

This sheet tells you what you need to be able to identify on these models – check the “to know” sheet for anything else you may need to know about this topic.



**What you need to ID on the Muscle Arm Model**

You are *done* with this model when you can identify *all* of the following muscles:

- 13 brachialis
- 8 brachioradialis
- 6 biceps brachii
- 7 deltoid
- 5 extensor carpi radialis
- 4 extensor carpi ulnaris
- 11 extensor digitorum
- 10 flexor carpi radialis
- 12 flexor carpi ulnaris
- 3 palmaris longus
- 9 pronator teres
- 1 subscapularis
- 2 triceps brachii
- 14 extensor carpi radialis brevis
- 15 Teres major
- 16 infraspinatus



**Y j cv{ qw'p'ggf 'tq'K' 'qp'vj g'O wuerg'Ngi 'O qf gn**

You are *done* with this model when you can identify *all* of the following muscles:

- 26 adductor brevis
  - 8 adductor longus
  - 6 adductor magnus
  - 4 biceps femoris
  - 19 extensor digitorum longus
  - 21 fibularis longus
  - 3 gastrocnemius
  - 12 gluteus maximus
  - 5 gluteus medius
  - 18 gracilis
  - 24, hamstrings
  - 14 iliacus
  - 22, iliopsoas
  - 13 pectineus
  - 1 psoas major
  - 10 rectus femoris
  - 23, quadriceps femoris
  - 7 sartorius
  - 16 semimembranosus
  - 15 semitendinosus
  - 11 soleus
  - 2 tensor fasciae latae
  - 9 tibialis anterior
  - 25, triceps surae
  - 20 vastus lateralis
  - 17 vastus medialis
- \* indicates muscle group