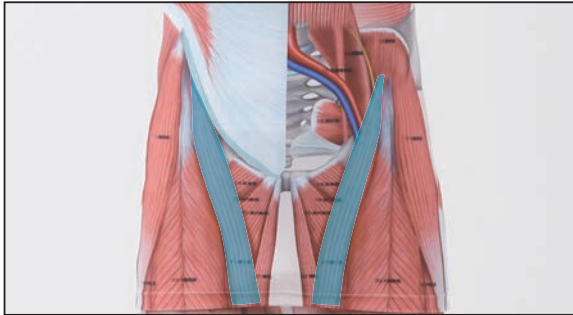
Origin: Body of the pubis below the pubic crest.

Insertion: Middle third of the linea aspera.

Action: Adducts the thigh and assists hip flexion.

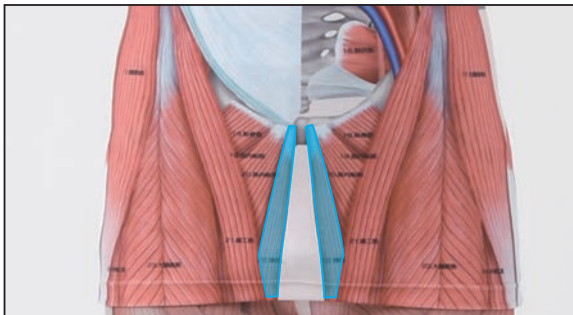
Innervation: Obturator nerve (L2-L4).

21 Sartorius



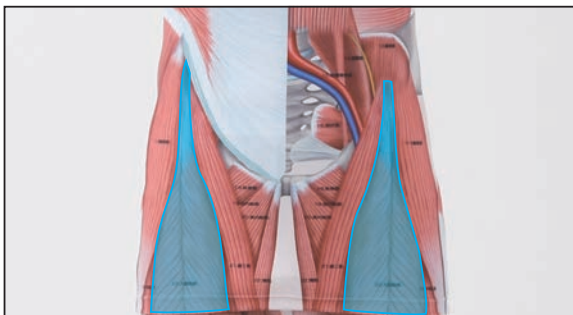
Origin: Anterior superior iliac spine.
Insertion: Medial proximal tibia via the pes anserinus.
Action: Flexes, abducts and laterally rotates the thigh; flexes the knee and medially rotates the flexed leg.
Innervation: Femoral nerve (L2, L3).

22 Gracilis



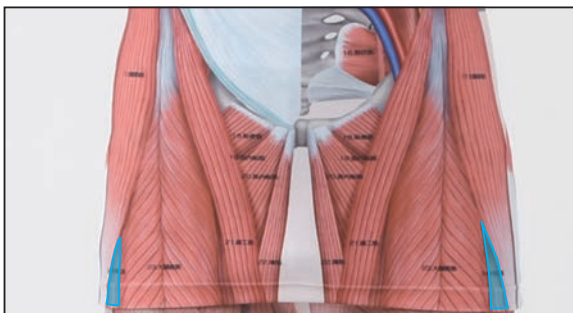
Origin: Body and inferior ramus of the pubis.
Insertion: Medial proximal tibia via the pes anserinus.
Action: Adducts the thigh; flexes the knee and medially rotates the flexed leg.
Innervation: Obturator nerve (L2-L4).

23 Rectus femoris



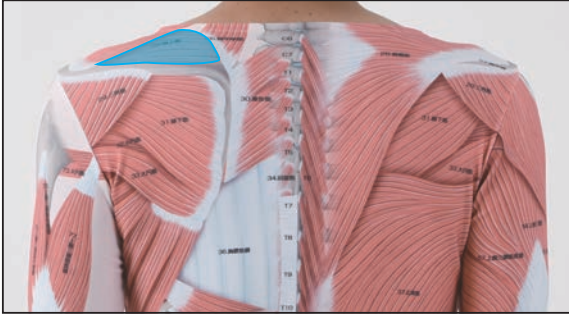
Origin: Anterior inferior iliac spine and ilium above the acetabulum.
Insertion: Patella via the quadriceps tendon; tibial tuberosity via the patellar ligament.
Action: Extends the knee and flexes the hip.
Innervation: Femoral nerve (L2-L4).

24 Vastus lateralis



Origin: Greater trochanter and lateral lip of the linea aspera.
Insertion: Patella via the quadriceps tendon; tibial tuberosity via the patellar ligament.
Action: Extends the knee.
Innervation: Femoral nerve (L2-L4).

25 Supraspinatus



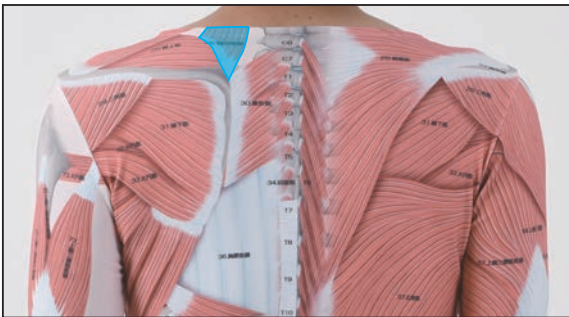
Origin: Medial two-thirds of the supraspinous fossa.

Insertion: Superior facet of the greater tubercle.

Action: Initiates arm abduction and stabilizes the shoulder.

Innervation: Suprascapular nerve (C5, C6).

26 Levator scapulae



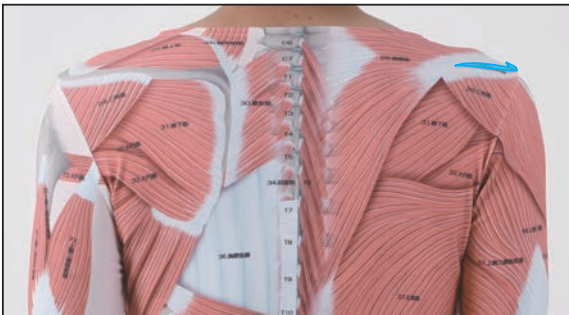
Origin: Transverse processes of C1-C4.

Insertion: Superior angle and upper medial border of the scapula.

Action: Elevates and downwardly rotates the scapula.

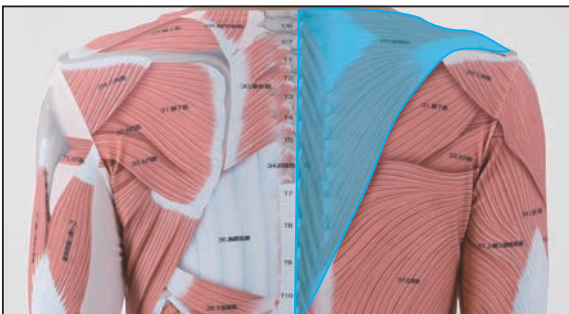
Innervation: Dorsal scapular nerve (C5) and cervical nerves (C3, C4).

