



Introduction to Anatomy

Practical Lab

1st year Medical Students

2025-2026

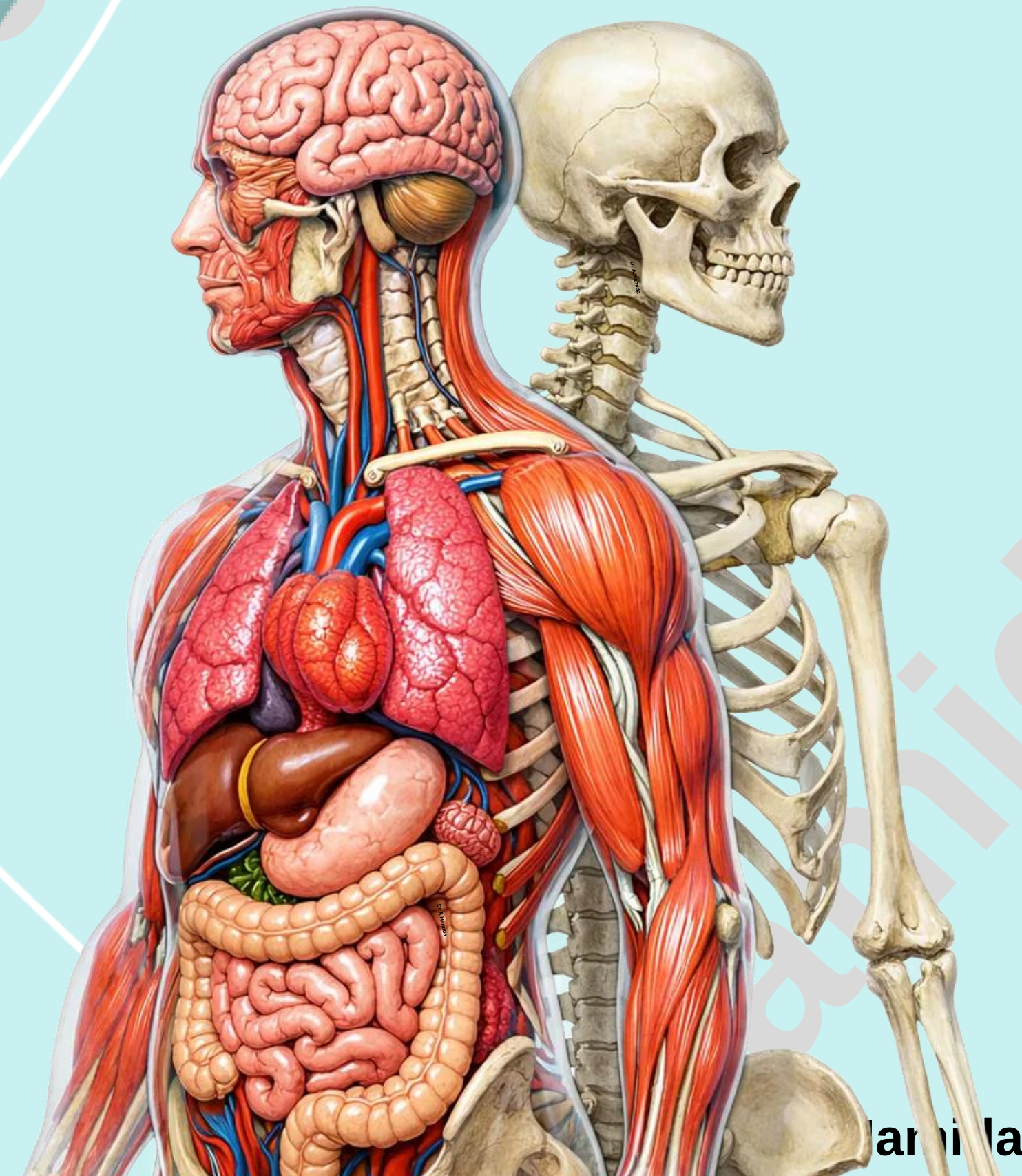
Second Semester

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Hamida

Practical Lab-10

Skeletal Muscles-2

- 1. Muscles of the Upper Limb**
- 2. Muscles of the Lower Limb**

Check List: Skeletal Muscles-2

Practical Lab-10

1. Muscles of the Upper Limb

✓ Identify the location, origin, insertion and action of the following muscles:

1. Muscles Acting on the Shoulder Joint

1. Deltoid Muscle
2. Pectoralis Major Muscle
3. Coracobrachialis Muscle

3. Muscles Acting on the Wrist Joint

1. Flexor Group Muscles (Anterior Compartment of the Forearm)
2. Extensor Group Muscles (Posterior Compartment of the Forearm)

2. Muscles Acting on the Elbow Joint

1. Biceps Brachii Muscle
2. Brachialis Muscle
3. Triceps Brachii Muscle

4. Muscles Acting on the Radioulnar Joints

1. Pronator Teres Muscle
2. Pronator Quadratus Muscle
3. Supinator Muscle

Check List: Skeletal Muscles-2

Practical Lab-10

2. Muscles of the Lower Limb

✓ Identify the location, origin, insertion and action of the following muscles:

1. Muscles Acting on the Hip Joint

1. Iliopsoas Muscle
2. Gluteus Maximus Muscle
3. Gluteus Medius Muscle
4. Gluteus Minimus Muscle
5. Adductor Muscles of the Thigh

2. Muscles Acting on the Knee Joint

1. Quadriceps Femoris Muscle
2. Hamstrings Muscles

3. Muscles Acting on the Ankle Joint

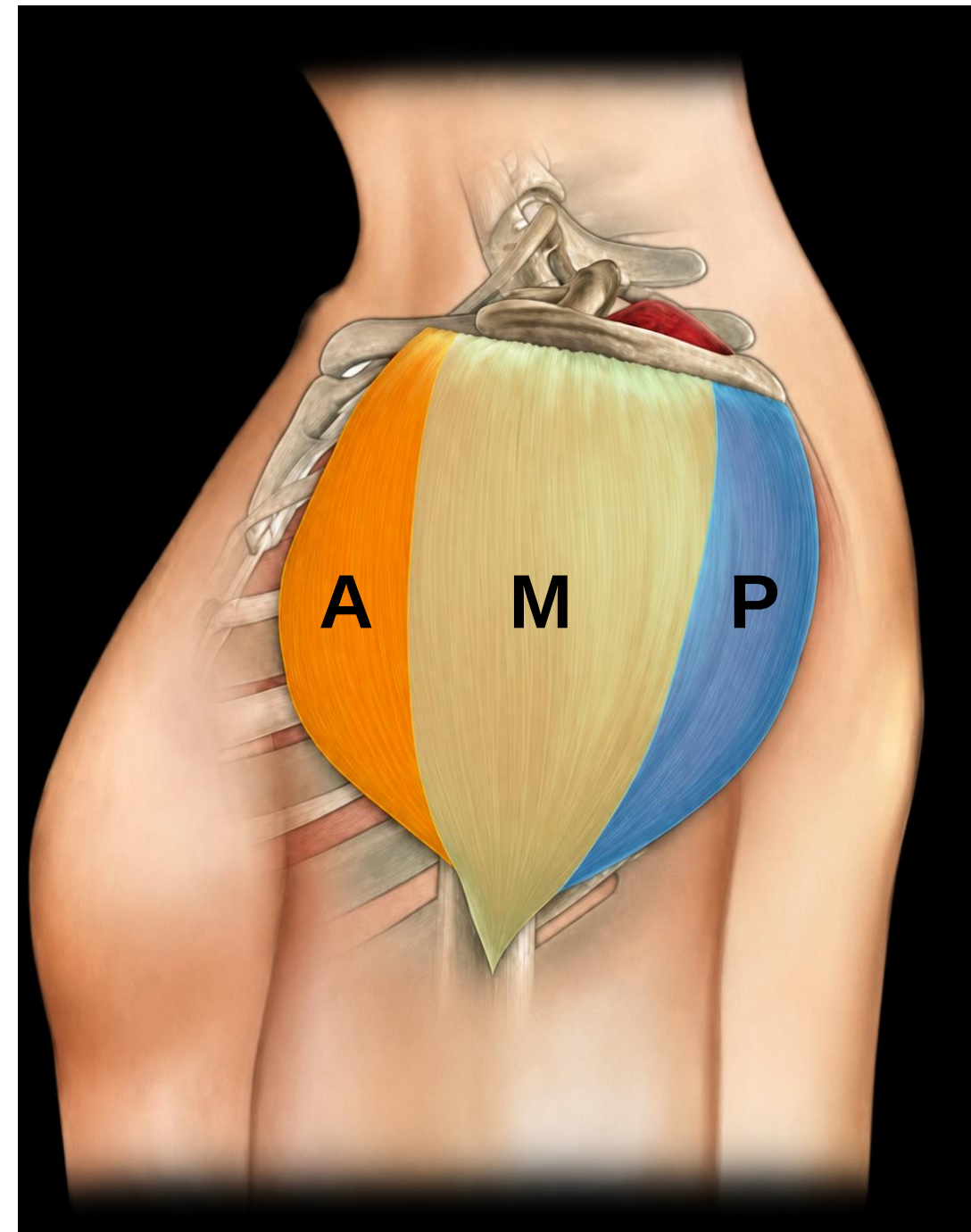
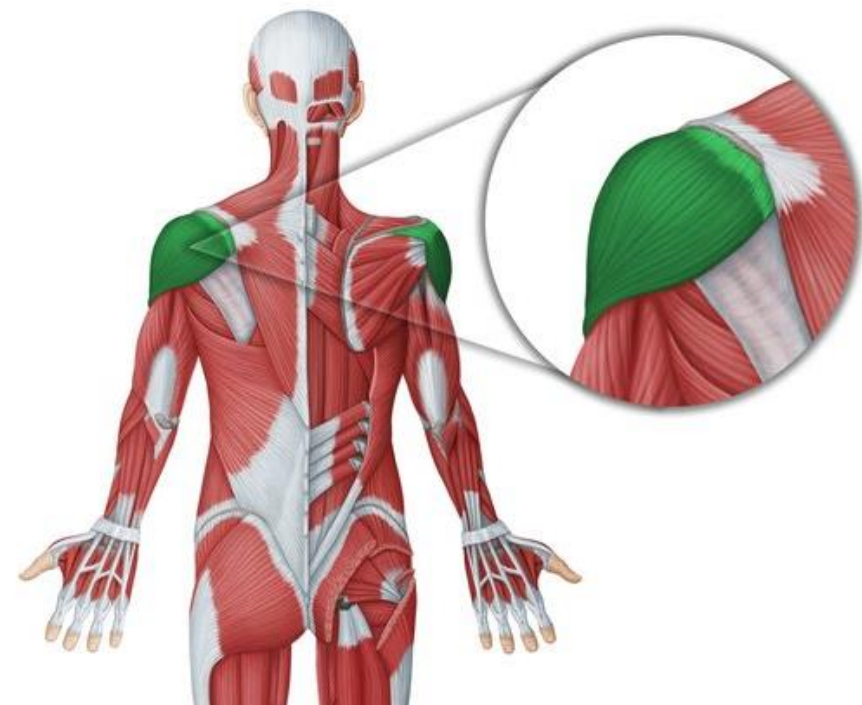
1. Gastrocnemius Muscle
2. Soleus Muscle
3. Tibialis Anterior Muscle

Check List:

Muscles of the Upper Limb

Muscles Acting on the Shoulder Joint:

1. Deltoid Muscle: identify the location, origin, insertion and action.



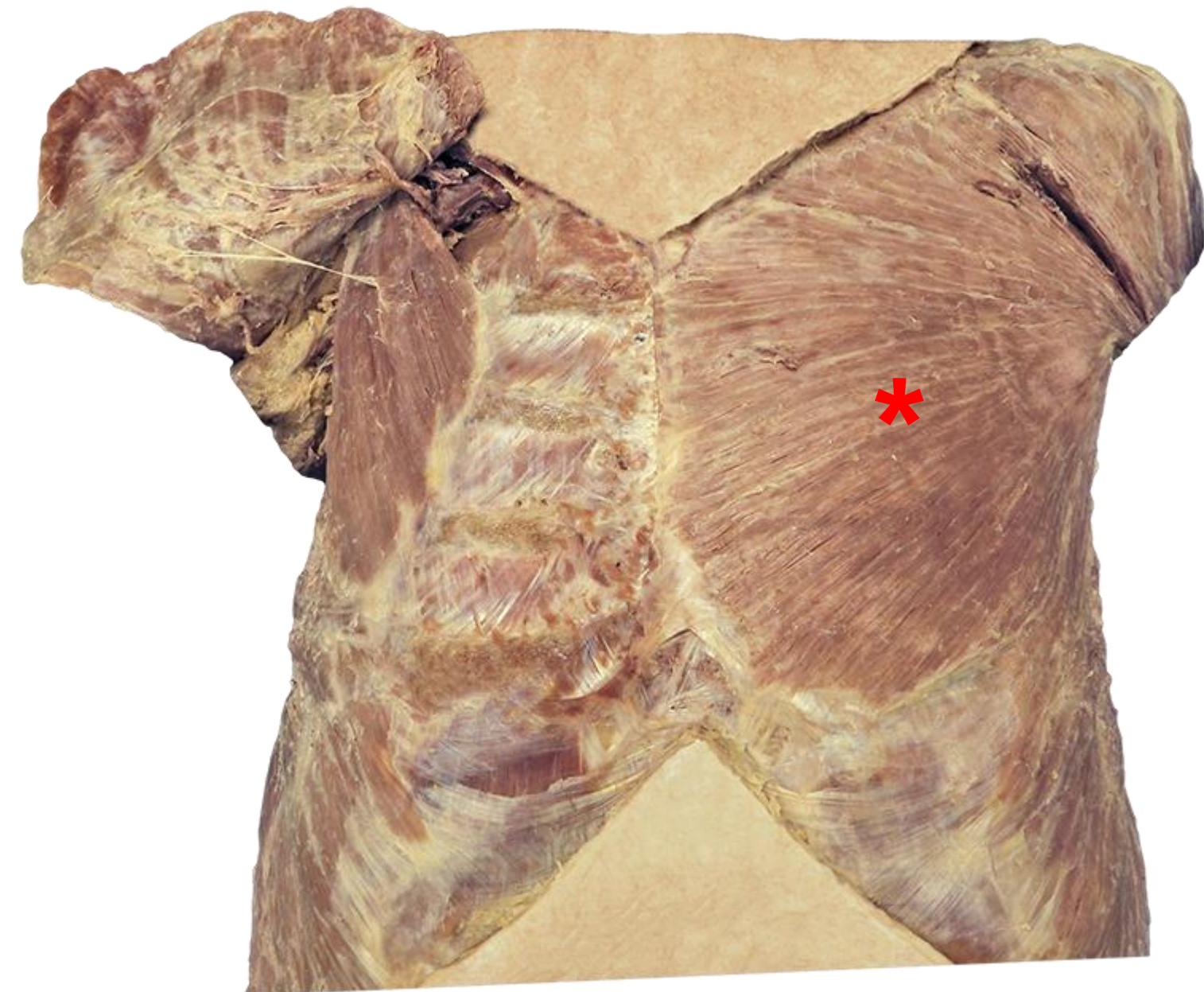
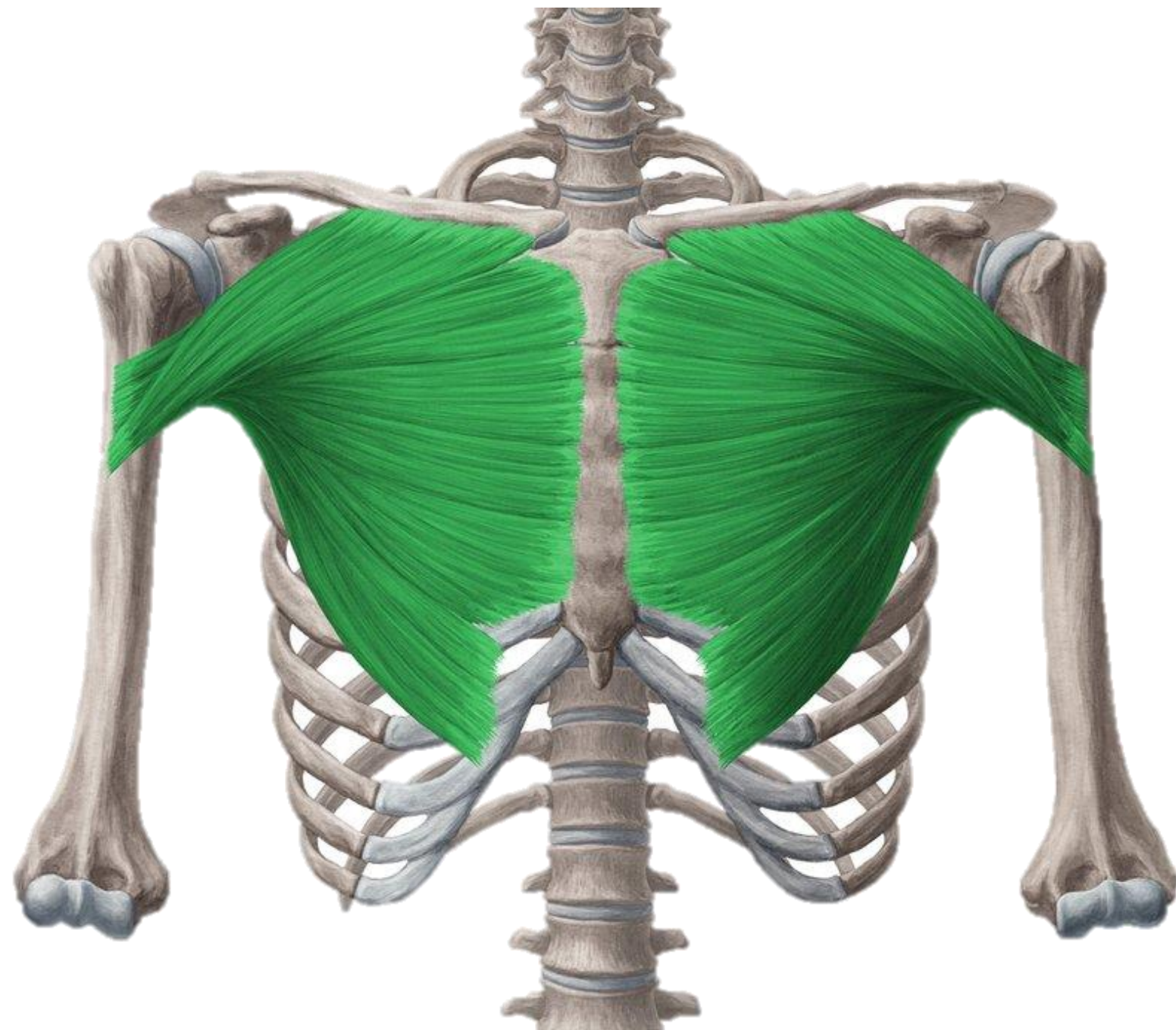
Check List:

Practical Lab-10

Muscles of the Upper Limb

Muscles Acting on the Shoulder Joint:

2. **Pectoralis Major Muscle:** identify the location, origin, insertion and action.

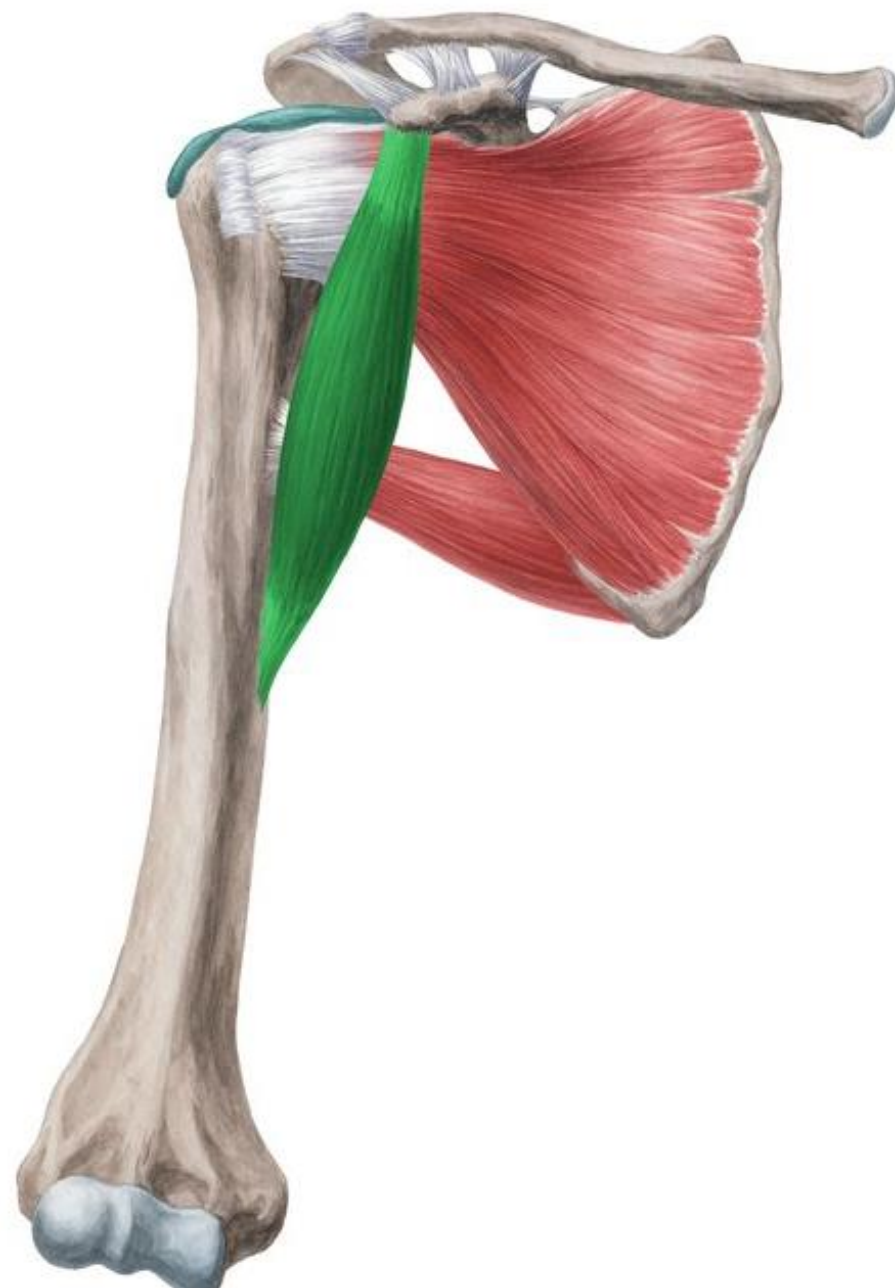


Check List:

Muscles of the Upper Limb

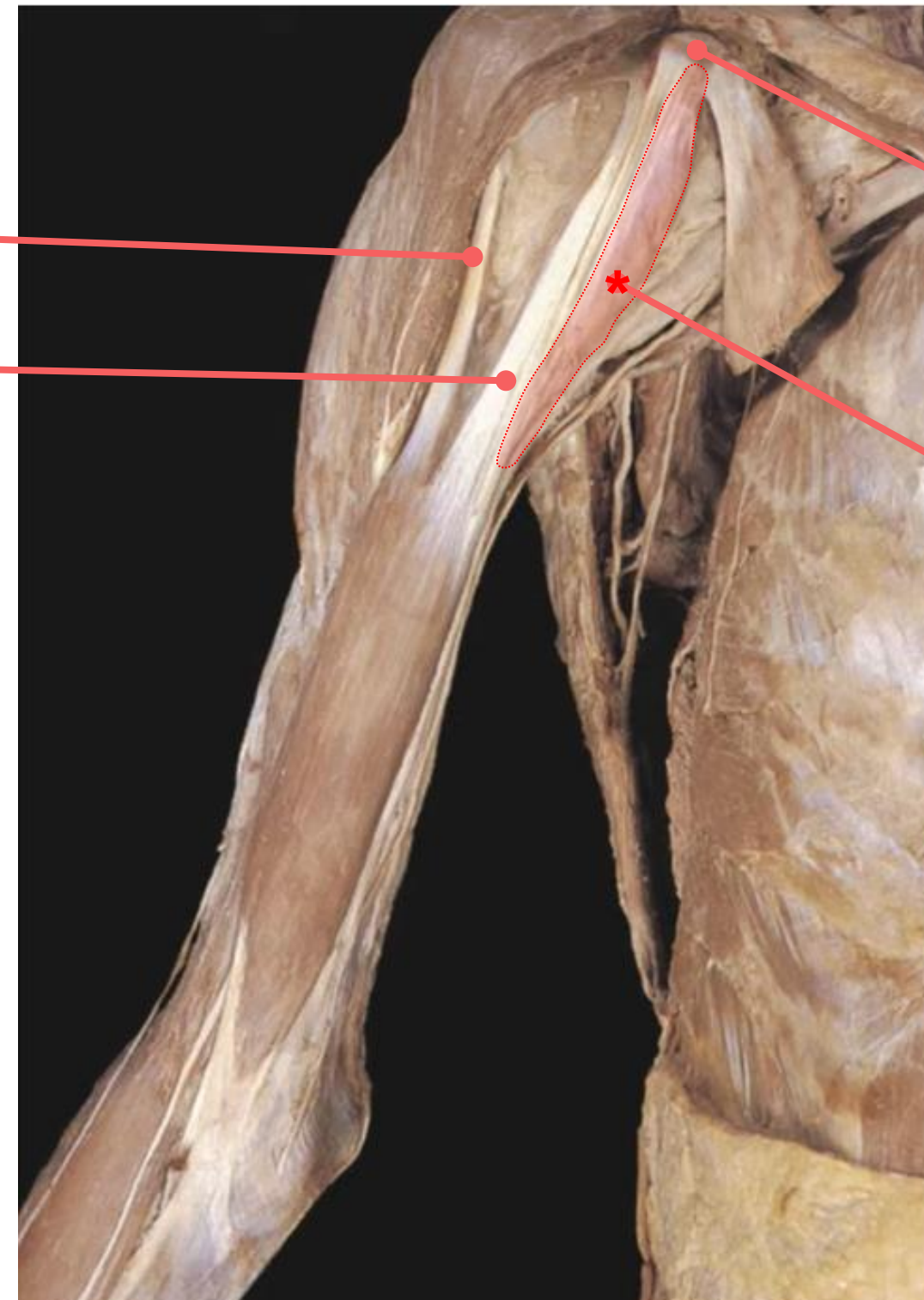
Muscles Acting on the Shoulder Joint:

3. Coracobrachialis Muscle: identify the location, origin, insertion and action.



Long head of Biceps

Short head of Biceps



Coracoid process

Coracobrachialis Muscle

The coracobrachialis muscle can be identified deep and medial to the short head of the biceps brachii

Check List:

Muscles of the Upper Limb

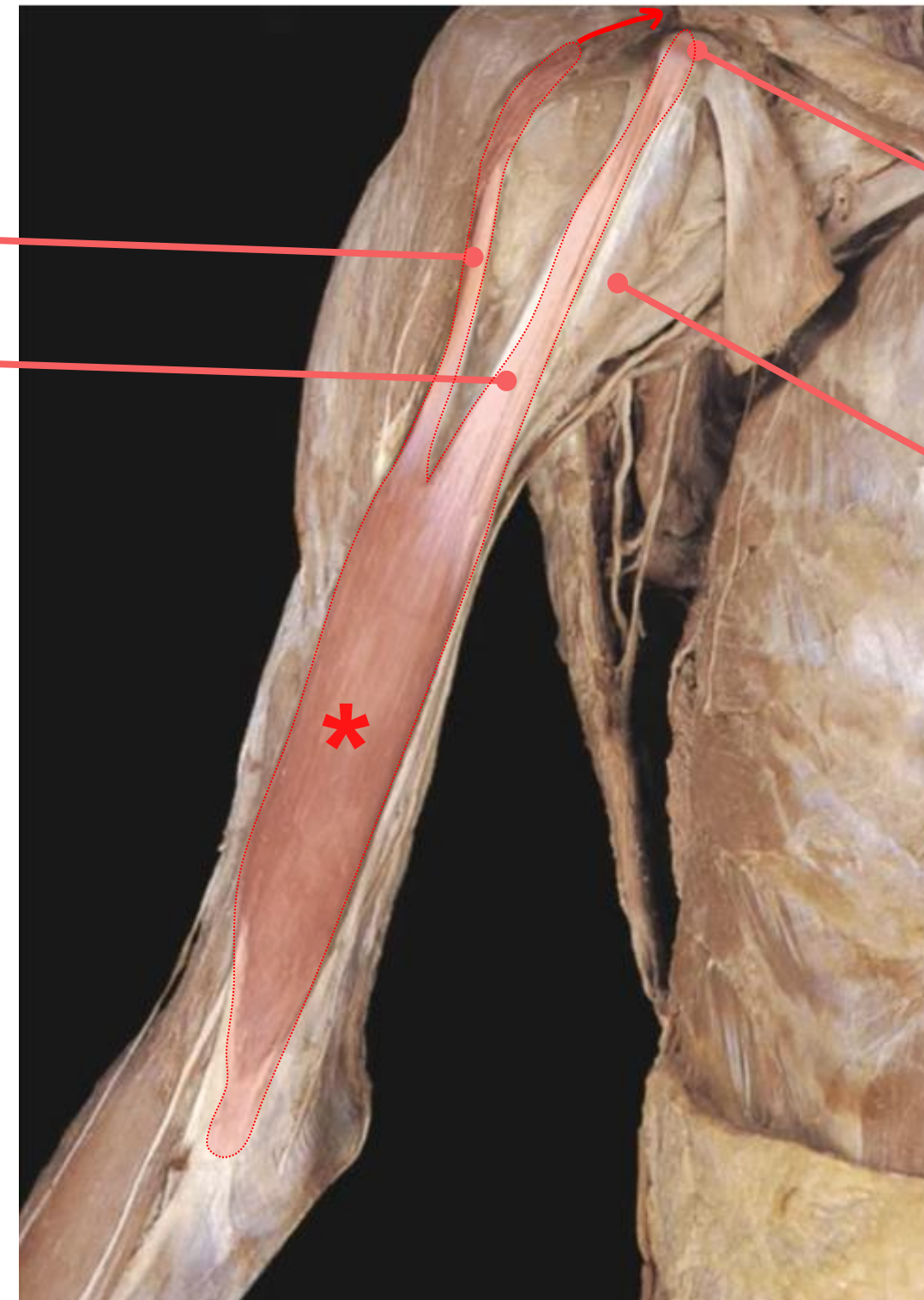
Muscles Acting on the Elbow Joint:

1. Biceps Brachii Muscle: identify the location, origin, insertion and action.



Long head of Biceps

Short head of Biceps



Coracoid process

Coracobrachialis Muscle

Check List:

Muscles of the Upper Limb

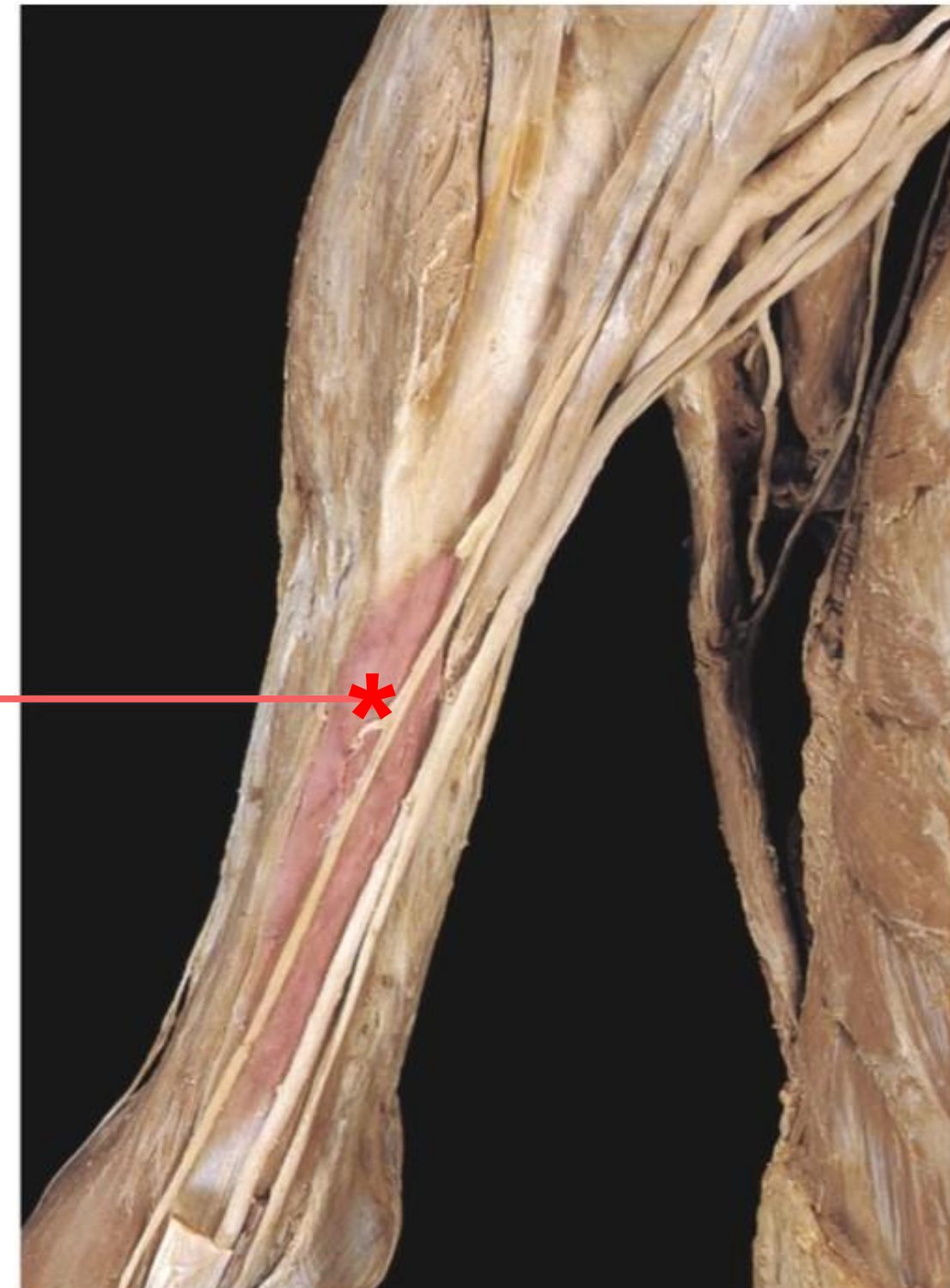
Muscles Acting on the Elbow Joint:

2. Brachialis Muscle: identify the location, origin, insertion and action.



Brachialis

The brachialis muscle can be identified deep to the biceps brachii on the anterior surface of the humerus



Check List:

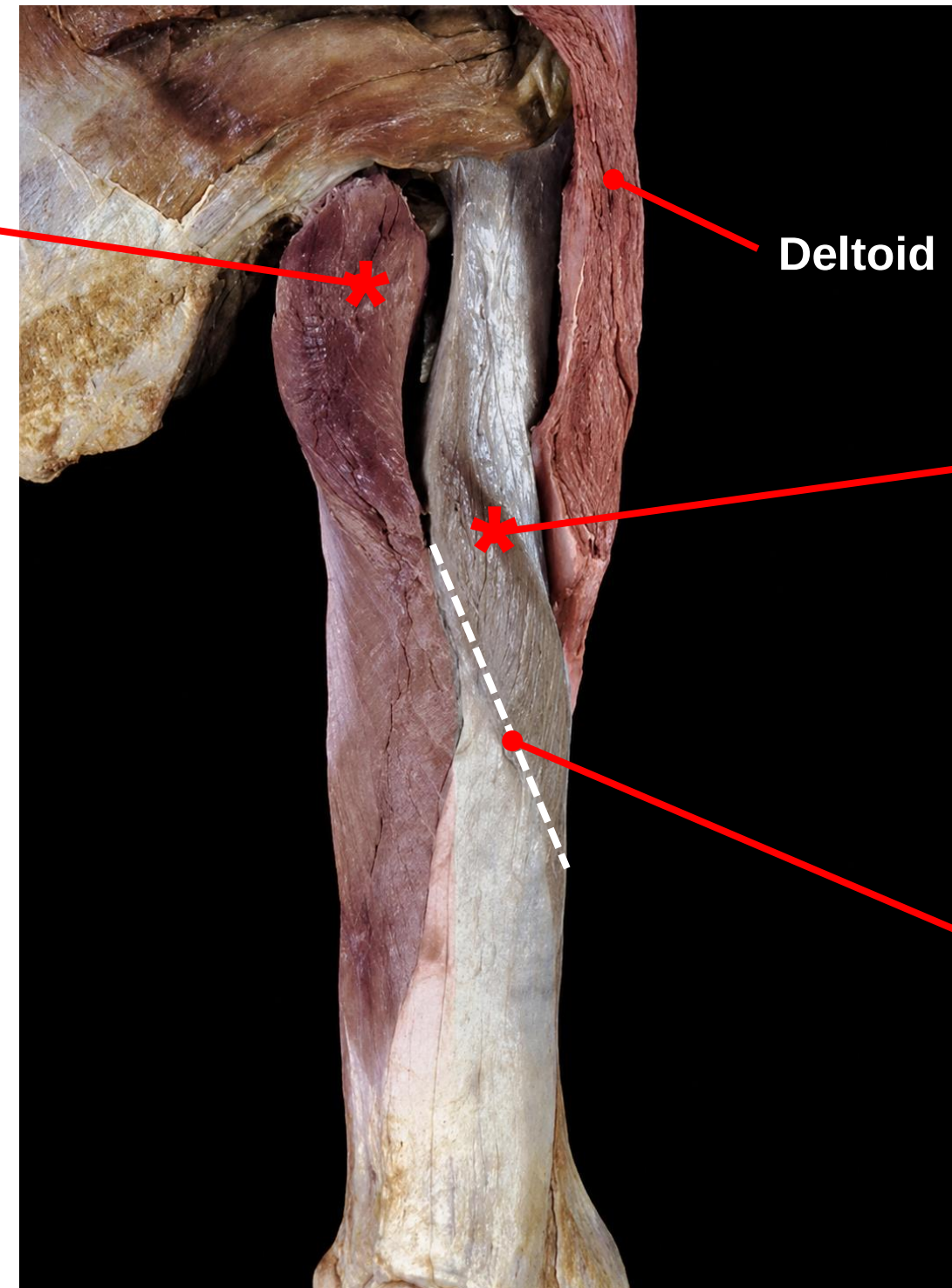
Muscles of the Upper Limb

Muscles Acting on the Elbow Joint:

3. Triceps Brachii Muscle: identify the location, origin, insertion and action.



Long head of Triceps



Deltoid

Lateral head of Triceps

The medial head of the Triceps brachii can be identified deep to the lateral head in the posterior compartment of the arm, and in order to examine it, the lateral head should be cut and reflected."

Posterior view of the arm

Check List:

Practical Lab-10

Muscles of the Upper Limb

Muscles Acting on the Wrist Joint:

1. Flexor Group Muscles (Anterior Compartment of the Forearm): identify the location, origin, insertion and action.



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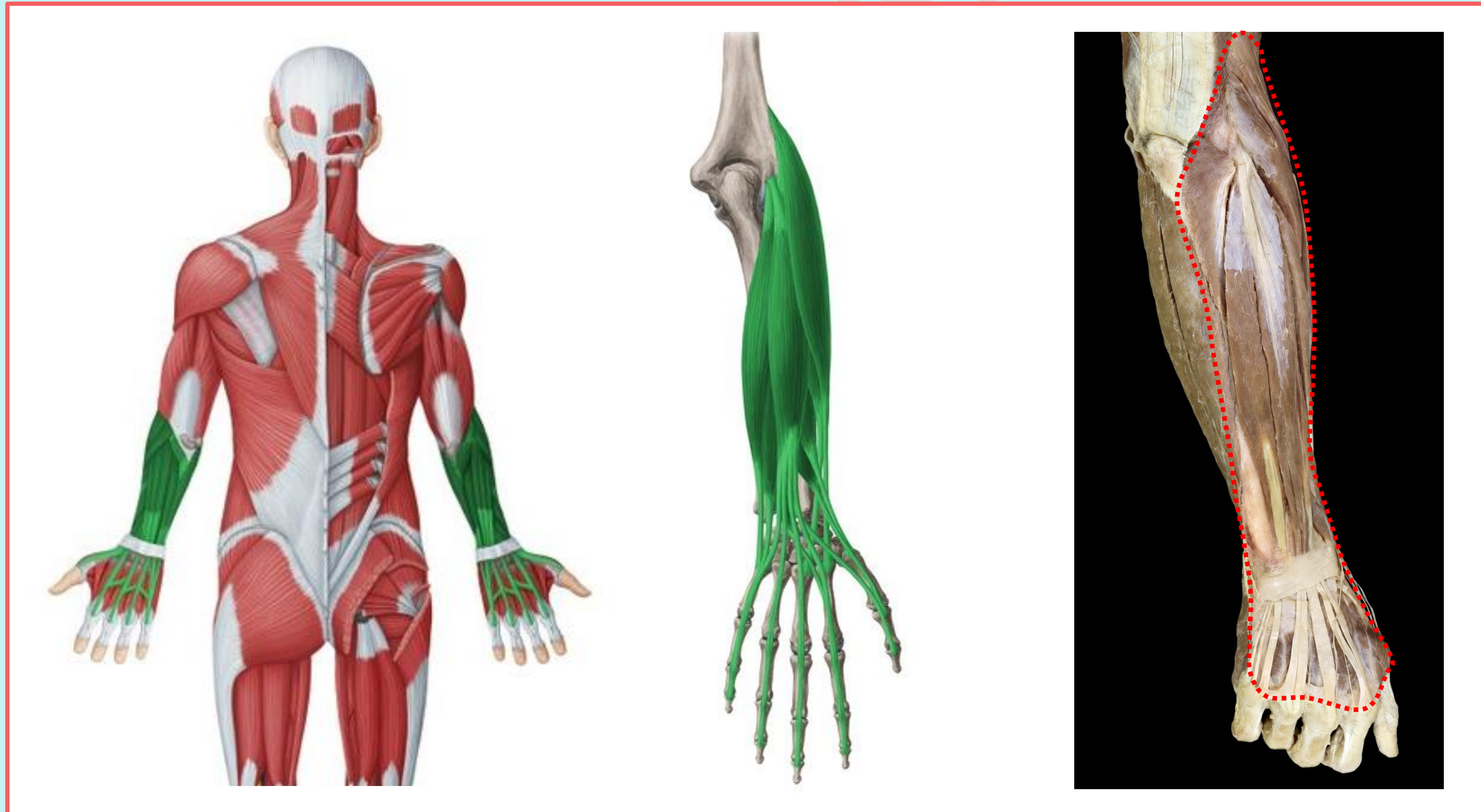
Check List:

Practical Lab-10

Muscles of the Upper Limb

Muscles Acting on the Wrist Joint:

2. Extensor Group Muscles (Posterior Compartment of the Forearm): identify the location, origin, insertion and action.



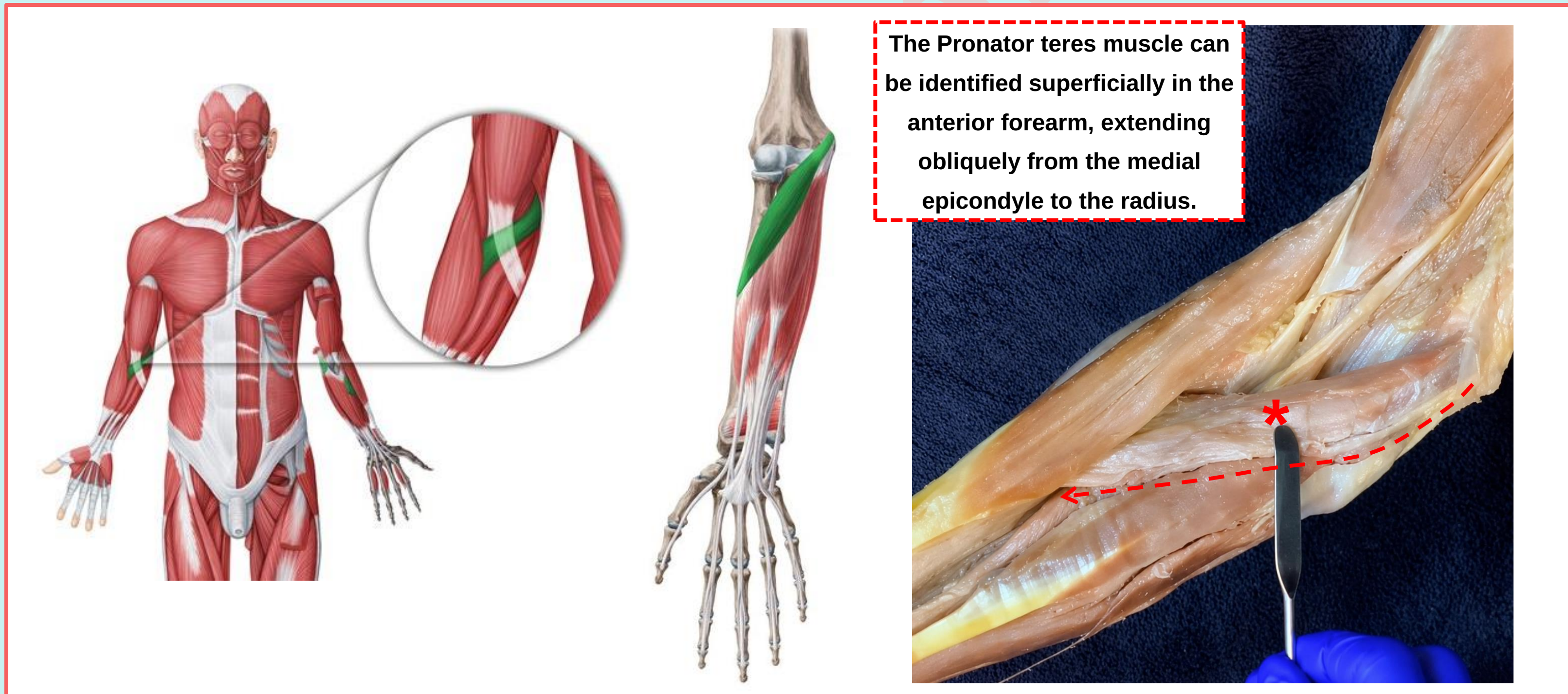
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Check List:

Muscles of the Upper Limb

Muscles Acting on the Radioulnar Joints:

