Anterior	**Biceps Brachii**	Musculocutaneous Nerve	Long Head -supraglenoid tubercle of scapula Short head -coracoid process	-Radial Tuberosity -Deep fascia of forearm via bicipital aponeurosis	-Supinate forearm -Flexes supine forearm **-Does NOT attach to humerus**
	Brachialis	Musculocutaneous	-distal anterior humerus	-Ulnar tuberosity and coronoid process of the Ulna	-Main flexor of forearm in all positions
	Coracobrachialis	Musculocutaneous Nerve	-Coracoid process of scapula	Middle of humerus	-Flexes and adducts the arm -Shunt muscle for GHJ
Posterior	**Triceps Brachii**	**Radial Nerve**	Long head -infraglenoid tubercle of scapula Medial head -posterior humeral surface (inferior to radial groove) Lateral head -posterior surface of the humerus (superior to radial groove)	Olecranon of the Ulna	-Main extensor of the forearm -Shunt muscles for glenohumeral joint
	Anconeus	**Radial Nerve**	-lateral epicondyle of the humerus	**Lateral surface of the olecranon and the superior part of the posterior aspect the of ulna**	**-Assists triceps in extending forearm; stabilize elbow joint; abduction during pronation**

5 - Forearm Muscles: **Anterior Compartment = Flexors/Pronators**

	Muscles	Innervation	Attachment	Distal Attachment	Function
Superficial	**P**ronator teres	Median nerve	- coronoid process of ulna, **Medial epicondyle of humerus**	-lateral surface of Radius	Pronates and flexes forearm at elbow
	Flexor carpi radialis	Median nerve	**-Medial epicondyle of humerus**	-2nd metacarpal	Flex wrist and A**Bduct** hand
	***Palmaris longus**	Median nerve	**- Medial epicondyle of humerus**	-Flexor retinaculum	Flexes hand at wrist and tighten palmar aponeurosis; 40% don't have; mist visibile when wrist is flexed.
	Flexor carpi ulnaris	**Ulnar nerve**	- olecranon process of ulna, **Medial epicondyle of humerus**	-5th metacarpal, pisiform, and hamate	Flex wrist and **ADDucts** hand
	EXCEPTION: Brachioradialis				
Inter-mediate	**Flexor digitorum superficialis (FDS)**	Median nerve	- coronoid process of ulna, **Medial epicondyle of humerus**, and the anterior oblique line of radius	- Middle phalanx of 2-5 (aka medial 4 digits)	Flex medial 4 phalanges at PIP; forms the tendonous arch to allow for median nerve and ulnar artery to pass deep; (flex wrist)
Deep	**Flexor digitorum profundus**	Digits 2-3: Median nerve **Digits 4-5: Ulnar nerve**	-medial, anterior surface of Ulna and interosseous membrane	- Distal phalanges 2-5 (aka medial 4 digits); "goes through split made by FDS"	(flex wrist), Flex medial 4 phalanges at DIP
	Flexor pollicis longus	Median nerve	-lateral, anterior surface of radius and interosseous membrane	-Distal phalanx 1	Flex phalanges of thumb (IP joint)

Mylohyoid	Mylohyoid nerve, a branch of inferior alveolar nerve of CN v3	-mylohyoid line of mandible	-mylohyoid raphe and body of hyoid bone	-elevates hyoid bone, floor of mouth and tongue during swallowing and speaking
Stylohyoid	Cervical branch of facial nerve	-stylohyoid process of temporal bone	-body of hyoid bone	-elevates and retracts hyoid bone, thereby elongating floor of mouth

Anterior Triangle of the Neck - Infrahyoid Muscles

Muscles	Innervation	PA	DA	Function
Sternohyoid	Ansa Cervicalis	-manubrium of sternum -medial end of clavicle	-body of hyoid	-depresses hyoid after elevation during swallowing
Omohyoid	Ansa Cervicalis	-superior border of scapula	-inferior border of hyoid	-Depresses, retracts, and steadies hyoid
Sternothyroid	Ansa Cervicalis	-Posterior surface of manubrium of sternum	-Oblique line of thyroid cartilage	-Depresses hyoid and larynx
Thyrohyoid	C1	-Oblique line of thyroid cartilage	-inferior border of body of hyoid and greater horn of hyoid	-depress hyoid and elevate larynx

Lateral prevertebral muscles: scalenes (anterior, middle, posterior), splenius capitus, levator scapulae)

