Muscle(s)	Origin	Insertion	Innervation	Main Action(s)
Supinator	Lateral epicondyle of humerus, radial collateral and anular ligaments, supinator fossa, and crest of ulna	Lateral, posterior, and anterior surfaces of proximal third of radius	Deep branch of radial nerve (C5, C6)	Supinates forearm (i.e., rotates radius to turn palm anteriorly)
Supraspinatus	Supraspinous fossa of scapula	Superior facet on greater tubercle of humerus	Suprascapular nerve (C4–C6)	Initiates and assists deltoid in abduction of arm and acts with rotator cuff muscles
Temporalis	Floor of temporal fossa and deep surface of temporal fascia	Tip and medial surface of coronoid process and anterior border of ramus of mandible	Deep temporal branches of mandibular nerve (CN V3)	Elevates mandible, closing jaws; its posterior fibers retract mandible after protrusion (SEE ALSO masseter)
Tensor fascia latae	Anterior superior iliac spine and anterior part of iliac crest	Iliotibial tract that attaches to lateral condyle of tibia	Superior gluteal (L4, by L5)	Abducts, medially rotates, and flexes thigh; helps to keep knee extended; steadies trunk on thigh
Tensor tympani	Canal for tensor tympani of petrous part of temporal bone and cartilage of pharyngo-tympanic (auditory) tube	Handle of malleus	Branch of mandibular nerve (CN V3) by otic ganglion	Tenses tympanic membrane to damp excessive vibration caused by loud noise
Tensor veli palatini	Scaphoid fossa of medial pterygoid plate, spine of sphenoid bone, and cartilage of pharyngo-tympanic (auditory) tube	Palatine aponeurosis	Medial pterygoid nerve (a branch of mandibular nerve—CN V3) by otic ganglion	Tenses soft palate andopens mouth of auditory tube during swallowing and yawning
Teres major	Dorsal surface of inferior angle of scapula	Medial lip of intertubercular groove of humerus	Lower subscapular nerve (C6, C7)	Adducts and medially rotates arm
Teres minor	Superior part of lateral border of scapula	Inferior facet on greater tubercle of humerus	Axillary nerve (C5, C6)	Laterally rotates arm; helps to hold head of humerus in glenoid cavity of scapula
Thyroarytenoid	Posterior surface of thyroid cartilage	Muscular process of arytenoid cartilage	Recurrent laryngeal nerve	Relaxes vocal fold
Thyrohyoid	Oblique line of thyroid cartilage	Inferior border of body and greater horn of hyoid bone	C1 by hypoglossal nerve	Depresses hyoid bone and elevates larynx
Tibialis anterior	Lateral condyle and superior half of lateral surface of tibia and interosseous membrane	Medial and inferior surfaces of medial cuneiform and base of 1st metatarsal	Deep fibular (peroneal) nerve (L4, L5)	Dorsiflexes ankle and inverts foot
Tibialis posterior	Interosseous membrane, posterior surface of tibia inferior to soleal line, and posterior surface of fibula	Tuberosity of navicular, cuneiform, and cuboid and bases of 2nd, 3rd, and 4th metatarsals	Tibial nerve (L4, L5)	Plantarflexes ankle and inverts foot
Transverse muscle of tongue	Median fibrous septum	Fibrous tissue at margins of tongue	Hypoglossal nerve (CN XII)	Narrows and elongates tongue; acts simultaneously to protrude tongue
Transversospinalis	Transverse processes: Semispinalis arises from transverse processes of C4–T12 vertebrae Multifidus arises from sacrum and ilium, transverse processes of T1–T3, and articular processes of C4–C7 Rotatores arise from transverse processes of vertebrae; are most highly developed in thoracic region	Spinous processes: Semispinalis—thoracis, cervicis, and capitis: fibers run superomedially to occipital bone and spinous processes in thoracic and cervical regions, spanning 4–6 segments Multifidus: fibers pass superomedially to spinous processes of vertebrae above, spanning 2–4 segments Rotatores: pass superomedially to attach to junction of lamina and transverse process, or spinous process, of vertebra above their origin, spanning 1–2 segments	Posterior rami of spinal nerves	Extend head and thoracic and cervical regions of vertebral column and rotate them contralaterally; stabilize vertebrae during local movements of vertebral column; stabilize vertebrae and assist with local extension and rotary movements of vertebral column; may function as organs of proprioception
Transversus abdominis	Internal surfaces of 7th–12th costal cartilages, thoracolumbar fascia, iliac crest, and lateral third of inguinal ligament	Linea alba with aponeurosis of internal oblique, pubic crest, and pecten pubis through conjoint tendon	Intercostal nerves 7–12, iliohypogastric nerve, ilioinguinal nerve	Compresses and supports abdominal viscera
Transversus thoracis	Posterior surface of lower sternum	Internal surface of costal cartilages 2–6	Intercostal nerves	Depress ribs