1. Pronator Teres Muscle: identify the location, origin, insertion and action.



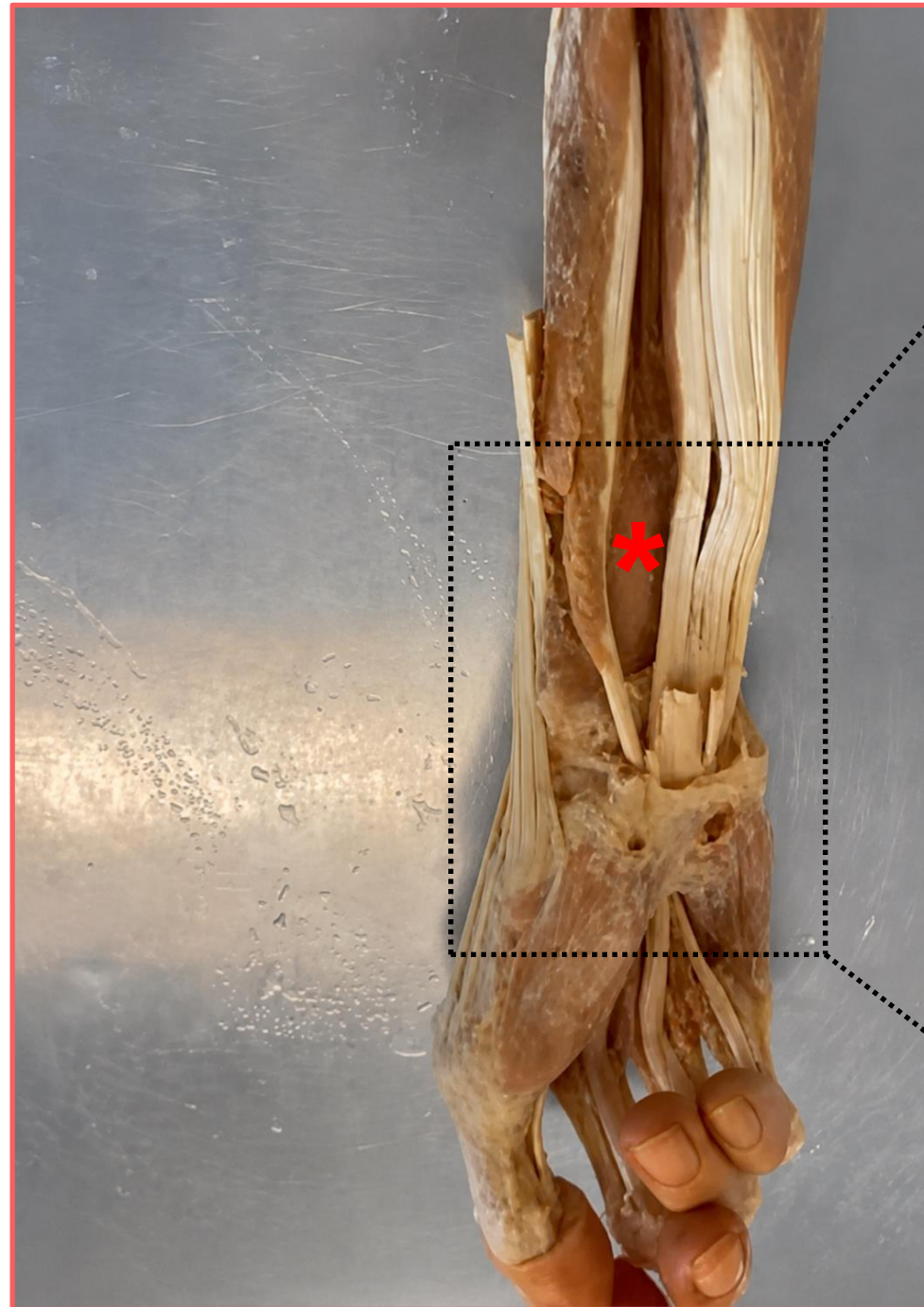
Check List:

Practical Lab-10

Muscles of the Upper Limb

Muscles Acting on the Radioulnar Joints:

2. Pronator Quadratus Muscle: identify the location, origin, insertion and action.



The Pronator quadratus muscle can be identified deep in the distal anterior forearm, extending transversely between the ulna and radius.

Check List:

Muscles of the Upper Limb

Muscles Acting on the Radioulnar Joints:

3. Supinator Muscle: identify the location, origin, insertion and action.



The Supinator muscle can be identified deep in the proximal posterior forearm, wrapping around the upper radius

Check List:

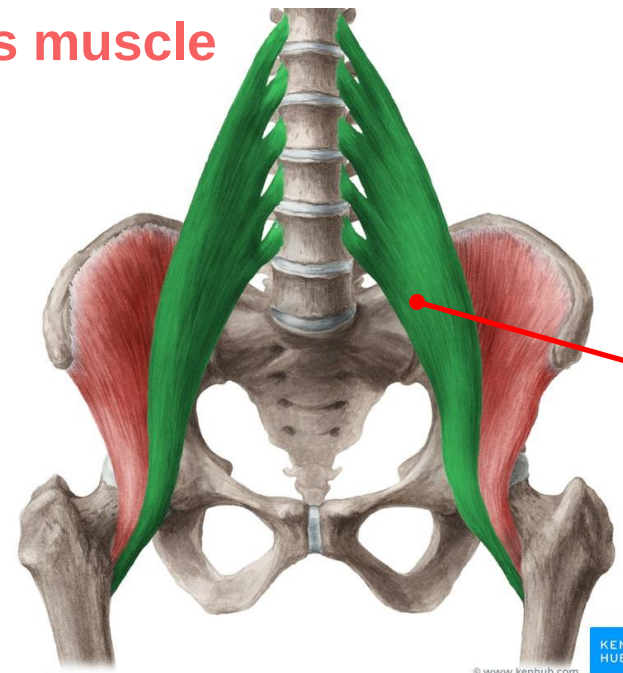
Muscles of the Lower Limb

Muscles Acting on the Hip Joint:

1. Iliopsoas Muscle: identify the location, origin, insertion and action.

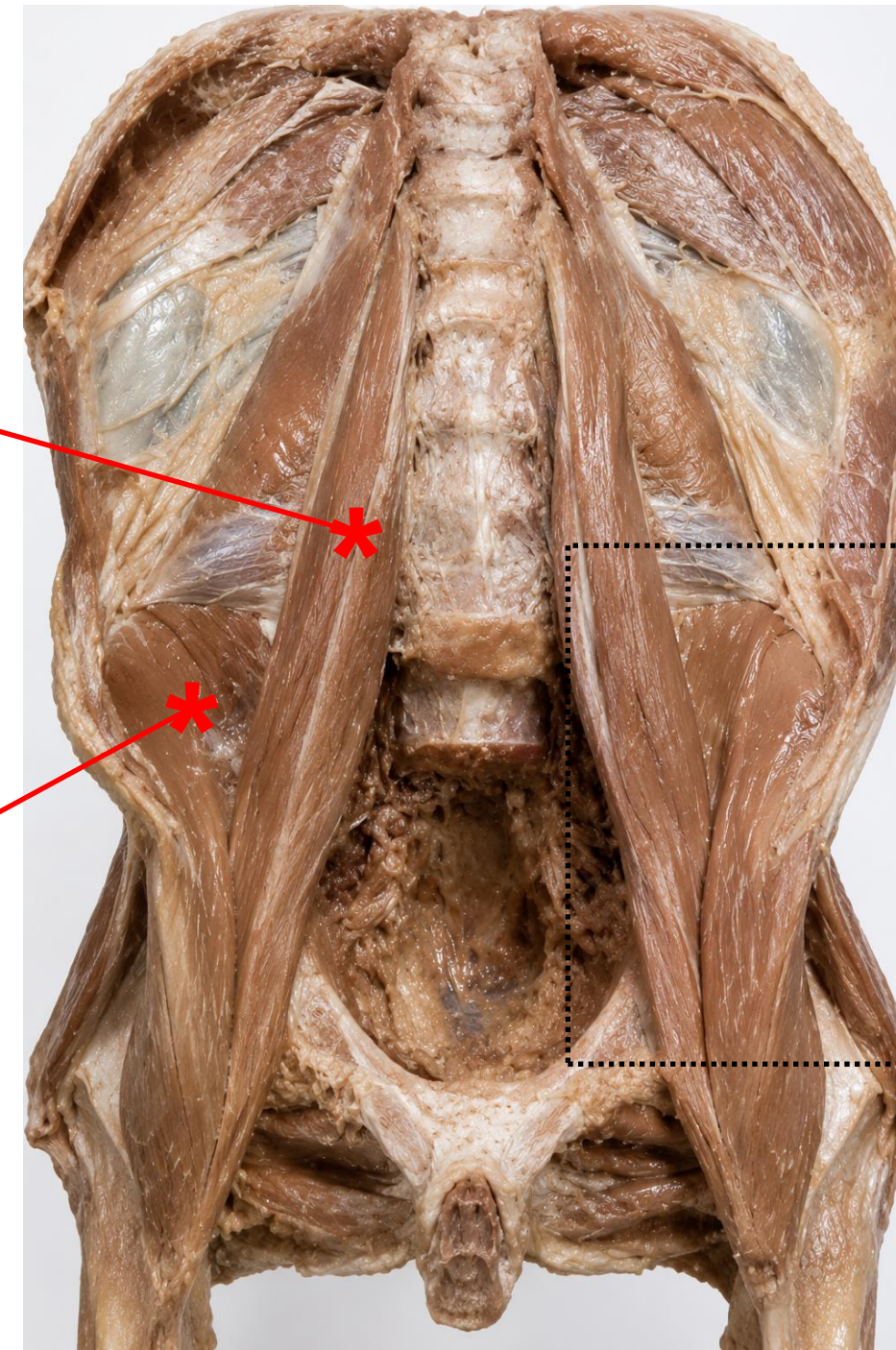
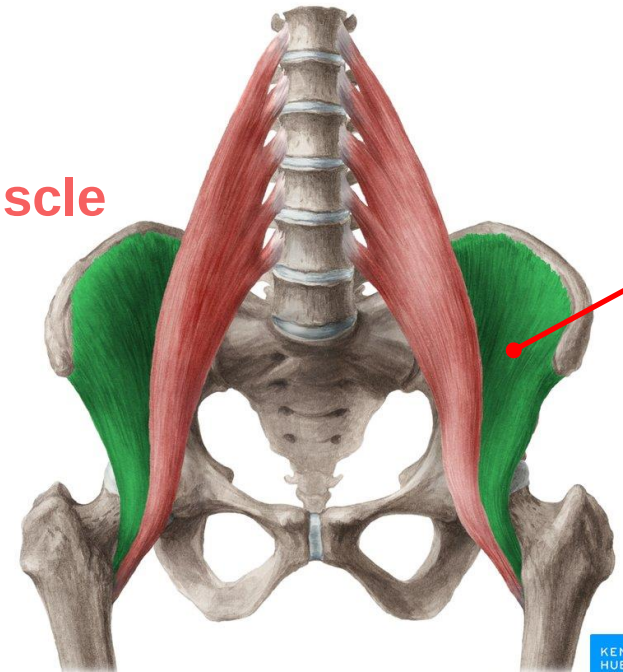
Psoas muscle

The Psoas major muscle can be identified along the posterior abdominal wall, descending from the lumbar vertebrae toward the femur.



Iliacus muscle

The Iliacus muscle can be identified within the iliac fossa

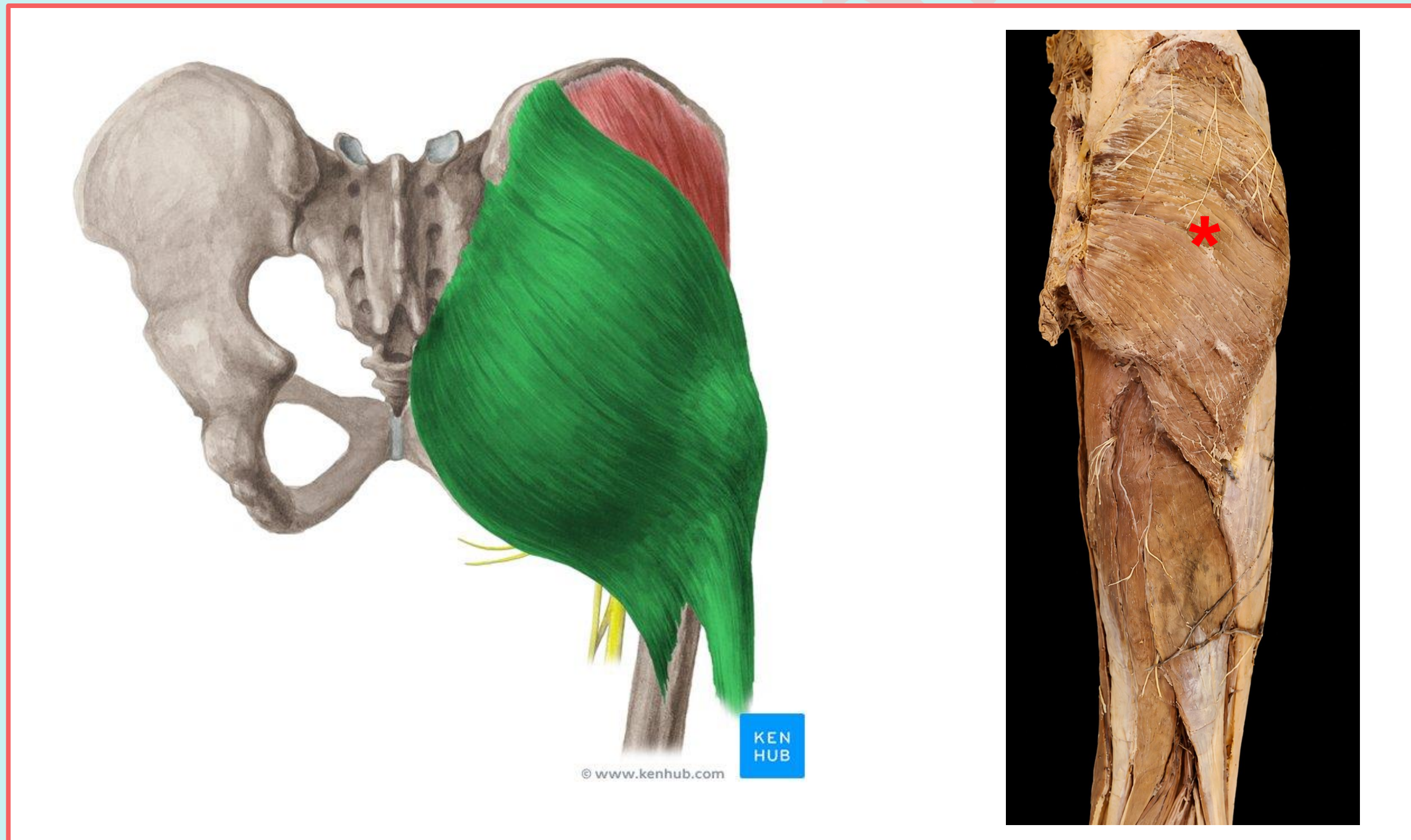


Check List:

Muscles of the Lower Limb

Muscles Acting on the Hip Joint:

2. **Gluteus Maximus Muscle:** identify the location, origin, insertion and action.