27 Scapular spine



The scapular spine is a ridge on the posterior scapula. It separates the smaller supraspinous fossa from the larger infraspinous fossa.

28 Trapezius



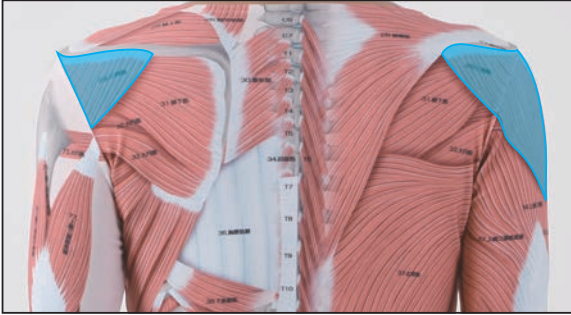
Origin: Occiput, nuchal ligament and spinous processes of C7-T12.

Insertion: Lateral clavicle, acromion and scapular spine.

Action: Upper fibers elevate, middle fibers retract and lower fibers depress the scapula. Upper and lower fibers together rotate it upward.

Innervation: Accessory nerve (CN XI); C3, C4 for sensation.

29 Deltoid



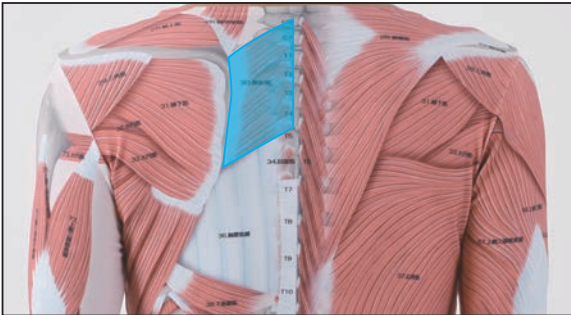
Origin: Lateral clavicle, acromion and scapular spine.

Insertion: Deltoid tuberosity of the humerus.

Action: Anterior fibers flex and medially rotate the arm; middle fibers abduct it; posterior fibers extend and laterally rotate it.

Innervation: Axillary nerve (C5, C6).

30 Rhomboid muscles



Rhomboid major and minor.

Rhomboid major

Origin: Spinous processes of T2-T5.

Insertion: Medial scapular border below the root of the spine.

Action: Retracts and downwardly rotates the scapula; fixes it to the thoracic wall.

Innervation: Dorsal scapular nerve (C5).

Rhomboid minor

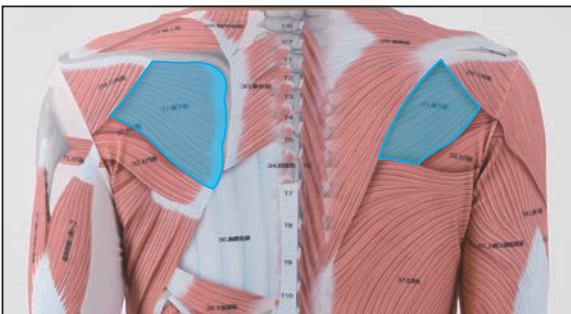
Origin: Nuchal ligament and spinous processes of C7 and T1.

Insertion: Medial scapular border at the root of the spine.

Action: Retracts and downwardly rotates the scapula; fixes it to the thoracic wall.

Innervation: Dorsal scapular nerve (C5).

31 Infraspinatus



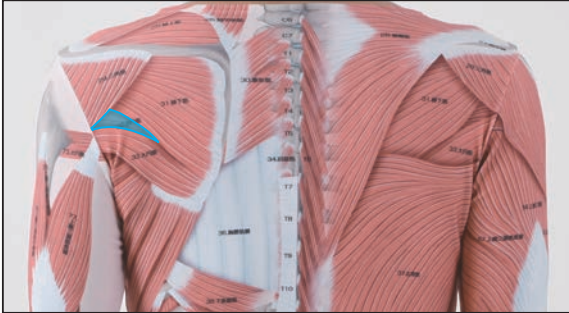
Origin: Medial two-thirds of the infraspinous fossa.

Insertion: Middle facet of the greater tubercle.

Action: Laterally rotates the arm and stabilizes the shoulder.

Innervation: Suprascapular nerve (C5, C6).

32 Teres minor



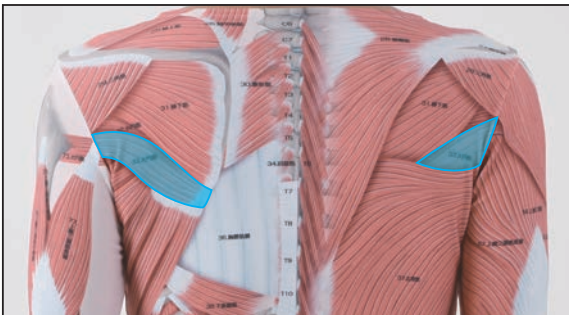
Origin: Posterior surface of the lateral scapular border.

Insertion: Inferior facet of the greater tubercle.

Action: Laterally rotates the arm, assists adduction and stabilizes the shoulder.

Innervation: Axillary nerve (C5, C6).

33 Teres major



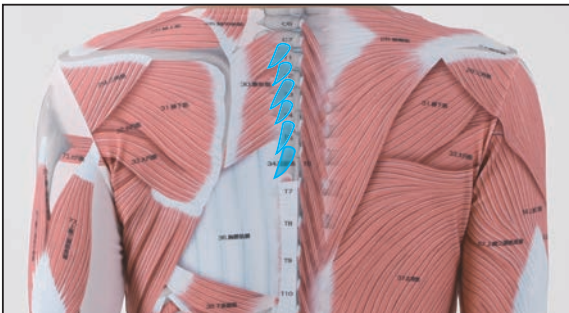
Origin: Posterior surface of the inferior scapular angle.

Insertion: Medial lip of the intertubercular sulcus.

Action: Extends, adducts and medially rotates the arm.

Innervation: Lower subscapular nerve (C5, C6).

34 Rotatores



Includes thoracic, cervical and lumbar rotatores; these short deep muscles are best developed in the thoracic region.

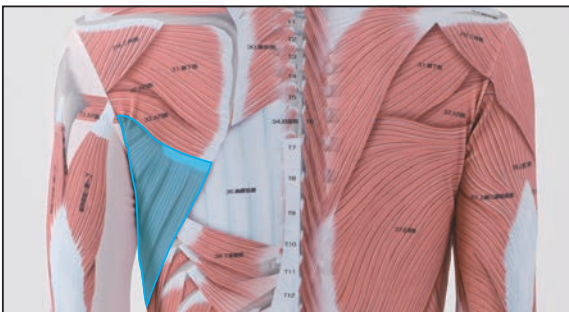
Origin: Transverse processes, chiefly thoracic.

Insertion: Lamina or spine 1-2 levels above.

