

Muscle Key for Basic Clinical Massage Therapy

Track	Time	Muscle	Page	Track	Time	Muscle	Page
4	0:17	Trapezius	96	8	0:16	Gastrocnemius	359
4	1:09	Latissimus dorsi	132	8	1:05	Soleus	360
4	3:29	Levator scapulae	128	8	1:44	Flexor hallucis longus	365
4	4:24	Rhomboid major	130	8	1:46	Flexor digitorum longus	364
4	4:25	Rhomboid minor	130	8	2:06	Tibialis anterior	348
4	6:23	Erector spinae	232	8	2:42	Extensor hallucis longus	350
4	6:23	Quadratus lumborum	263	8	2:44	Extensor digitorum longus	356
				8	2:50	Peroneus longus	352
5	0:09	Deltoid	136	8	2:52	Peroneus brevis	354
5	1:32	Coracobrachialis	186				
5	2:17	Pectoralis major	120	9	0:12	Occipitalis	68
5	3:00	Pectoralis minor	124	9	0:20	Frontalis	66
5	4:46	Subscapularis	144	9	0:47	Orbicularis oculi	70
5	5:15	Supraspinatus	138	9	1:02	Orbicularis oris	
5	6:15	Infraspinatus	140	9	1:10	Zygomaticus major	72
5	6:36	Teres minor	142	9	1:25	Temporalis	74
5	7:11	Teres major	134	9	1:51	Masseter	76
5	7:56	Serratus anterior	148	9	2:00	Buccinator	
				9	2:09	Medial pterygoid	78
6	0:15	Gluteus maximus	286	9	2:09	Lateral pterygoid	79
6	1:04	Gluteus medius	287	9	2:15	Platysma	84
6	1:55	Gluteus minimus	288	9	2:25	Sternocleidomastoid	90
6	2:25	Piriformis	292	9	3:09	Scalenes	92
6	2:27	Superior gemellus	294				
6	2:28	Inferior gemellus	295	10	0:06	Biceps brachii	178
6	2:31	Obturator internus	296	10	1:13	Brachialis	180
6	2:33	Obturator externus	297	10	1:48	Triceps brachii	182
6	2:36	Quadratus femoris	298	10	2:22	Brachioradialis	194
6	3:46	Psoas major	276	10	3:06	Supinator	188
6	5:37	Iliacus	280	10	3:07	Pronator teres	190
				10	3:09	Pronator quadratus	192
7	0:20	Sartorius	312	10	3:25	Flexor digitorum profundus	208
7	1:20	Quadriceps femoris	307	10	3:32	Flexor pollicis longus	210
7	1:45	Rectus femoris		10	3:42	Flexor digitorum superficialis	209
7	2:16	Vastus lateralis		10	3:49	Flexor carpi ulnaris	207
7	2:30	Vastus intermedius		10	3:54	Palmaris longus	206
7	2:39	Vastus medialis		10	3:59	Flexor carpi radialis	206
7	3:48	Semimembranosus	315	10	5:11	Extensor indicis	199
7	4:18	Semitendinosus	314	10	5:15	Extensor pollicis brevis	200
7	4:31	Biceps femoris	316	10	5:19	Extensor pollicis longus	200
7	5:55	Pectineus	325	10	5:44	Extensor carpi ulnaris	197
7	5:58	Adductor brevis	324	10	5:49	Extensor digiti minimi	198
7	5:59	Adductor longus	323	10	5:54	Extensor digitorum	198
7	6:01	Adductor magnus	322	10	5:59	Extensor carpi radialis longus	196
7	6:03	Gracilis	326	10	6:07	Extensor carpi radialis brevis	196
7	7:08	Tensor faciae latae & iliotibial band	318	10	6:14	Abductor pollicis longus	201
				11	0:06	Intercostals	162
				11	0:51	Diaphragm	158
				11	1:56	Transversus abdominis	262
				11	2:19	Rectus abdominis	255
				11	3:13	Abdominal obliques - internal	260
				11	3:14	Abdominal obliques - external	260

This key was created to help you match the muscles on the Audio CD "Musculoskeletal Anatomy" with the illustrations in your textbook.