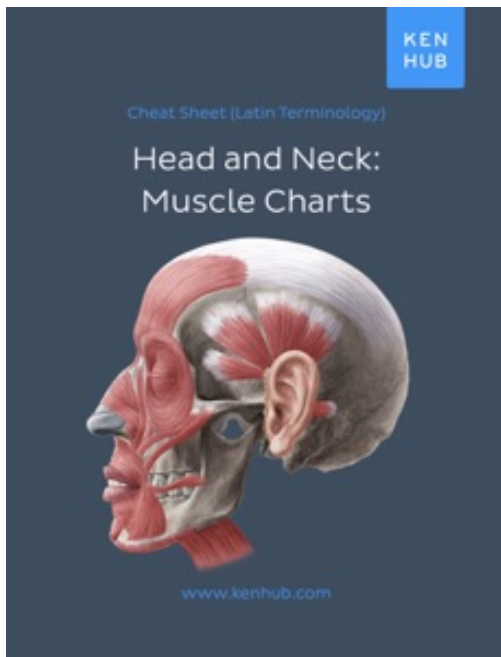


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## **A complete list of muscles**

We've created muscle anatomy charts for every muscle containing region of the body: Upper Limb, Lower Limb, Head and Neck, and Trunk Wall.

Each chart groups the muscles of that region into its component groups, making your revision a million times easier. For example, upper limb muscles are grouped by *shoulder and arm*, *forearm* and *hand*. Next to each muscle, you'll find its origin(s), insertion(s), innervation(s) and function(s).

## **Muscle origins and insertions**

Most muscles are attached to bones either end via tendons. The muscle origin often describes the more proximal attachment point of the muscle, while the muscle insertion point refers to the distal attachment. In our cheat sheets, you'll find the origin(s) and insertions(s) of every muscle. *Finally*, a reliable source (and good looking too!).

## **Muscle innervation**

See at a glance which muscle is innervated by which nerve. The good news? Adjacent muscles which serve similar functions are often innervated by the same nerve, which you'll find conveniently illustrated on the cheat sheets.

## **Muscle functions**

Flexion, extension, abduction, adduction, rotation... whether you're a doctor, physiotherapist or yoga teacher, knowing the functions of a given muscle is very important. The problem? With more than 600 muscles in the body, it can feel impossible to keep track of them all. Our muscle anatomy charts make it easier by listing them clearly and concisely. *Phew*.

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