Action: Stabilizes, extends and rotates the spine.

Innervation: Spinal posterior rami.

35 Serratus anterior



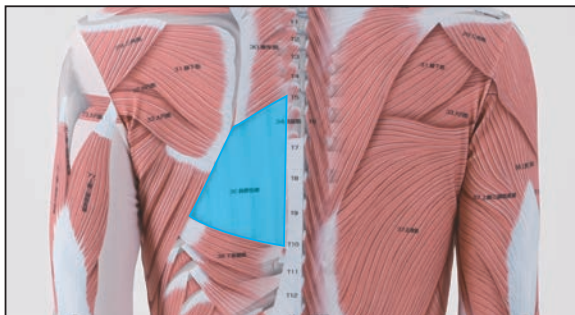
Origin: Outer surfaces of ribs 1-8 or 1-9.

Insertion: Anterior surface of the medial scapular border.

Action: Protracts and upwardly rotates the scapula; holds it against the thoracic wall.

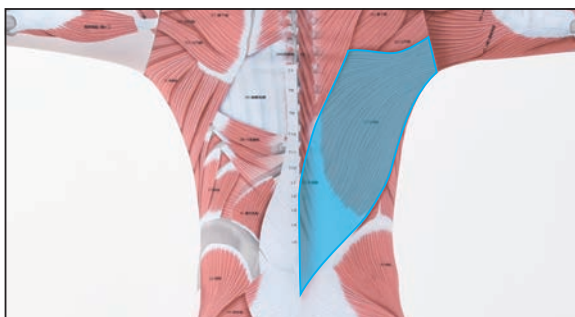
Innervation: Long thoracic nerve (C5-C7).

36 Thoracolumbar fascia



A strong fascial complex in the lower back that encloses the deep back muscles and connects them with the abdominal wall. The superficial part is shown.

37 Latissimus dorsi



Origin: Spinous processes of T7-T12, thoracolumbar fascia, iliac crest and lower ribs.

Insertion: Floor of the intertubercular sulcus.

Action: Extends, adducts and medially rotates the arm.

Innervation: Thoracodorsal nerve (C6-C8).

38 Serratus posterior inferior



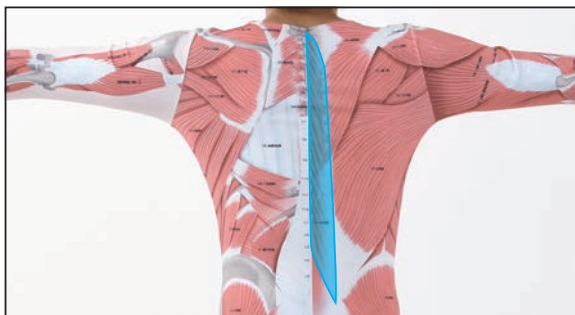
Origin: Spinous processes of T11-L2 and thoracolumbar fascia.

Insertion: Inferior borders of ribs 9-12.

Action: Depresses and stabilizes the lower ribs; assists forced expiration.

Innervation: Anterior rami of T9-T12.

39 Multifidus



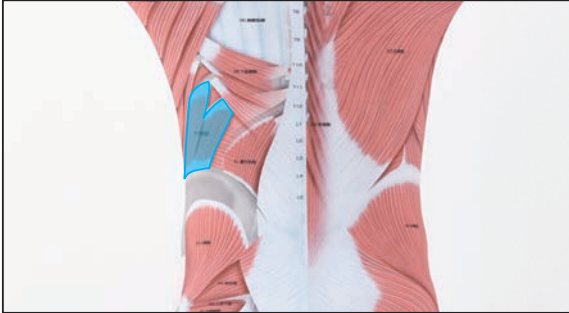
Origin: Posterior sacrum, posterior iliac region, lumbar mammillary processes, thoracic transverse processes and cervical articular processes.

Insertion: Spinous processes two to four levels above.

Action: Stabilizes and extends the spine; assists rotation to the opposite side.

Innervation: Posterior rami of spinal nerves.

40 External oblique



Origin: Outer surfaces of ribs 5-12.

Insertion: Linea alba, pubic tubercle and anterior iliac crest; lower aponeurosis forms the inguinal ligament.

Action: Bilaterally flexes the trunk and compresses the abdomen; unilaterally bends it to the same side and rotates it to the opposite side.

Innervation: Thoracoabdominal and subcostal nerves (T7-T12).

41 Quadratus lumborum



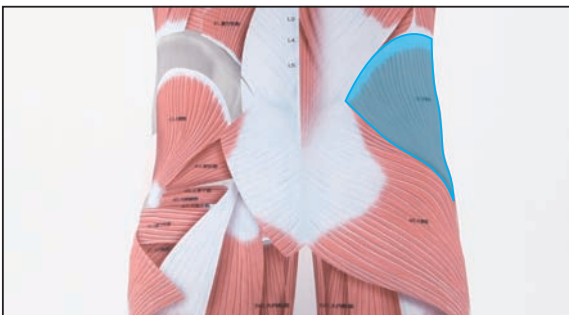
Origin: Iliolumbar ligament and iliac crest.

Insertion: Rib 12 and transverse processes of L1-L4.

Action: Laterally bends and extends the lumbar spine; fixes rib 12 during breathing and stabilizes the pelvis.

Innervation: Anterior rami of T12-L4.

42 Gluteus medius



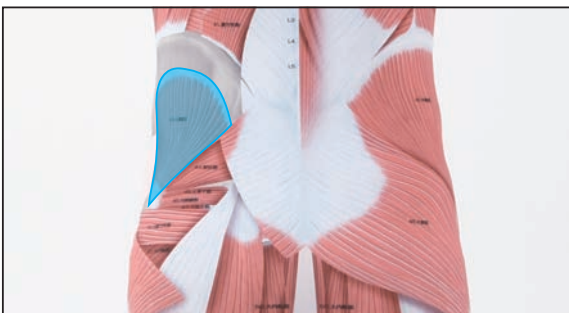
Origin: Outer ilium between the anterior and posterior gluteal lines.

Insertion: Lateral surface of the greater trochanter.

Action: Abducts and medially rotates the thigh; stabilizes the pelvis during walking.

Innervation: Superior gluteal nerve (L4, L5, S1).

43 Gluteus minimus



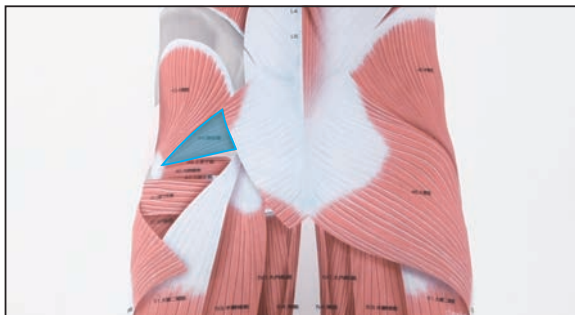
Origin: Outer ilium between the anterior and inferior gluteal lines.