Anterior Prevertebral Muscles of the Neck

Muscles	Innervation	SA	IA	Function
Longus Capitis	C1-3 ventral Rami	-basilar of occipital bone	-anterior tubercles of C3-6 transverse processes	-Flex neck
Longus Colli	-C2-6 ventral rami	*Anterior tubercle of C1 (atlas); bodies of C1-C3 and transverse processes of C3-C6	*Bodies of C5-T3; transverse processes of C3-C5	-Weak Flexor of neck
Rectus capitis anterior	-branches of loop between C1 and C2 spinal nerves	-base of cranium just anterior to occipital condyle	-anterior surface of C1	-flexes head

+ rectus capitis lateralis?

Oral Cavity and Pharynx (External Layer)

Muscles	Innervation	Attachments		Function
Superior Constrictor	Vagus (recurrent laryngeal)	-Posterior end of mylohyoid line of mandible	Pharyngeal tubercle on basilar part of occipital bone	-Constrict walls of pharynx during swallowing
Middle constrictor	Vagus (recurrent laryngeal)	-Stylohyoid ligament and greater and lesser horns of hyoid	(Median) pharyngeal raphe	-Constrict walls of pharynx during swallowing
Inferior constrictor	Vagus (recurrent laryngeal)	-Oblique line of thyroid cartilage and side of cricoid cartilage	Cricopharyngeal part [illegible] pharyngesophageal junction without forming a raphe	-Constrict walls of pharynx during swallowing

Oral Cavity and Pharynx (Internal Layer)

Muscles	Innervation	Attachments		Function
Palatopharyngeus	-pharyngeal branch of Vagus (CN X) and pharyngeal plexus	-hard plate and palatine aponeurosis	-posterior thyroid cartilage and side of pharynx/esoph.	-elevate (shorten and widen) pharynx and larynx during swallowing and speaking
Salpingopharyngeus	-pharyngeal branch of Vagus (CN X) and pharyngeal plexus	-Cartilage of pharyngotympanic tube	-blends w/ palatopharyngeus	-elevate (shorten and widen) pharynx and larynx during swallowing and speaking
Stylopharyngeus	-glossopharyngeal nerve (CN IX)	-styloid process of temporal bone	-posterior and superior thyroid cartilage with palatopharyngeus	-elevate (shorten and widen) pharynx and larynx during swallowing and speaking

Muscles of Soft Palate (overlap with pharynx and tongue)

Muscles	Innervation	Attachments		Function
Tensor Veli Palatini	Nerve to medial pterygoid (CN V_3) via Otic ganglion	-Scaphoid fossa -spine of sphenoid bone -cartilage of pharyngotympanic tube	-Palatine aponeurosis	<u>During swallowing and yawning</u> -tenses soft plate -opens mouth of pharyngotympanic tube
Levator Veli Palatini	-pharyngeal branch of CN X via Pharyngeal plexus	-side of tongue; cartilage of pharyngotympanic tube and petrous part of temporal bone	-Palatine aponeurosis	<u>During swallowing and yawning</u> -elevates soft palate
Musculus Uvulae	-pharyngeal branch of CN X via Pharyngeal plexus	-posterior nasal spine and papatine aponeurosis	-mucosa of uvula	-shortens uvula and pulls it superiorly

***also included are the palatoglossus and palatopharyngeus muscles found in tongue and pharynx**

Tibial	Sciatic Nerve	Term. Branch of sciatic, descends through popliteal fossa, into deep post. Comp leg,bifurcates into medial and lateral plantar nerve	Hamstring msucles post comp thigh, muscles post comp leg/sole of foot
Common Fibular	Sciatic Nerve	Term branch sciatic, follows medial border biceps femoris/tendon to wind around neck of fiula, deep to fibularis longus, bifurcates into superficial and deep fibular nerves	Short head biceps femoris, muscles of ant/ lat leg/ dorsum of foot
Superficial Fibular	Common fibular (from Sciatic)	Arises deep to fib longus on neck of fibula, descends in lat comp leg/ pierces crural fascia in distal 1/3 of leg to become cutaneous	Fibularis longus/b revis
Deep Fibular	Common Fibular (from sciatic)	Arises deep to fib longus on neck of fibula- passes through extensor digitorum longus into ant comp/ descend on interosseous mem/ crosses ankle join and enters dorsum foot	Muscles ant comp leg/ dorsum foot