Learning Experience

Section 1

5.

**Cranium**

**Clavicle**

• Trapezius, Medial deltoid, Infraspinatus, Superaspinatus

**Sternum**

• Sternal pectoralis major, Pectoralis major

**Rib**

• Serratus anterior, Pectoralis minor, subclavius

**Humerus**

• Biceps brachii, Brachialis, Triceps brachii

**Radius**

• Brachioradialis, Extersor carpi radialis longus

**Ulna**

• Palmaris longus, Flexor carpi ulnaris

**Pubis**

• Adductor longus

**Femur**

• Rectus femoris, Vastus medialis, Bicep femoris, Semimembranosus

**Patella**

• Vastus lateralis

**Cervical Vertebrae**

• Trapezius (upper)

**Scapula**

• Posterior deltoid, Trapezius (middle)

**Thoracic Vertebrae**

• Rhomboids (underlining), Multifidus, Semispinalis cerviciss

**Lumbar Vertebrae**

• Erector spinae, Longissimus thoracis

**Ilium**

• Gluteus medius

**Sacrum**

**•** Gluteus meximus

**Ischium**

• Gracilis

**Tibia**

• Soleus, Tibialis anterior, Tibialis posterior

**Fibula**

• Gastrocnemius