Insertion: Anterior surface of the greater trochanter.

Action: Abducts and medially rotates the thigh; stabilizes the pelvis during walking.

Innervation: Superior gluteal nerve (L4, L5, S1).

44 Piriformis



Origin: Anterior surface of the sacrum.

Insertion: Superior border of the greater trochanter.

Action: Laterally rotates the extended thigh and abducts the flexed thigh.

Innervation: Nerve to piriformis (S1, S2).

45 Superior gemellus



Origin: Ischial spine.

Insertion: Medial surface of the greater trochanter via the obturator internus tendon.

Action: Laterally rotates the extended thigh and abducts the flexed thigh.

Innervation: Nerve to obturator internus (L5, S1, S2).

46 Obturator internus



Origin: Pelvic surfaces of the obturator foramen and surrounding pubis and ischium.

Insertion: Medial surface of the greater trochanter via the obturator internus tendon.

Action: Laterally rotates the extended thigh and abducts the flexed thigh.

Innervation: Nerve to obturator internus (L5, S1, S2).

47 Inferior gemellus



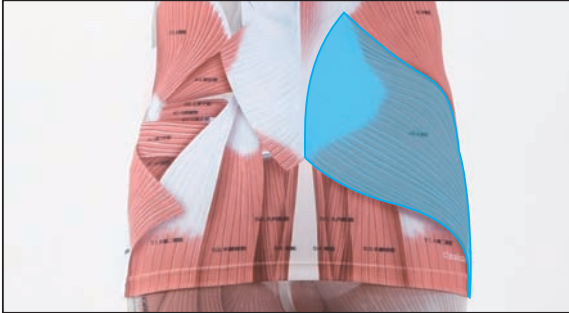
Origin: Ischial tuberosity.

Insertion: Medial surface of the greater trochanter via the obturator internus tendon.

Action: Laterally rotates the extended thigh and abducts the flexed thigh.

Innervation: Nerve to quadratus femoris (L4, L5, S1).

48 Gluteus maximus



Origin: Ilium posterior to the posterior gluteal line, dorsal sacrum and coccyx, and sacrotuberous ligament.

Insertion: Iliotibial tract and gluteal tuberosity.

Action: Extends and laterally rotates the thigh; helps stabilize the hip and knee.

Innervation: Inferior gluteal nerve (L5, S1, S2).

49 Quadratus femoris



Origin: Lateral border of the ischial tuberosity.

Insertion: Quadrate tubercle on the intertrochanteric crest.

Action: Laterally rotates and assists adduction of the thigh.

Innervation: Nerve to quadratus femoris (L4, L5, S1).

50 Adductor magnus



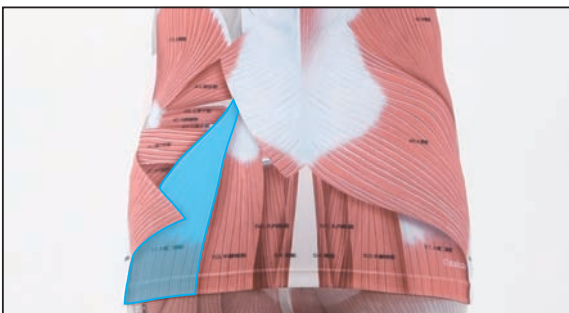
Origin: Inferior pubic ramus, ischial ramus and ischial tuberosity.

Insertion: Linea aspera and medial supracondylar line; hamstring part to the adductor tubercle.

Action: Adducts the thigh. Adductor fibers assist flexion; hamstring fibers extend the hip.

Innervation: Obturator nerve (L2-L4); tibial division of the sciatic nerve (mainly L4) to the hamstring part.

51 Biceps femoris



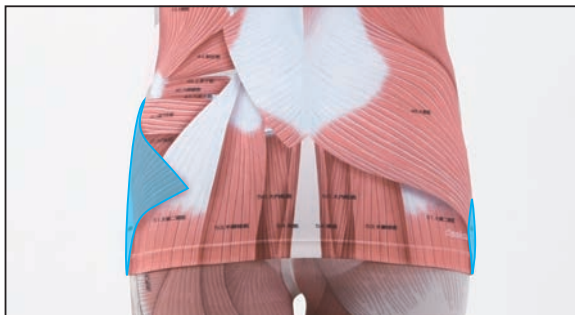
Origin: Long head: ischial tuberosity. Short head: linea aspera and lateral supracondylar line.

Insertion: Head of the fibula.

Action: Flexes the knee and laterally rotates the flexed leg. The long head extends the hip.

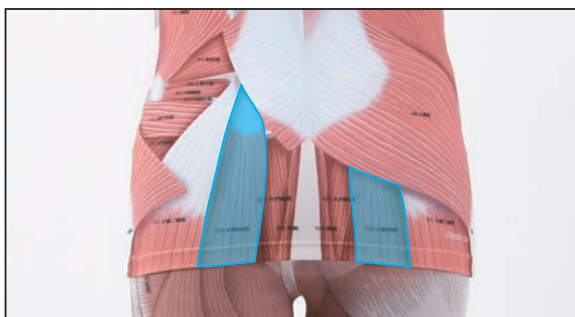
Innervation: Sciatic nerve (L5, S1, S2): tibial division to the long head; common fibular division to the short head.

52 Iliotibial tract



A thickened lateral band of fascia lata receiving fibers from tensor fasciae latae and gluteus maximus. It attaches to the lateral tibial condyle and helps stabilize the hip and knee.

53 Semitendinosus



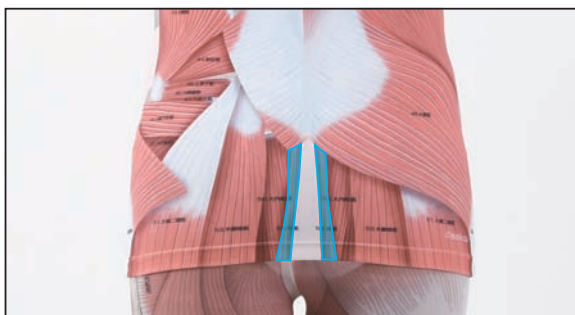
Origin: Ischial tuberosity.

Insertion: Medial proximal tibia via the pes anserinus.

Action: Extends the hip; flexes the knee and medially rotates the flexed leg.

Innervation: Tibial division of the sciatic nerve (L5, S1, S2).

54 Gracilis



Origin: Body and inferior ramus of the pubis.

Insertion: Medial proximal tibia via the pes anserinus.

Action: Adducts the thigh; flexes the knee and medially rotates the flexed leg.

Innervation: Obturator nerve (L2-L4).

