

**Muscle Key for  
Mosby's Essential Sciences for Therapeutic Massage, 2nd Edition**

Track	Time	Muscle	Page	Track	Time	Muscle	Page
4	0:17	Trapezius	428	8	0:16	Gastrocnemius	420
4	1:09	Latissimus dorsi	443	8	1:05	Soleus	419
4	3:29	Levator scapulae	432	8	1:44	Flexor hallucis longus	418
4	4:24	Rhomboid major	431	8	1:46	Flexor digitorum longus	418
4	4:25	Rhomboid minor	432	8	2:06	Tibialis anterior	411
4	6:23	Erector spinae	364 - 369	8	2:42	Extensor hallucis longus	412
4	6:23	Quadratus lumborum	380	8	2:44	Extensor digitorum longus	411
5	0:09	Deltoid	440	8	2:50	Peroneus longus	414
5	1:32	Coracobrachialis	444	8	2:52	Peroneus brevis	414
5	2:17	Pectoralis major	441	9	0:12	Occipitalis	337
5	3:00	Pectoralis minor	433	9	0:20	Frontalis	337
5	4:46	Subscapularis	439	9	0:47	Orbicularis oculi	342
5	5:15	Supraspinatus	435	9	1:02	Orbicularis oris	343
5	6:15	Infraspinatus	438	9	1:10	Zygomaticus major	345
5	6:36	Teres minor	439	9	1:25	Temporalis	350
5	7:11	Teres major	444	9	1:51	Masseter	350
5	7:56	Serratus anterior	434	9	2:00	Buccinator	348
6	0:15	Gluteus maximus	389	9	2:09	Medial pterygoid	352
6	1:04	Gluteus medius	390	9	2:09	Lateral pterygoid	351
6	1:55	Gluteus minimus	391	9	2:15	Platysma	348
6	2:25	Piriformis	393	9	2:25	Sternocleidomastoid	355
6	2:27	Superior gemellus	395	9	3:09	Scalenes	361 - 362
6	2:28	Inferior gemellus	395	10	0:06	Biceps brachii	445
6	2:31	Obturator internus	393	10	1:13	Brachialis	446
6	2:33	Obturator externus	394	10	1:48	Triceps brachii	450
6	2:36	Quadratus femoris	394	10	2:22	Brachioradialis	447
6	3:46	Psoas major	381	10	3:06	Supinator	448
6	5:37	Iliacus	382	10	3:07	Pronator teres	448
7	0:20	Sartorius	405	10	3:09	Pronator quadratus	449
7	1:20	Quadriceps femoris	406 - 407	10	3:25	Flexor digitorum profundus	454
7	1:45	Rectus femoris	406	10	3:32	Flexor pollicis longus	455
7	2:16	Vastus lateralis	406	10	3:42	Flexor digitorum superficialis	454
7	2:30	Vastus intermedius	407	10	3:49	Flexor carpi ulnaris	453
7	2:39	Vastus medialis	407	10	3:54	Palmaris longus	453
7	3:48	Semimembranosus	396	10	3:59	Flexor carpi radialis	452
7	4:18	Semitendinosus	398	10	5:11	Extensor indicis	460
7	4:31	Biceps femoris	398	10	5:15	Extensor pollicis brevis	458
7	5:55	Pectineus	401	10	5:19	Extensor pollicis longus	459
7	5:58	Adductor brevis	401	10	5:44	Extensor carpi ulnaris	458
7	5:59	Adductor longus	402	10	5:49	Extensor digiti minimi	457
7	6:01	Adductor magnus	402	10	5:54	Extensor digitorum	457
7	6:03	Gracilis	403	10	5:59	Extensor carpi radialis longus	456
7	7:08	Tensor faciae latae & iliotibial band	392	10	6:07	Extensor carpi radialis brevis	456
				10	6:14	Abductor pollicis longus	459
				11	0:06	Intercostals	378
				11	0:51	Diaphragm	372
				11	1:56	Transversus abdominis	382
				11	2:19	Rectus abdominis	384
				11	3:13	Abdominal obliques - internal	383
				11	3:14	Abdominal obliques - external	384

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