

**Muscle Key for
Illustrated Essentials of Musculoskeletal Anatomy**

Track	Time	Muscle	Page	Track	Time	Muscle	Page
4	0:17	Trapezius	11	8	0:16	Gastrocnemius	102
4	1:09	Latissimus dorsi	12	8	1:05	Soleus	103
4	3:29	Levator scapulae	15	8	1:44	Flexor hallucis longus	107
4	4:24	Rhomboid major	16	8	1:46	Flexor digitorum longus	106
4	4:25	Rhomboid minor	16	8	2:06	Tibialis anterior	108
4	6:23	Erector spinae	149	8	2:42	Extensor hallucis longus	109
4	6:23	Quadratus lumborum	148	8	2:44	Extensor digitorum longus	110
				8	2:50	Peroneus longus	112
5	0:09	Deltoid	24	8	2:52	Peroneus brevis	113
5	1:32	Coracobrachialis	23				
5	2:17	Pectoralis major	20	9	0:12	Occipitalis	134
5	3:00	Pectoralis minor	21	9	0:20	Frontalis	134
5	4:46	Subscapularis	19	9	0:47	Orbicularis oculi	135
5	5:15	Supraspinatus	17	9	1:02	Orbicularis oris	136
5	6:15	Infraspinatus	18	9	1:10	Zygomaticus major	135
5	6:36	Teres minor	14	9	1:25	Temporalis	136
5	7:11	Teres major	13	9	1:51	Masseter	136
5	7:56	Serratus anterior	22	9	2:00	Buccinator	136
				9	2:09	Medial pterygoid	136
6	0:15	Gluteus maximus	86	9	2:09	Lateral pterygoid	136
6	1:04	Gluteus medius	87	9	2:15	Platysma	134
6	1:55	Gluteus minimus	88	9	2:25	Sternocleidomastoid	138
6	2:25	Piriformis	88	9	3:09	Scalenes	139
6	2:27	Superior gemellus	89				
6	2:28	Inferior gemellus	89	10	0:06	Biceps brachii	27
6	2:31	Obturator internus	89	10	1:13	Brachialis	26
6	2:33	Obturator externus	89	10	1:48	Triceps brachii	25
6	2:36	Quadratus femoris	89	10	2:22	Brachioradialis	28
6	3:46	Psoas major	90	10	3:06	Supinator	30
6	5:37	Iliacus	90	10	3:07	Pronator teres	29
				10	3:09	Pronator quadratus	29
7	0:20	Sartorius	92	10	3:25	Flexor digitorum profundus	41
7	1:20	Quadriceps femoris	93-95	10	3:32	Flexor pollicis longus	106
7	1:45	Rectus femoris	94	10	3:42	Flexor digitorum superficialis	40
7	2:16	Vastus lateralis	95	10	3:49	Flexor carpi ulnaris	34
7	2:30	Vastus intermedius	95	10	3:54	Palmaris longus	35
7	2:39	Vastus medialis	95	10	3:59	Flexor carpi radialis	36
7	3:48	Semimembranosus	100	10	5:11	Extensor indicis	39
7	4:18	Semitendinosus	101	10	5:15	Extensor pollicis brevis	44
7	4:31	Biceps femoris	100	10	5:19	Extensor pollicis longus	43
7	5:55	Pectineus	96	10	5:44	Extensor carpi ulnaris	33
7	5:58	Adductor brevis	97	10	5:49	Extensor digiti minimi	38
7	5:59	Adductor longus	97	10	5:54	Extensor digitorum	37
7	6:01	Adductor magnus	98	10	5:59	Extensor carpi radialis longus	31
7	6:03	Gracilis	99	10	6:07	Extensor carpi radialis brevis	111
7	7:08	Tensor faciae latae & iliotibial band	91	10	6:14	Abductor pollicis longus	45
				11	0:06	Intercostals	145
				11	0:51	Diaphragm	146
				11	1:56	Transversus abdominis	144
				11	2:19	Rectus abdominis	141
				11	3:13	Abdominal obliques - internal	143
				11	3:14	Abdominal obliques - external	142

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