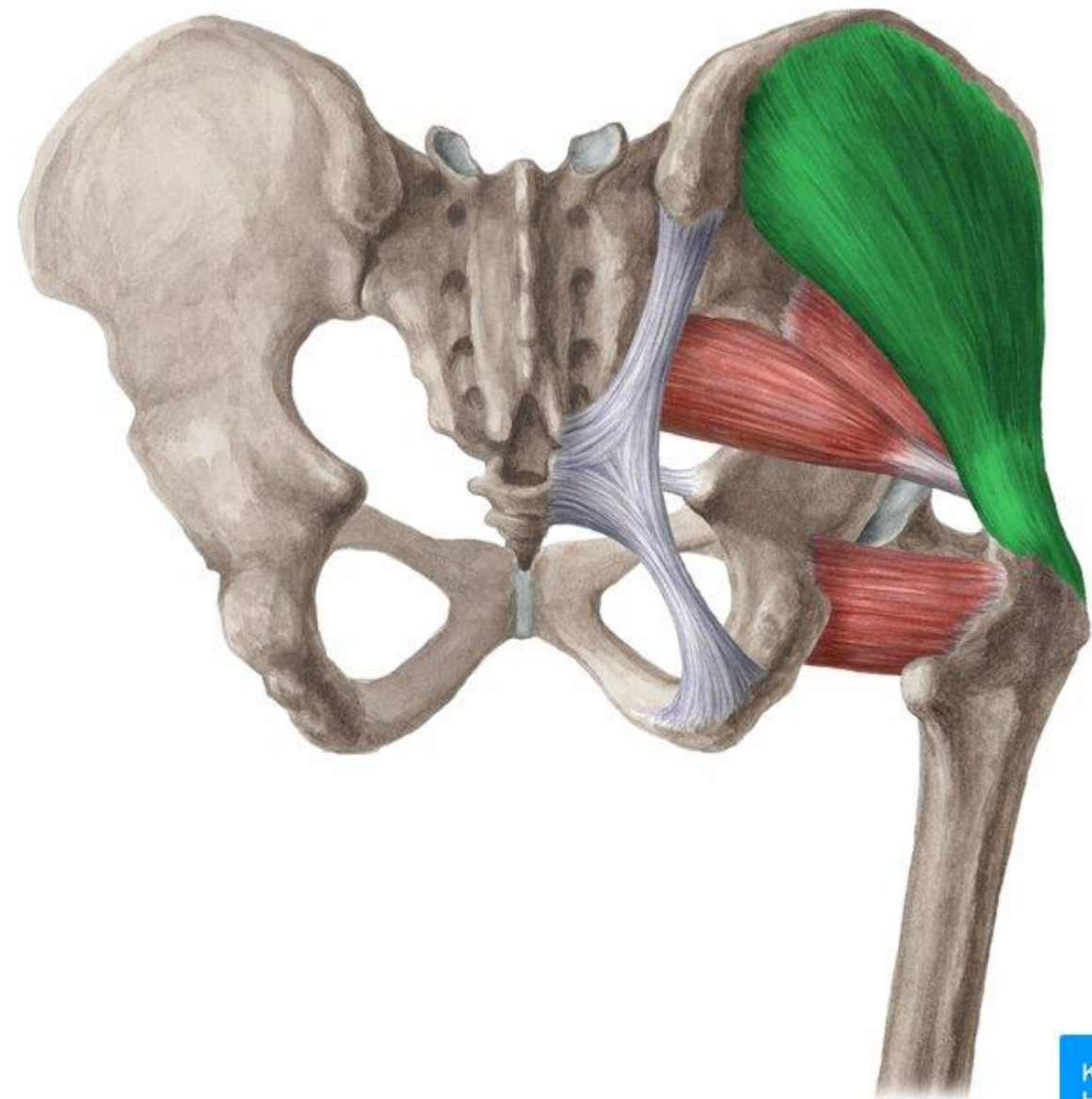


Check List:

Muscles of the Lower Limb

Muscles Acting on the Hip Joint:

2. Gluteus Medius Muscle: identify the location, origin, insertion and action.



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● Gluteus Medius

● Reflected
Gluteus maximus

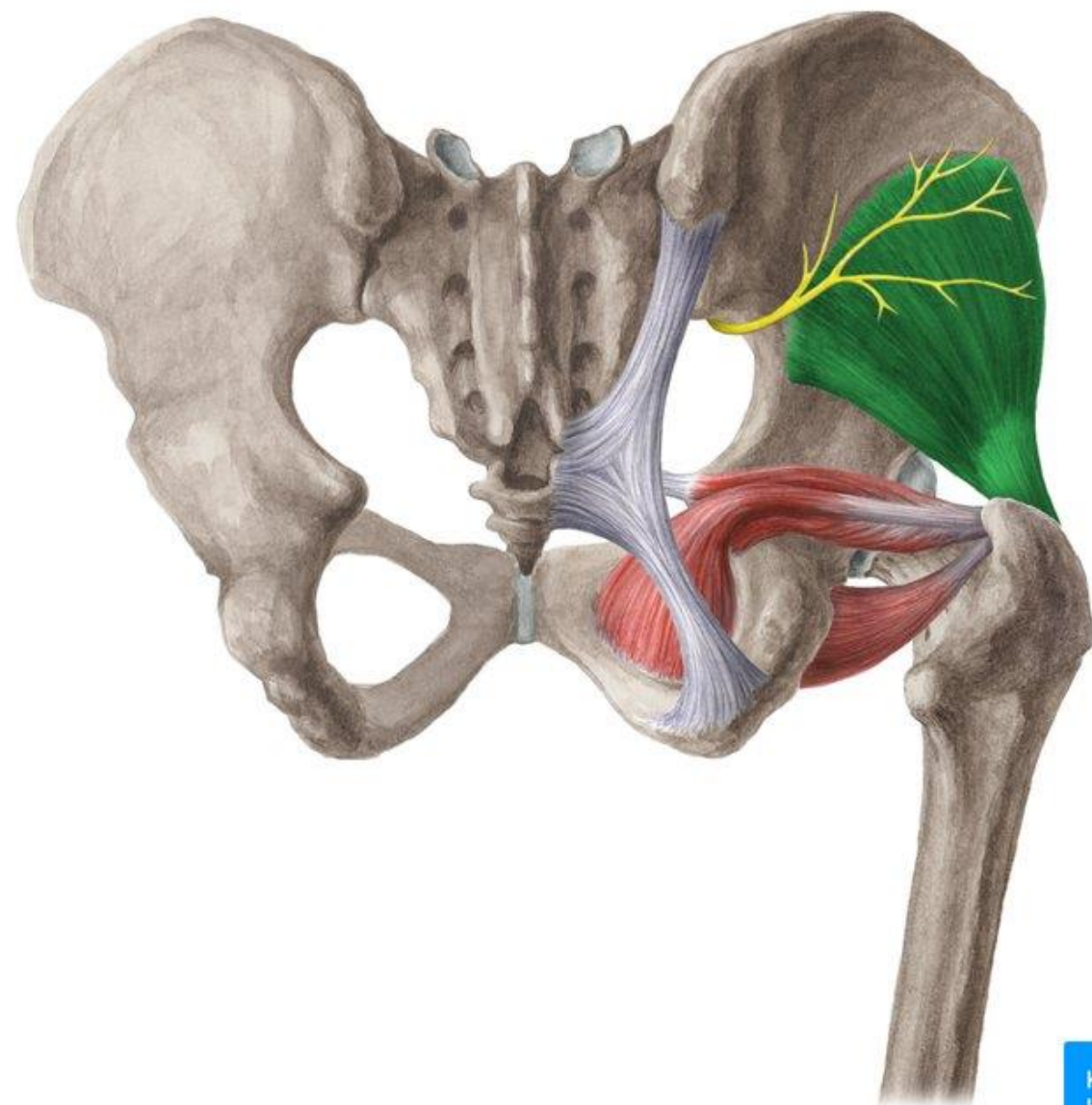
The Gluteus medius muscle can be identified on the lateral surface of the ilium, deep to the gluteus maximus.

Check List:

Muscles of the Lower Limb

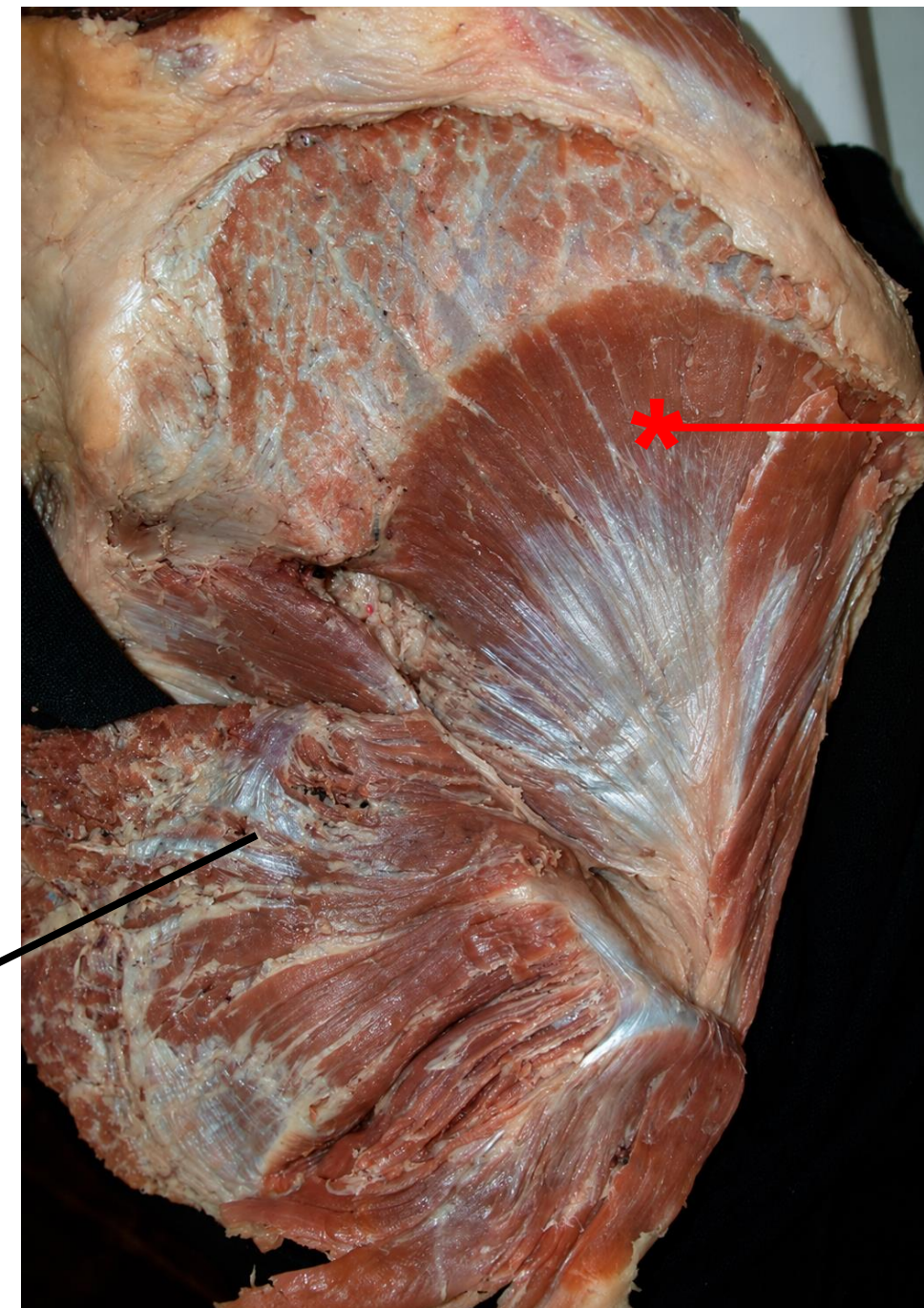
Muscles Acting on the Hip Joint:

3. **Gluteus Minimus Muscle:** identify the location, origin, insertion and action.



