

Dry Needling: A Tool for the Movement System, Course 2

Muscle List

Please review origin, insertion, action, and innervation
Also be able to identify (label)

Brachoradialis
ECRL/ECRB
Extensor digitorum
Extensor carpi ulnaris
Supinator
Flexor carpi radialis
Flexor digitorum superficialis
Levator scapula
Subscapularis
Medial pec major
Lateral pec minor
Supraspinatus
Rhomboids
Thoracic multifidus
Extensor digitorum longus
Tibialis posterior
Extensor digitorum brevis
Extensor hallucis
Foot interossei
Flexor digitorum brevis
Quadratus plantae
Temporalis
Masseter
Lateral pterygoid
Sternocleidomastoid
Oblique capitus inferior
Quadratus lumborum
Obturator Internus
Obturator Externus
Quadratus Femoris
Superior Gemellus
Inferior Gemellus
Iliacus
Iliopsoas
Rectus abdominis
Pectineus
Opponens pollicis
Adductor pollicis
Flexor pollicis brevis
Abductor digiti minimi
Dorsal interossei
Palmar interossei