55 Deltoid



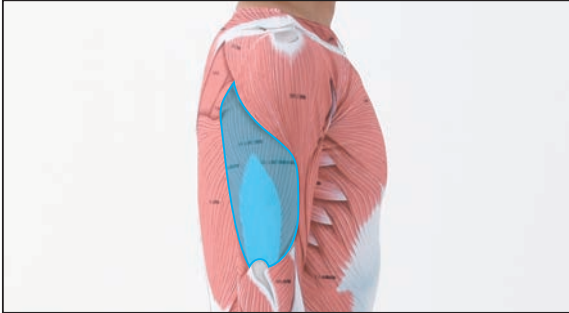
Origin: Lateral clavicle, acromion and scapular spine.

Insertion: Deltoid tuberosity of the humerus.

Action: Anterior fibers flex and medially rotate the arm; middle fibers abduct it; posterior fibers extend and laterally rotate it.

Innervation: Axillary nerve (C5, C6).

56 Triceps brachii



Origin: Long head: infraglenoid tubercle. Lateral and medial heads: posterior humerus above and below the radial groove.

Insertion: Olecranon of the ulna.

Action: Extends the elbow. The long head also extends and adducts the arm.

Innervation: Radial nerve (C7, C8).

57 Triceps brachii, long head



Origin: Infraglenoid tubercle of the scapula.

Insertion: Olecranon of the ulna.

Action: Extends the elbow; extends and adducts the arm.

Innervation: Radial nerve (C7, C8).

58 Triceps brachii, lateral head



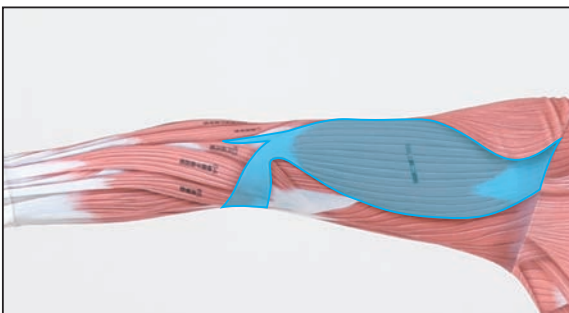
Origin: Posterior humerus above the radial groove.

Insertion: Olecranon of the ulna.

Action: Extends the elbow.

Innervation: Radial nerve (C7, C8).

59 Biceps brachii



Origin: Long head: supraglenoid tubercle. Short head: coracoid process.

Insertion: Radial tuberosity and forearm fascia via the bicipital aponeurosis.

Action: Flexes the elbow and supinates the forearm; assists shoulder flexion.

Innervation: Musculocutaneous nerve (C5, C6).

60 Anconeus



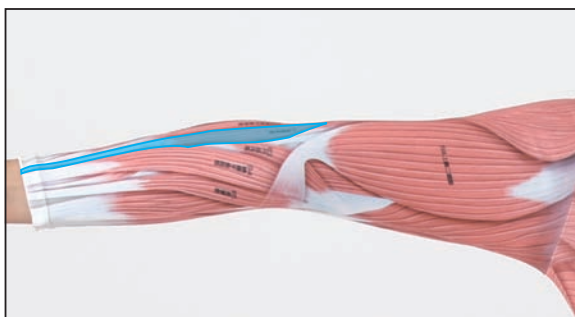
Origin: Posterior lateral epicondyle of the humerus.

Insertion: Lateral olecranon and proximal posterior ulna.

Action: Assists elbow extension and stabilizes the elbow.

Innervation: Radial nerve (C7, C8).

61 Brachioradialis



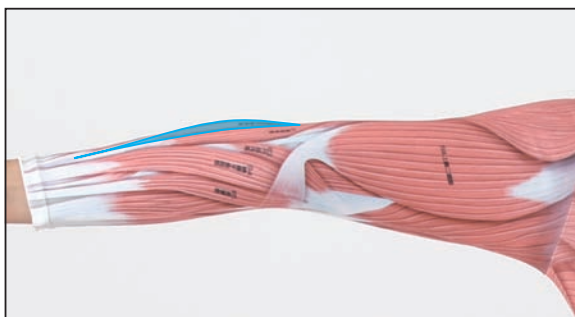
Origin: Proximal lateral supracondylar ridge of the humerus.

Insertion: Lateral distal radius near the styloid process.

Action: Flexes the elbow and returns the forearm toward the neutral position from pronation or supination.

Innervation: Radial nerve (C5, C6).

62 Extensor carpi radialis longus



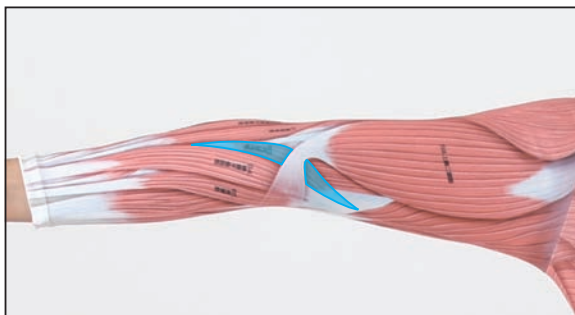
Origin: Distal lateral supracondylar ridge of the humerus.

Insertion: Dorsal base of metacarpal 2.

Action: Extends and radially deviates the wrist.

Innervation: Radial nerve (C6, C7).

63 Pronator teres



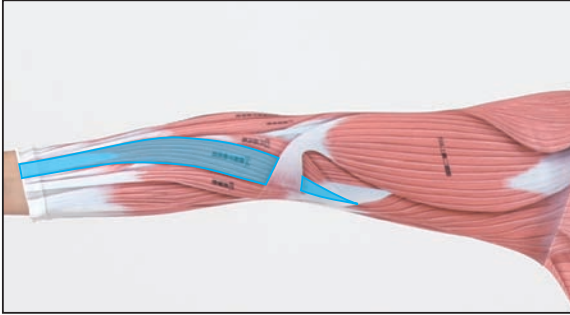
Origin: Medial epicondyle of the humerus and coronoid process of the ulna.

Insertion: Middle of the lateral radial surface.

Action: Pronates the forearm and assists elbow flexion.

Innervation: Median nerve (C6, C7).

64 Flexor carpi radialis



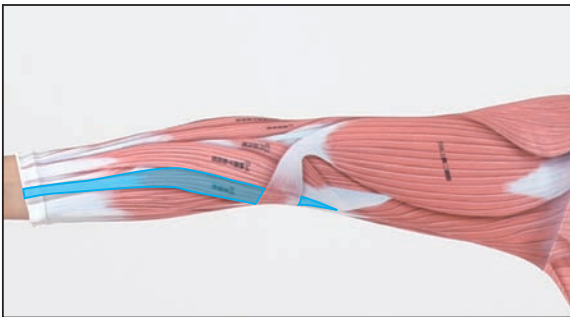
Origin: Medial epicondyle of the humerus.

Insertion: Palmar base of metacarpal 2, often with a slip to metacarpal 3.

