

Appendicular Muscle Supplementary Exercise

Memorizing OIAs through flashcards is boring and, honestly, not very effective for most people.

This exercise will help you INTERACT with the material in a way that will facilitate the memorization of the OIAs and, hopefully, make the material a little more fun in the process. (It is not meant to replace flashcards, but as a way to supplement the learning process.)

There are TWO ways to do this exercise.

- 1) homework style: print out the skeleton images, then fill out the muscle OIs, then draw the muscles in.
- 2) study style: print out skeleton images, then LAMINATE and you can draw, erase and re-draw each muscle with whiteboard marker as a way to study! Quiz yourself or create a game with your study partners.

How to draw the muscles

This is really up to you. But I suggest using a small 'o' over the landmark from which the muscle originates, and then either an 'x' or a small point over the landmark where the muscle inserts. If it has multiple attachment points then you can get creative! I tend to draw a line connecting all origins etc. Take a look at the video if you want to see more!

Lastly, I picked some muscles to focus on that I think are the best candidates for this type of exercise. But, I've included the full skeleton in the larger print outs which will allow you to draw whatever muscles you want to study.



Coracobrachialis:

O: _____

I: _____

Brachialis:

O: _____

I: _____

Brachioradialis:

O: _____

I: _____

Biceps Brachii Long Head:

O: _____

I: _____

Biceps Brachii Short Head:

O: _____

I: _____

Pronator Teres

O: _____

I: _____



Psoas Major:

O: _____
I: _____

Iliacus:

O: _____
I: _____

Tensor Fasciae Latae

O: _____
I: _____

Pectineus (no origin, insertion for SDSU)

O: _____
I: _____

Adductor Brevis

O: _____
I: _____

Adductor Longus

O: _____
I: _____

Adductor Magnus (seen best in posterior view)

O: _____
I: _____

Gracilis

O: _____
I: _____

Sartorius

O: _____
I: _____



Vastus intermedius

O: _____

I: _____

Vastus lateralis

O: _____

I: _____

Vastus medialis

O: _____

I: _____

Vastus Femoris

O: _____

I: _____

Semimembranosus (Semimembranosus, Semitendinosus)

O: _____

I: _____

Semifemoralis (long head)

O: _____

I: _____

Semifemoralis (short head)

O: _____

I: _____



Levator scapulae

O: _____
I: _____

Rhomboid minor

O: _____
I: _____

Rhomboid major

O: _____
I: _____

Teres minor

O: _____
I: _____

Trapezius (no OI for sdsu)

O: _____
I: _____

Latissimus Dorsi (no OI for sdsu)

O: _____
I: _____

Teres major

O: _____
I: _____