

Homo-Skelett mit Muskeldarstellung

Homo-Schädel mit Muskeldarstellung

Muskeln variieren von Mensch zu Mensch, es können sogar gewisse Muskeln ganz fehlen. Auch hängt die Muskulatur vom Skelett ab, das bei jedem Menschen etwas anders aussieht. Rüdiger Anatomie hat deshalb eine möglichst neutrale Darstellung der Muskeln illustriert.

Kopf-Halsmuskeln

1. M. rectus capitis anterior
2. M. rectus capitis posterior major
3. M. rectus capitis posterior minor
4. M. rectus capitis lateralis
5. M. obliquus capitis superior
6. M. obliquus capitis inferior
7. M. longus capitis

Mimische Muskulatur (8. bis 27.):

8. M. epicranii - venter occipitalis
9. M. epicranii - M. temporoparietalis
10. M. procerus
11. M. nasalis
12. M. depressor septi
13. M. orbicularis oculi
14. M. orbicularis oculi (pars lacrimalis)
15. M. corrugator supercilii
16. M. depressor supercilii
17. M. auricularis posterior
18. M. orbicularis oris
19. M. depressor anguli oris (M. triangularis)
20. M. zygomaticus major
21. M. zygomaticus minor
22. M. levator labii superioris
23. M. levator labii sup. alaeque nasi
24. M. depressor labii inferioris
25. M. levator anguli oris (m. caninus)
26. M. buccinator
27. M. mentalis
28. M. masseter
29. M. temporalis
30. M. pterygoideus lateralis
31. M. pterygoideus medialis
32. M. sternocleidomastoideus
33. M. longus oculi
34. M. scalenus anterior
35. M. scalenus medius
36. M. scalenus posterior
37. M. digastricus
38. M. stylohyoideus/ M. styloglossus
39. M. mylohyoideus/ M. stylopharyngeus
- 40.a M. geniohyoideus
- 40.b M. omohyoideus
41. M. sternohyoideus
42. M. thyrohyoideus
178. M. genioglossus

Rückenmuskeln

43. M. trapezius
44. M. latissimus dorsi
45. M. rhomboideus major
46. M. rhomboideus minor
47. M. levator scapulae
48. M. serratus posterior superior
49. M. serratus posterior inferior
50. M. splenius capitis
51. M. splenius cervicis

M. iliocostalis

52. M. iliocostalis lumborum
53. M. iliocostalis cervicis
54. M. iliocostalis thoracis

M. longissimus

55. M. longissimus capitis
56. M. longissimus cervicis
57. M. longissimus thoracis

M. spinalis

58. M. spinalis capitis

59. M. spinalis cervicis
 60. M. spinalis thoracis
- M. transversospinalis**
61. M. semispinalis capitis
 62. M. semispinalis cervicis
 63. M. semispinalis thoracis
 64. Mm. multifidi
 65. Mm. rotatores
 66. Mm. interspinales
 179. M. levator veli palatini

Mm. intertransversarii

67. Mm. intertransversarii post. cervicis
68. Mm. intertransversarii ant. cervicis
69. Mm. intertransversarii lat. lumborum
70. Mm. intertransversarii med. lumborum

Brustmuskeln

71. M. pectoralis major
72. M. pectoralis minor
73. M. subclavius
74. M. serratus anterior
75. Mm. levatores costarum
76. Mm. intercostales externi
77. Mm. intercostales interni
78. Mm. subcostales
79. M. transversus thoracis
80. Pars lumbalis diaphragmae
81. Pars costalis diaphragmae
82. Pars sternalis diaphragmae

Bauchmuskeln

83. M. rectus abdominis
84. M. pyramidalis
85. M. obliquus externus abdominis
86. M. obliquus internus abdominis
87. M. transversus abdominis
88. M. quadratus lumborum
89. M. coccygeus

Armmuskeln

90. M. deltoideus
91. M. supraspinatus
92. M. infraspinatus
93. M. teres minor
94. M. teres major
95. M. subscapularis

M. biceps brachii

- 96.a M. biceps brachii, caput longum
- 96.b M. biceps brachii, caput breve
97. M. coracobrachialis
98. M. brachialis

M. triceps brachii

- 99a. M. triceps brachii, caput longum
- 99b. M. triceps brachii, caput mediale
- 99c. M. triceps brachii, caput laterale
100. M. anconeus
101. M. pronator teres
102. M. flexor carpi radialis
103. M. palmaris longus
104. M. flexor carpi ulnaris
105. M. flexor digitorum superficialis
106. M. flexor digitorum profundus
107. M. flexor pollicis longus
108. M. pronator quadratus
109. M. brachioradialis
110. M. extensor carpi radialis longus
111. M. extensor carpi radialis brevis
112. M. extensor digitorum
113. M. extensor digiti minimi
114. M. extensor carpi ulnaris
115. M. supinator
116. M. abductor pollicis longus
117. M. extensor pollicis brevis
118. M. extensor pollicis longus
119. M. extensor indicis
120. M. palmaris brevis

