

Dry Needling: A Tool for the Movement System, Course 1

Muscle List

Please review origin, insertion, action, and innervation

Gluteus Maximus
Gluteus Medius
Gluteus Minimus
Piriformis
Tensor Fasciae Latae
Vastus Lateralis
Vastus Intermedialis
Vastus Medialis
Rectus Femoris
Gracilis
Adductor Longus
Adductor Brevis
Adductor Magnus
Semimembranosus
Semitendinosus
Biceps Femoris
Tibialis Anterior
Fibularis Longus
Fibularis Brevis
Gastrocnemius
Soleus
Deltoid
Pectoralis Major
Infraspinatus
Biceps Brachii
Triceps
Latissimus Dorsi
Teres Major
Teres Minor
Iliocostalis Lumborum
Multifidus Lumborum
Upper Trapezius
Splenius Capitis
Splenius Cervicis
Cervical Multifidus