Reflected
Gluteus Medius

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Gluteus Minimus

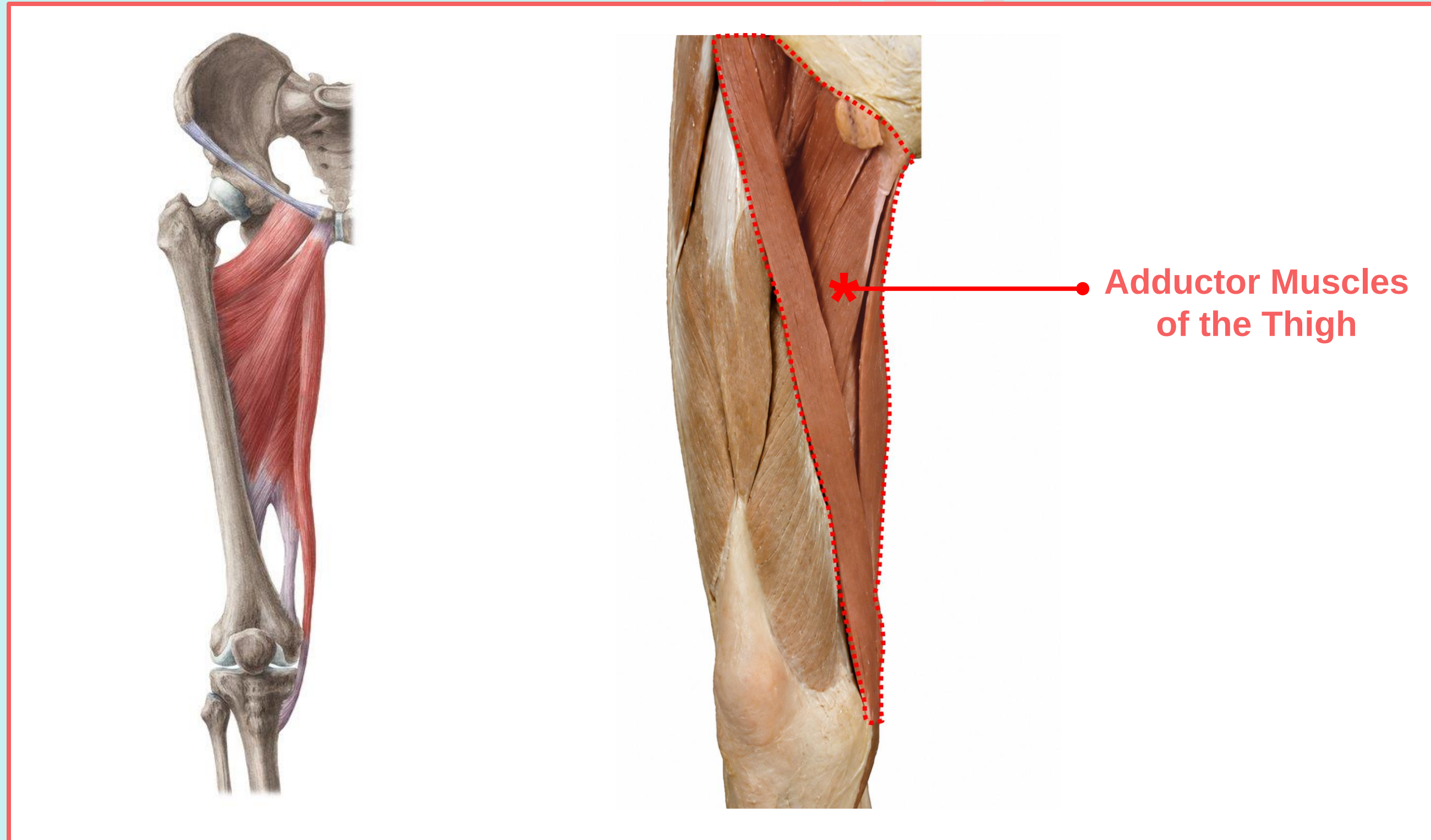
The Gluteus minimus muscle can be identified deep to the gluteus medius on the lateral surface of the ilium.

Check List:

Muscles of the Lower Limb

Muscles Acting on the Hip Joint:

4. Adductor Muscles of the Thigh: identify the location, origin, insertion and action.

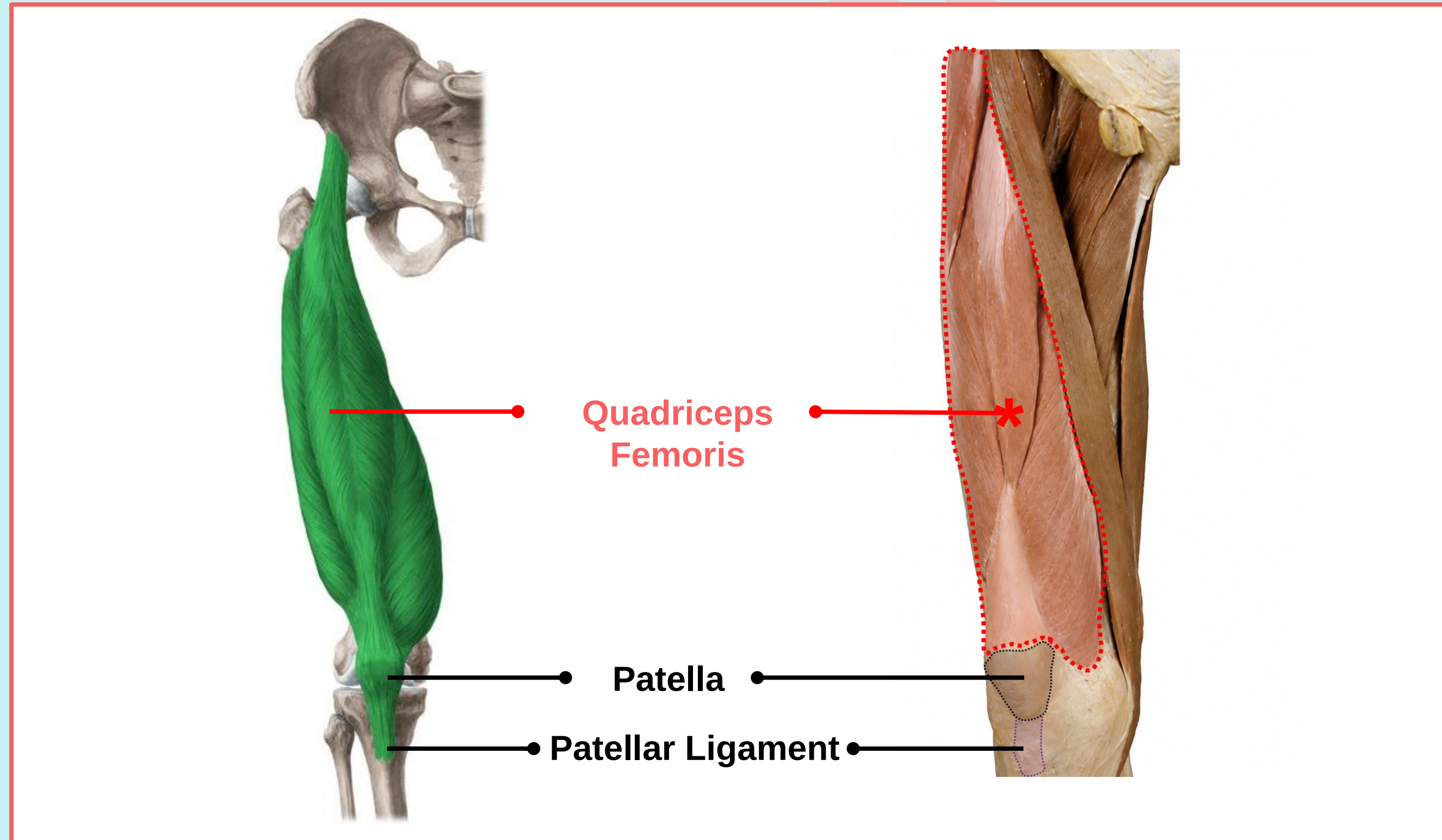


Check List:

Muscles of the Lower Limb

Muscles Acting on the Knee Joint:

1. Quadriceps Femoris Muscle: identify the location, origin, insertion and action.

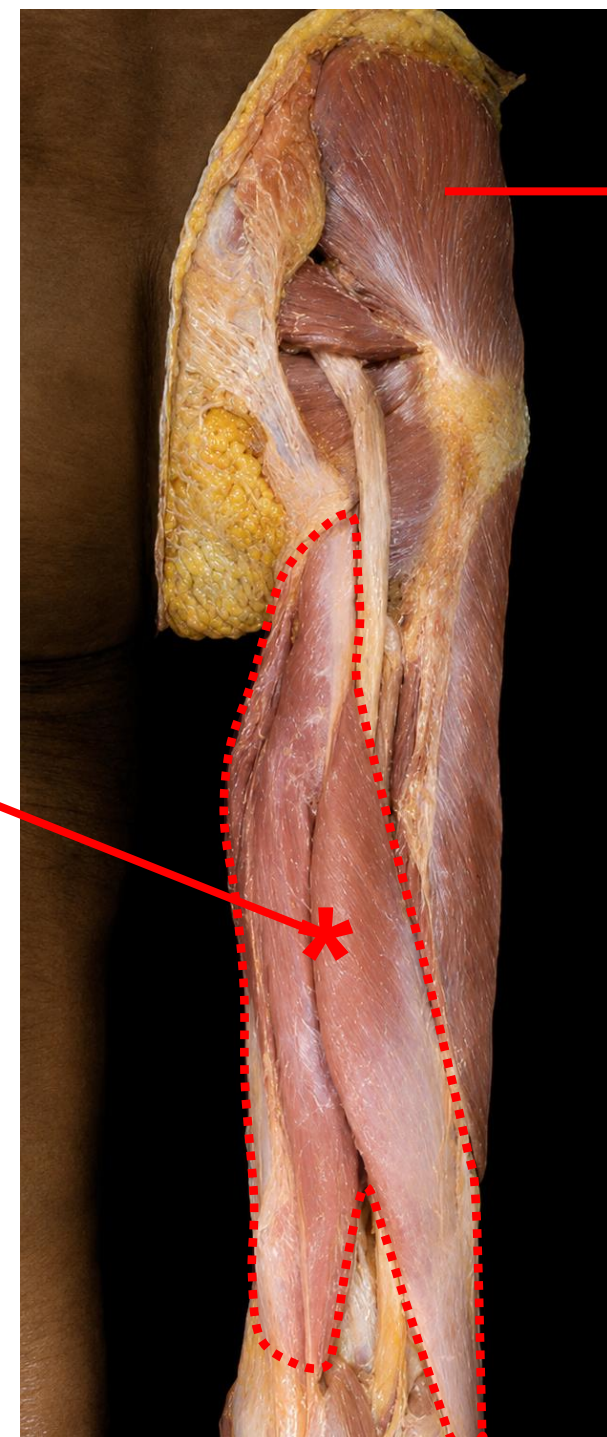
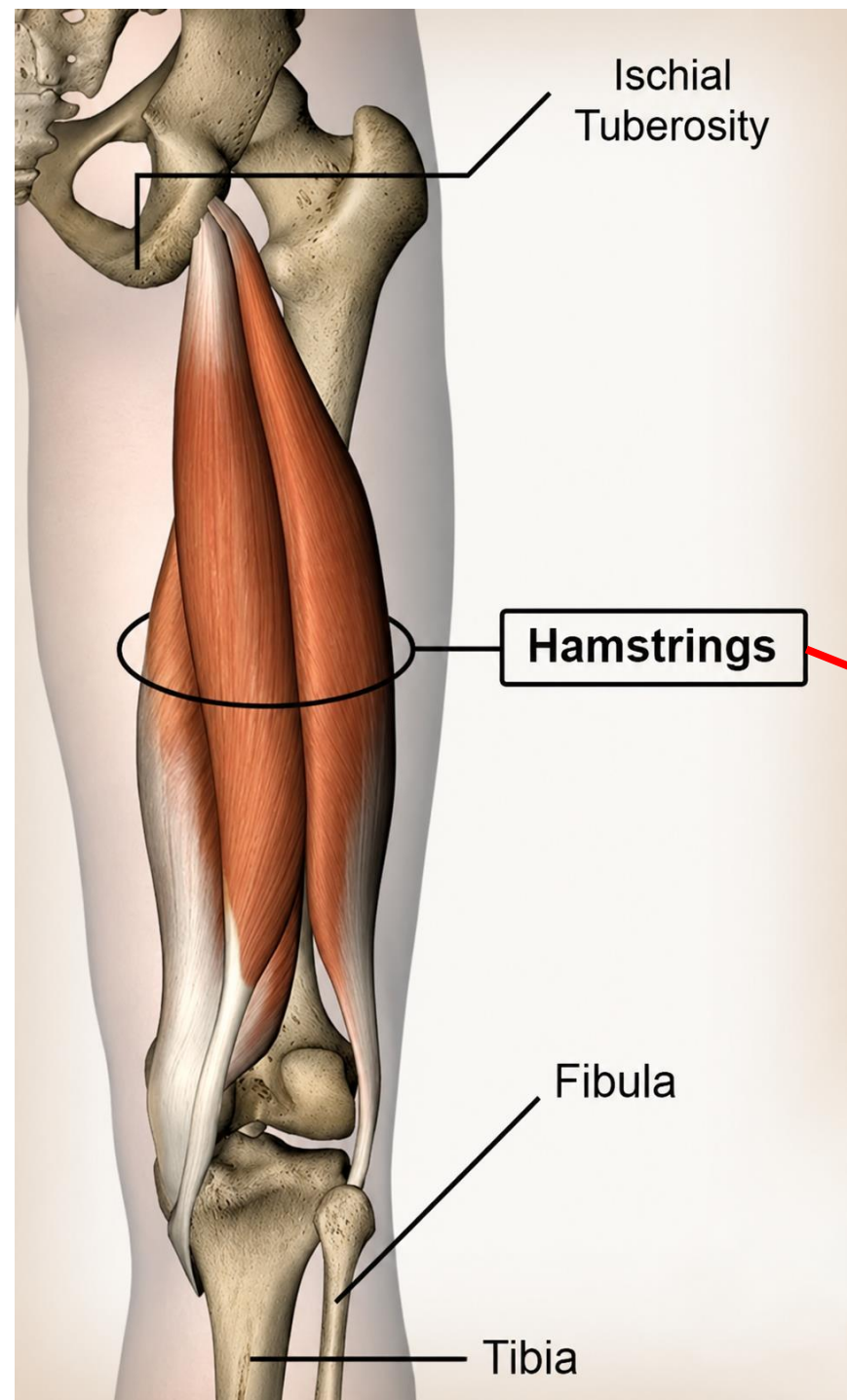


Check List:

Muscles of the Lower Limb

Muscles Acting on the Knee Joint:

2. Hamstrings Muscles: identify the location, origin, insertion and action.



Gluteus Medius

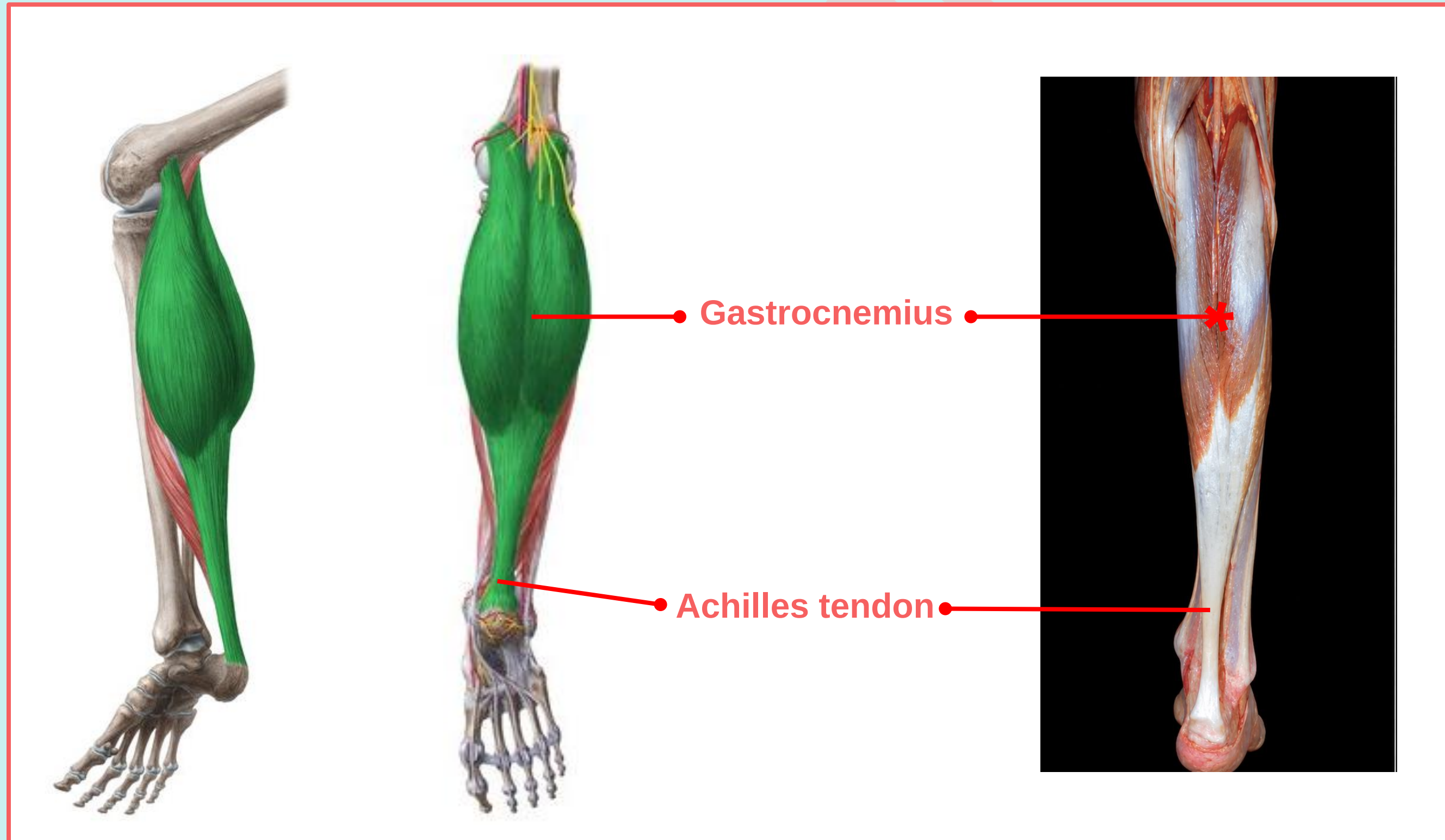
The Hamstring muscles can be identified in the posterior compartment of the thigh, extending from the ischial tuberosity toward the leg

Check List:

Muscles of the Lower Limb

Muscles Acting on the Ankle Joint:

1. **Gastrocnemius Muscle:** identify the location, origin, insertion and action.

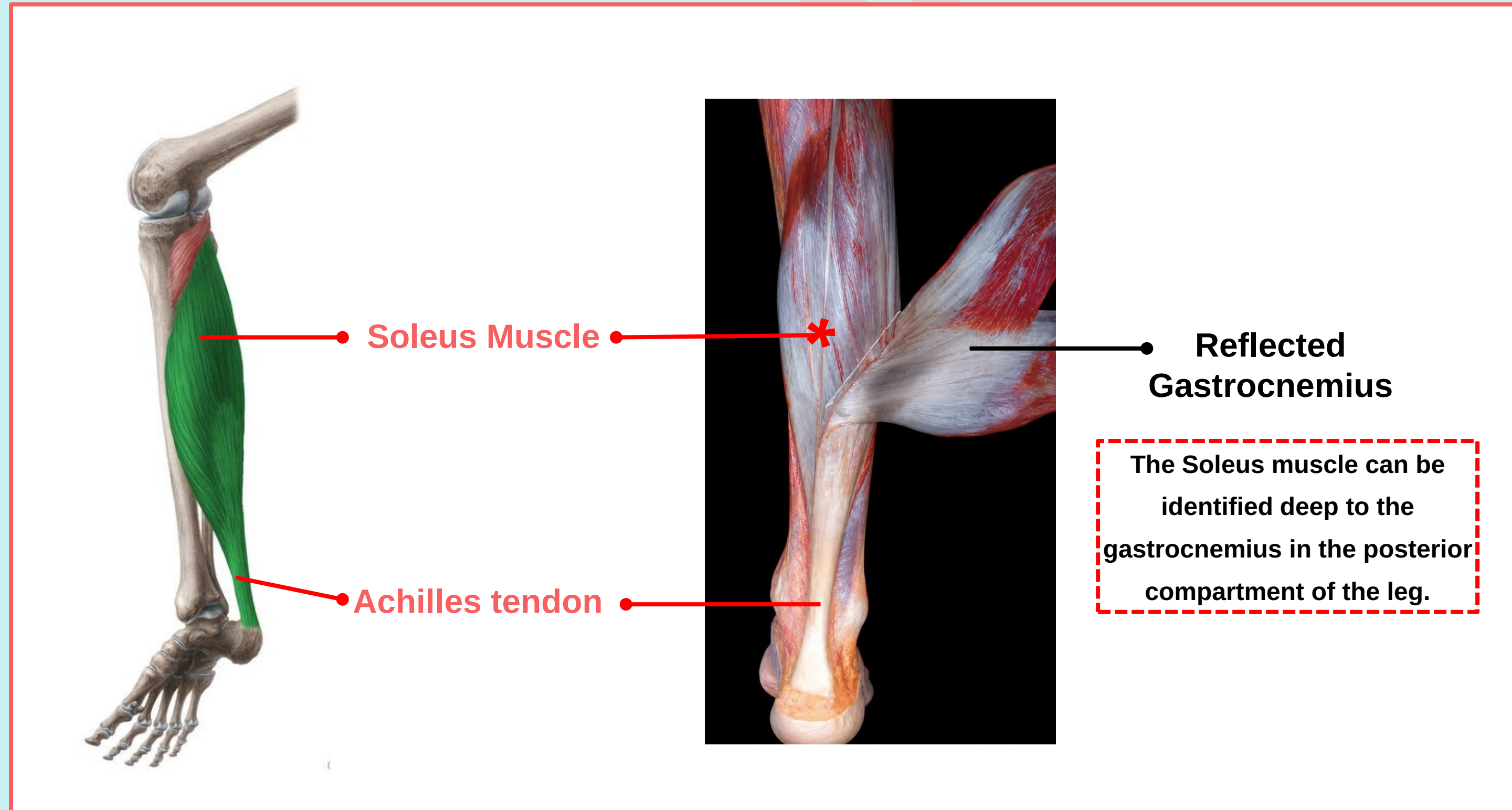


Check List:

Muscles of the Lower Limb

Muscles Acting on the Ankle Joint:

2. **Soleus Muscle:** identify the location, origin, insertion and action.



Check List:

Muscles of the Lower Limb

Muscles Acting on the Ankle Joint:

3. Tibialis Anterior Muscle: identify the location, origin, insertion and action.