Muskelursprünge Rot gekennzeichnet

Muskelansätze Blau gekennzeichnet

121. M. abductor pollicis brevis
122. M. flexor pollicis brevis
123. M. opponens pollicis
124. M. adductor pollicis
125. M. abductor digiti minimi
126. M. opponens digiti minimi
Mm. lumbricales (kein Knochenursprung u. Ansatz)
127. Mm. interossei dorsales
128. Mm. interossei palmares
176. M. flexor digiti minimi brevis

Beinmuskeln M. iliopsoas

- 129.a.M. iliacus
- 129.b.M. psoas major
- 129.c M. psoas minor
130. M. gluteus maximus
131. M. gluteus medius
132. M. gluteus minimus
133. M. tensor fasciae latae
134. M. piriformis
135. M. obturator internus
136. M. obturator externus
137. M. gemellus superior
138. M. gemellus inferior
139. M. quadratus femoris
140. M. sartorius

M. quadriceps femoris

- 141.a. M. rectus femoris
- 141.b. M. vastus lateralis
- 141.c. M. vastus intermedius
- 141.d. M. vastus medialis
142. M. articularis genus
143. M. pectineus
144. M. adductor longus
145. M. adductor brevis
146. M. adductor magnus
147. M. gracilis

M. biceps femoris

- 148.a. M. biceps, caput longum
- 148.b. M. biceps, caput breve
149. M. semitendinosus
150. M. semimembranosus
151. M. tibialis anterior
152. M. extensor digitorum longus
153. M. peroneus tertius
154. M. extensor hallucis longus
155. M. peroneus longus
156. M. peroneus brevis

M. triceps surae

- 157.a. M. gastrocnemius
- 157.b. M. soleus
158. M. plantaris
159. M. popliteus
160. M. tibialis posterior
161. M. flexor digitorum longus
162. M. flexor hallucis longus
163. M. extensor hallucis brevis
164. M. extensor digitorum brevis
165. M. abductor hallucis
166. M. flexor hallucis brevis
167. M. adductor hallucis
168. M. abductor digiti minimi
169. M. flexor digitorum brevis
170. M. flexor digitorum brevis
171. M. quadratus plantae
172. Mm. lumbricales
173. Mm. interossei dorsales
174. Mm. interossei plantares
175. M. rectus iliotibialis
177. M. flexor digiti minimi brevis

Human Skeleton with Muscles

Human Skull with Muscles

Muscles may vary from human to human. It is possible that certain muscles are totally missing. Furthermore the musculature is dependent on the skeleton which may vary from human to human, too. We have therefore tried to illustrate the muscle descriptions as neutral as possible.

Muscles of the head and cervical muscles

1. Anterior straight muscle of head
2. Greater posterior straight muscle of head
3. Smaller posterior straight muscle of head
4. Lateral straight muscle of head
5. Superior oblique muscle of head
6. Inferior oblique muscle of head
7. Long muscle of head
8. Epicranial muscle (occipital belly)
9. Epicranial muscle (temporoparietal muscle)
10. Procerus muscle
11. Nasal muscle
12. Depressor muscle of septum
13. Orbicular muscle of eye
14. Orbicular muscle of eye - Lacrimal part
15. Superciliary corrugator muscle
16. Superciliary depressor muscle
17. Posterior auricular muscle
18. Orbicular muscle of mouth
19. Depressor muscle of angle of mouth
20. Greater zygomatic muscle
21. Lesser zygomatic muscle
22. Levator muscle of upper lip
23. Levator muscle of upper lip and nasal wing
24. Depressor muscle of lower lip
25. Levator muscle of angle of mouth
26. Buccinator muscle
27. Chin muscle
28. Masseter muscle
29. Temporal muscle
30. Lateral pterygoid muscle
31. Medial pterygoid muscle
32. Sternocleidomastoid muscle
33. Long muscle of neck
34. Anterior scalene muscle
35. Middle scalene muscle
36. Posterior scalene muscle
37. Digastric muscle
38. Stylohyoid muscle/ Styloglossus muscle
39. Mylohyoid muscle/ Stylopharyngeus muscle
- 40.a Geniohyoid muscle
- 40.b Omohyoid muscle
41. Sternohyoid muscle
42. Thyrohyoid muscle
178. Genioglossus muscle

Muscles of Back

43. Trapezium muscle
44. Latissimus dorsi muscle
45. Greater rhomboid muscle
46. Lesser rhomboid muscle
47. Levator muscle of scapula
48. Sup. posterior serratus m.
49. Inf. posterior serratus m.
50. Splenius muscle of head
51. Splenius muscle of neck