Action: Flexes and radially deviates the wrist.

Innervation: Median nerve (C6, C7).

65 Palmaris longus



Origin: Medial epicondyle of the humerus.

Insertion: Flexor retinaculum and palmar aponeurosis.

Action: Flexes the wrist and tenses the palmar aponeurosis.

Innervation: Median nerve (C7, C8).

66 Extensor digitorum



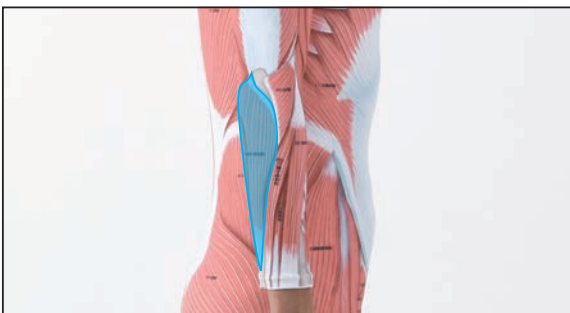
Origin: Lateral epicondyle of the humerus.

Insertion: Extensor expansions of digits 2-5.

Action: Extends digits 2-5 at the metacarpophalangeal joints; assists interphalangeal and wrist extension.

Innervation: Posterior interosseous nerve (C7, C8).

67 Flexor carpi ulnaris



Origin: Medial epicondyle, olecranon and posterior border of the ulna.

Insertion: Pisiform; via ligaments to the hook of hamate and base of metacarpal 5.

Action: Flexes and ulnarly deviates the wrist.

Innervation: Ulnar nerve (C8, T1).

68 Extensor carpi ulnaris



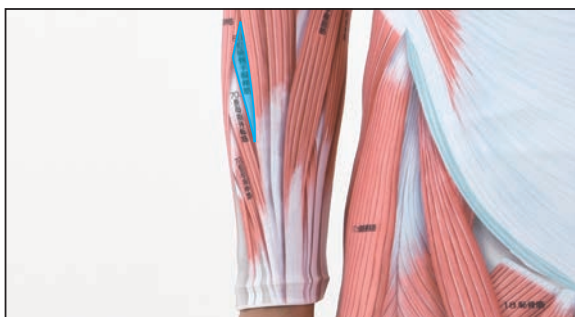
Origin: Lateral epicondyle and posterior border of the ulna.

Insertion: Dorsal base of metacarpal 5.

Action: Extends and ulnarly deviates the wrist.

Innervation: Posterior interosseous nerve (C7, C8).

69 Extensor carpi radialis brevis



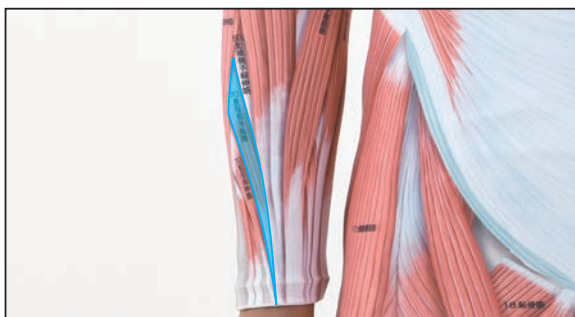
Origin: Lateral epicondyle of the humerus.

Insertion: Dorsal base of metacarpal 3.

Action: Extends and radially deviates the wrist.

Innervation: Deep branch of the radial nerve (C7, C8).

70 Abductor pollicis longus



Origin: Posterior radius and ulna, and interosseous membrane.

Insertion: Base of metacarpal 1.

Action: Abducts and extends the thumb at the carpometacarpal joint; assists radial deviation of the wrist.

Innervation: Posterior interosseous nerve (C7, C8).

71 Extensor digiti minimi



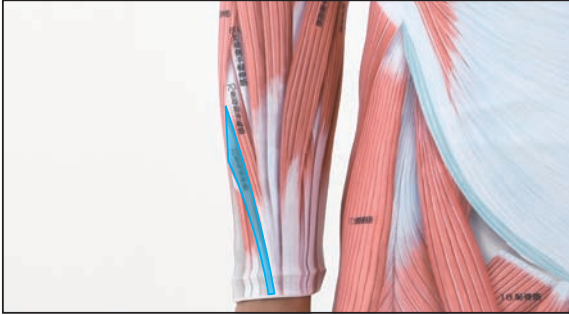
Origin: Lateral epicondyle of the humerus.

Insertion: Extensor expansion of digit 5.

Action: Extends the little finger at the metacarpophalangeal and interphalangeal joints.

Innervation: Posterior interosseous nerve (C7, C8).

72 Extensor pollicis brevis



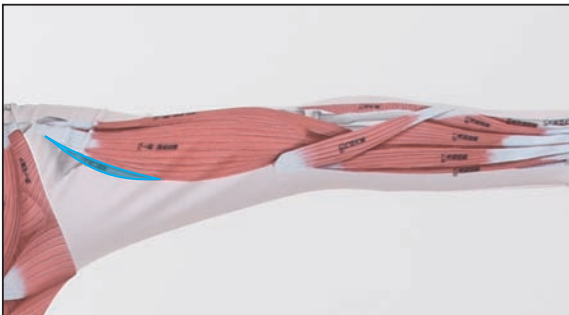
Origin: Posterior radius and interosseous membrane.
Insertion: Dorsal base of the proximal phalanx of the thumb.
Action: Extends the thumb at the metacarpophalangeal joint.
Innervation: Posterior interosseous nerve (C7, C8).

73 Teres major



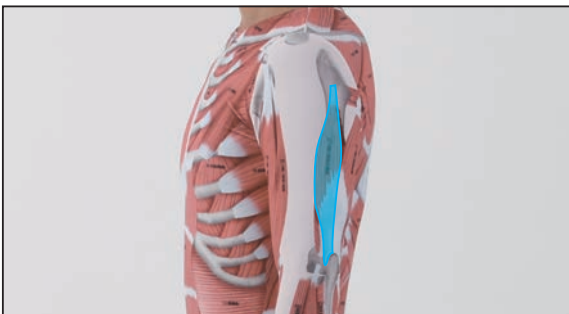
Origin: Posterior surface of the inferior scapular angle.
Insertion: Medial lip of the intertubercular sulcus.
Action: Extends, adducts and medially rotates the arm.
Innervation: Lower subscapular nerve (C5, C6).

74 Coracobrachialis



Origin: Coracoid process of the scapula.
Insertion: Middle medial surface of the humerus.
Action: Flexes and adducts the arm.
Innervation: Musculocutaneous nerve (C5-C7).

75 Triceps brachii, lateral head



Origin: Posterior humerus above the radial groove.
Insertion: Olecranon of the ulna.
Action: Extends the elbow.
Innervation: Radial nerve (C7, C8).

