

Muscle / Innervation

THE HAND

First Dorsal Interosseous (Deep BR Ulnar Nerve C8,T1)

2-4 Dorsal Interosseous (Deep BR Ulnar Nerve C8,T1)

Adductor Pollicis (Deep BR Ulnar Nerve C8,T1)

Abductor Pollicis Brevis (Median N C8,T1)

Flexor Pollicis Brevis (Median N C8,T1)

Opponens Pollicis (Median N C8,T1)

Abductor Digiti Minimi (Deep BR Ulnar Nerve C8 T1)

Flexor Digiti Minimi (Deep BR Ulnar Nerve C8,T1)

Opponens Digiti Minimi (Deep BR Ulnar Nerve C8,T1)

THE FOOT

Abductor Hallucis (Med Plantar S1,2)

Flexor Digitorum Brevis (Med Plantar S1,2)

Abductor Digiti Minimi (Lat Plantar S1,2,3)

Quadratus Plantae (Lat Plantar S1,2,3)

Dorsal Interosseous (Lat Plantar S2,3)

Adductor Hallucis (Lat Plantar S2,3)

Flexor Hallucis Brevis (Med Plantar S1,2)

TMJ

Masseter Ant Div Mandibular CN (V)

Temporalis Ant Div Mandibular CN (V)

Lateral pterygoid Mandibular div of CN (V)

Medial pterygoid Mandibular div of CN (V)

ADVANCED SHOULDER

Rectus Abdominus (Ventral rami T7-12)

Subscapularis (Upper and Lower Subscapular C5,6,7)

ABDOMINALS

Rectus Abdominus (Ventral rami T7-12)

Transversus Abdominus/Obliques (Lower 6 intercostal/thoracoabdominal nerves)

ADVANCED CERVICAL SPINE

Sternocleidomastoid (Spinal accessory (XI), proprio C2/3)

Trapezius review (Ventral rami of C3-C4 and accessory nerve XI)



ESSENTIALS COURSE

MUSCLE CHART

LEVEL 3

Muscle / Innervation

ADVANCED NEEDLING

Infraspinatus (Suprascapular C5,6)

Hamstrings on stretch

Rec Fem on stretch (Femoral L2,3,4)

Lats in Side-lying (Thoracodorsal C6,7,8)

ANTERIOR HIP

Iliacus (Femoral L2,3)

LOWER EXTREMITY

Extensor Digitorum Longus (Deep peroneal L4,5)

Extensor Hallucis Longus (Deep peroneal L4,5)