Iliocostal muscle

52. Sacrolumbalis muscle
53. Iliocostal muscle of neck
54. Iliocostal muscle of back

Longissimus muscle

55. Longissimus muscle of head
56. Longissimus muscle of neck

57. Longissimus muscle of back

Spinal muscle

58. Spinal muscle of head
59. Spinal muscle of neck
60. Spinal muscle of back

Transversospinal muscle

61. Semispinal muscle of head
62. Semispinal muscle of neck
63. Semispinal muscle of thorax
64. Multifidus muscles
65. Rotator muscles
66. Interspinal muscles
179. Levator muscle of palatine velum

Intertransverse muscles

67. Posterior intertransverse muscle of neck
68. Anterior intertransverse muscles of neck
69. Lateral intertransverse lumbar muscles
70. Medial intertransverse lumbar muscles

Muscles of thorax

71. Greater pectoral muscle
72. Smaller pectoral muscle
73. Subclavius muscle
74. Anterior serratus muscle
75. Levator muscles of ribs
76. External intercostal muscles
77. Internal intercostal muscles
78. Subcostal muscles
79. Transverse muscle of thorax
80. Diaphragm, lumbar part
81. Diaphragm, costal part
82. Diaphragm, sternal part

Muscles of abdomen

83. Straight muscle of abdomen
84. Pyramidal muscle
85. External oblique muscle of abdomen
86. Internal oblique muscle of abdomen
87. Transverse muscle of abdomen
88. Quadratus lumbaris muscle
89. Coccygeal muscle

Muscles of upper limb

90. Deltoid muscle
91. Supraspinous muscle
92. Infraspinous muscle
93. Teres minor muscle
94. Teres major muscle
95. Supscapular muscle

Biceps muscle of arm

- 96.a Biceps muscle of arm - long head
- 96.b Biceps muscle of arm - short head
97. Coracobrachial muscle
98. Brachial muscle

Triceps muscle of arm

- 99.a Triceps muscle of arm - long head
- 99.b Triceps muscle of arm - short head
- 99.c Triceps muscle of arm - lateral head
100. Anconeus muscle
101. Round pronator muscle
102. Radial flexor muscle of wrist
103. Long palmar muscle
104. Ulnar flexor muscle of wrist
105. Superficial flexor m. of fingers
106. Deep flexor muscle of fingers
107. Long flexor muscle of thumb
108. Quadratus pronator muscle
109. Brachioradial muscle
110. Long radial extensor muscle of wrist
111. Short radial extensor muscle of wrist
112. Extensor muscle of fingers
113. Extensor muscle of little finger
114. Ulnar extensor muscle of wrist
115. Supinator muscle
116. Long abductor muscle of thumb
117. Short extensor muscle of thumb

Muscle origins coloured in red colour

Muscle insertions coloured in blue colour

118. Long extensor muscle of thumb
119. Extensor muscle of index finger
120. Short palmar muscle
121. Short abductor muscle of thumb
122. Short flexor muscle of thumb
123. Opposing muscle of thumb
124. Adductor muscle of thumb
125. Abductor muscle of little finger
126. Opposing muscle of little finger
176. M. flexor digiti minimi brevis

Lumbrical muscles

(no O. and I. at bones)

127. Dorsal interosseus muscle
128. Palmar interosseus muscle

Muscles of lower limb Iliopsoas muscle

- 129.a Iliac muscle
- 129.b Greater psoas muscle
- 129.c Smaller psoas muscle
130. Greatest gluteal muscle
131. Middle gluteal muscle
132. Least gluteal muscle
133. Tensor muscle of fascia lata
134. Piriform muscle
135. Internal obturator muscle
136. External obturator muscle
137. Superior gemellus muscle
138. Inferior gemellus muscle
139. Quadratus muscle of thigh
140. Satorius muscle

Quadriceps muscle of thigh

- 141.a Straight muscle of thigh
- 141.b Lateral great muscle
- 141.c Intermediate great muscle
142. Articular muscle of knee
143. Pectinal muscle
144. Long adductor muscle
145. Short adductor muscle
146. Great adductor muscle
147. Gracilis muscle

Biceps muscle of thigh

- 148.a Biceps, long head
- 148.b Biceps, short head
149. Semitendinous muscle
150. Semimembranous muscle
151. Anterior tibial muscle
152. Long extensor muscle of toes
153. Third peroneal muscle
154. Long extensor muscle of great toe
155. Long peroneal muscle
156. Short peroneal muscle

Triceps muscle of calf

- 157.a Gastrocnemius muscle
- 157.b Soleus muscle
158. Plantar muscle
159. Popliteal muscle
160. Posterior tibial muscle
161. Long flexor muscle of toes
162. Long flexor muscle of great toe
163. Short extensor muscle of great toe
164. Short extensor muscle of toes
165. Abductor muscle of great toe
166. Short flexor muscle of great toe
167. Adductor muscle of great toe
168. Adductor muscle of little toe
169. Short flexor muscle of little toe
170. Short flexor muscle of toes
171. Quadratus muscle of sole
172. Lumbrical muscles
173. Dorsal interosseus muscles
174. Plantar interosseus muscles
175. M. rectus iliobtibialis
177. M. flexor digiti minimi brevis