76 Triceps brachii, medial head



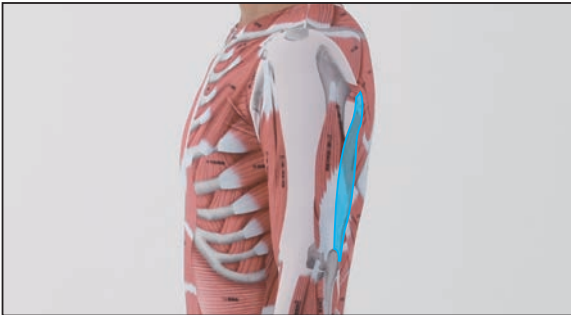
Origin: Posterior humerus below the radial groove.

Insertion: Olecranon of the ulna.

Action: Extends the elbow.

Innervation: Radial nerve (C7, C8).

77 Triceps brachii, long head



Origin: Infraglenoid tubercle of the scapula.

Insertion: Olecranon of the ulna.

Action: Extends the elbow; extends and adducts the arm.

Innervation: Radial nerve (C7, C8).

78 Biceps brachii, long head



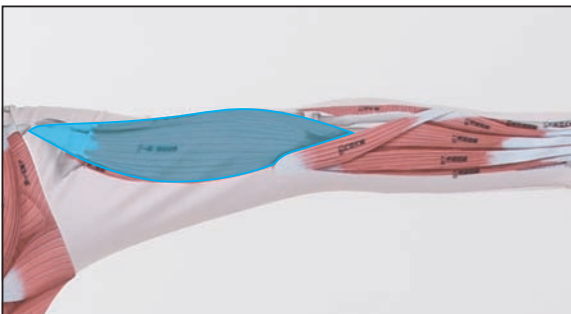
Origin: Supraglenoid tubercle of the scapula.

Insertion: Radial tuberosity; forearm fascia via the bicipital aponeurosis.

Action: Flexes the elbow and supinates the forearm.

Innervation: Musculocutaneous nerve (C5, C6).

79 Biceps brachii, short head



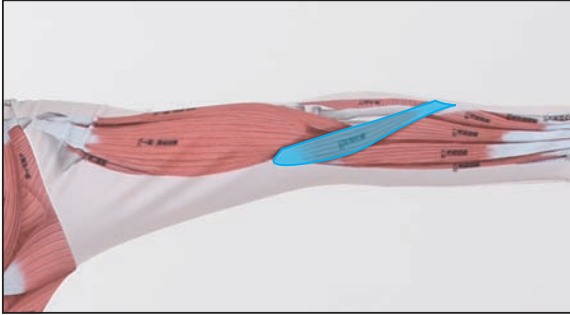
Origin: Coracoid process of the scapula.

Insertion: Radial tuberosity; forearm fascia via the bicipital aponeurosis.

Action: Flexes the elbow and supinates the forearm.

Innervation: Musculocutaneous nerve (C5, C6).

80 Pronator teres



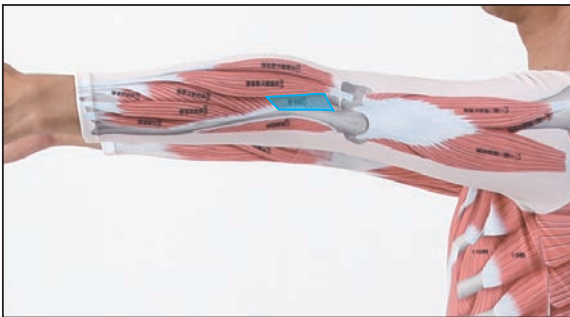
Origin: Medial epicondyle of the humerus and coronoid process of the ulna.

Insertion: Middle of the lateral radial surface.

Action: Pronates the forearm and assists elbow flexion.

Innervation: Median nerve (C6, C7).

81 Supinator



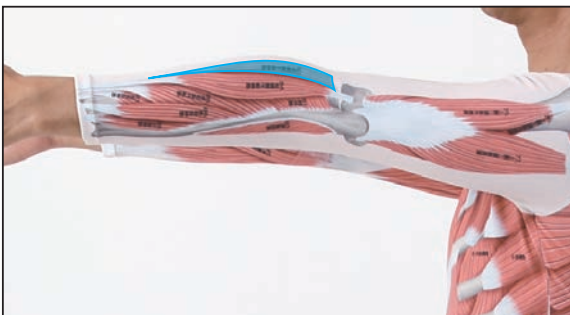
Origin: Lateral epicondyle, radial collateral and annular ligaments, and supinator crest of the ulna.

Insertion: Proximal third of the radius.

Action: Supinates the forearm.

Innervation: Deep branch of the radial nerve (C7, C8).

82 Extensor carpi radialis longus



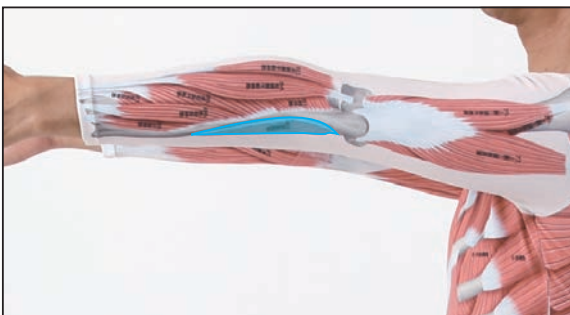
Origin: Distal lateral supracondylar ridge of the humerus.

Insertion: Dorsal base of metacarpal 2.

Action: Extends and radially deviates the wrist.

Innervation: Radial nerve (C6, C7).

83 Flexor digitorum profundus



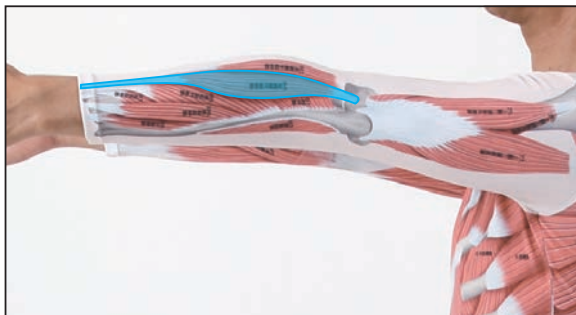
Origin: Proximal anterior and medial ulna, and interosseous membrane.

Insertion: Palmar bases of distal phalanges 2-5.

Action: Flexes the distal interphalangeal joints of digits 2-5; assists wrist flexion.

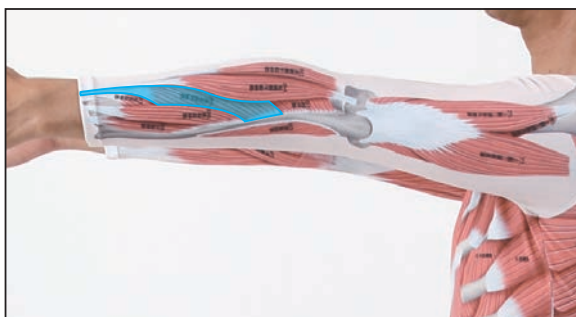
Innervation: Anterior interosseous nerve to digits 2, 3; ulnar nerve to digits 4, 5 (C8, T1).

84 Extensor carpi radialis brevis



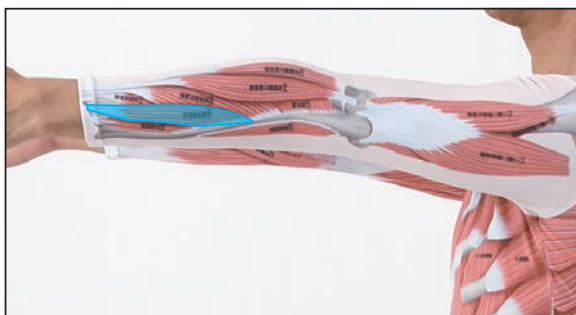
Origin: Lateral epicondyle of the humerus.
Insertion: Dorsal base of metacarpal 3.
Action: Extends and radially deviates the wrist.
Innervation: Deep branch of the radial nerve (C7, C8).

85 Abductor pollicis longus



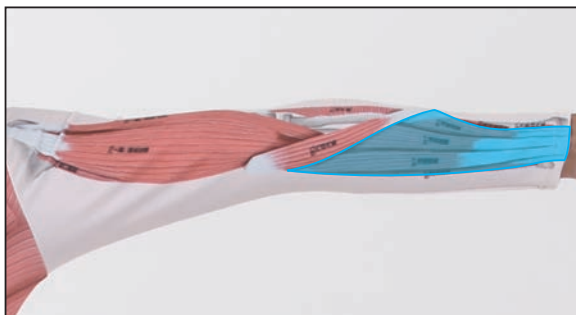
Origin: Posterior radius and ulna, and interosseous membrane.
Insertion: Base of metacarpal 1.
Action: Abducts and extends the thumb at the carpometacarpal joint; assists radial deviation of the wrist.
Innervation: Posterior interosseous nerve (C7, C8).

86 Extensor pollicis longus



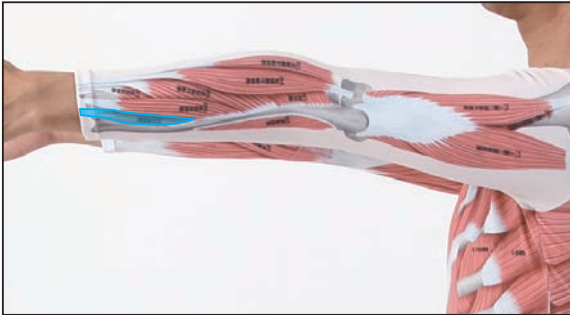
Origin: Posterior middle ulna and interosseous membrane.
Insertion: Dorsal base of the distal phalanx of the thumb.
Action: Extends the thumb at the interphalangeal and metacarpophalangeal joints.
Innervation: Posterior interosseous nerve (C7, C8).

87 Flexor digitorum superficialis



Origin: Medial epicondyle, coronoid process and anterior radius.
Insertion: Sides of the middle phalanges of digits 2-5.
Action: Flexes the proximal interphalangeal joints of digits 2-5; assists wrist flexion.
Innervation: Median nerve (C7, C8, T1).

88 Extensor indicis



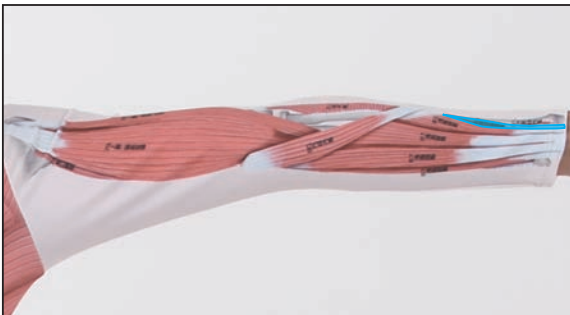
Origin: Posterior distal ulna and interosseous membrane.

Insertion: Extensor expansion of digit 2.

Action: Extends the index finger; assists wrist extension.

Innervation: Posterior interosseous nerve (C7, C8).

89 Flexor pollicis longus



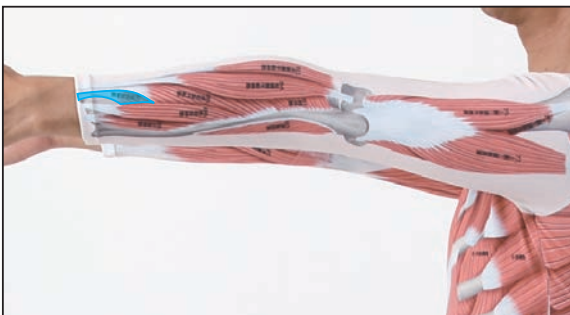
Origin: Anterior radius and interosseous membrane.

Insertion: Palmar base of the distal phalanx of the thumb.

Action: Flexes the thumb, chiefly at the interphalangeal joint.

Innervation: Anterior interosseous nerve (C8, T1).

90 Extensor pollicis brevis



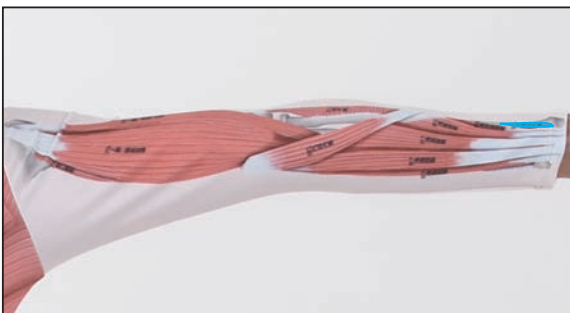
Origin: Posterior radius and interosseous membrane.

Insertion: Dorsal base of the proximal phalanx of the thumb.

Action: Extends the thumb at the metacarpophalangeal joint.

Innervation: Posterior interosseous nerve (C7, C8).

91 Pronator quadratus



Origin: Distal quarter of the anterior ulna.

Insertion: Distal quarter of the anterior radius.

Action: Pronates the forearm and stabilizes the distal radioulnar joint.

Innervation: Anterior interosseous nerve (C8, T1).

References and Sources

Nihon Jintai Kaibogaku, Vol. 1, revised 20th edition. Nanzando.
Illustrations were adapted (including coloring) or newly created by SAIKOU.
The original Japanese explanations were quoted from this work; the English text has been edited for clarity.

Kokkakukin no Katachi to Shokusatsuho, 1st edition. Taihokaku.

Shintai Undo no Kino Kaibo, revised edition. Ido no Nippon Sha.

Zenbu Wakaru Kinniku no Namae to Shikumi Jiten. Seibido Shuppan.

Japanese source titles are romanized.

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