

LEVEL 2 COURSE MUSCLE CHART

Muscle / Innervation
LUMBAR SPINE
Quadratus Lumborum T12-L3/4 segmentally
PSIS
UPPER EXTREMITY
Pectoralis Minor C6,7,8 Medial Pectoral N
Subclavius C5,6 N to Subclavius
Subscapularis C5,6,7 Upper and lower subscapular N's
Coracobrachialis C6,7 Musculocutaneous
Biceps-Short Head C5,6 Musculocutaneous
Supraspinatus (Suprascapular C4,C5,C6)
Epicondylar part of the common extensor tendon (Rad, C5,C6,C7,C8)
Extensor carpi ulnaris (Rad/PI,C6,C7,C8)
Extensor digitorum (Rad/PI,C6,C7,C8)
Flexor carpi radialis (Median C6,C7,C8)
Flexor digitorum superficialis (Median C7,C8,T1)
Flexor carpi ulnaris (Ulnar C6,C7)
THORACIC SPINE
Multifidus Segmentally by dorsal rami
Spinalis Segmentally by dorsal rami
Longissimus Segmentally by dorsal rami
Iliocostalis Segmentally by dorsal rami
Serratus Posterior Superior 2nd-5th I/Costal N's
Middle Trapezius Spinal accessory (XI), sensory C3/4
Lower Trapezius Spinal accessory (XI), sensory C3/4
Rhomboids C4/5 Dorsal Scap N
Serratus Anterior C5-7 Long Thoracic
Serratus Posterior Inferior T9-12 Ventral rami

Muscle / Innervation
HIP
Piriformis sacral plexus,L5 S1,S2
Superior Gemelli L5, S1-2 N to Obt Int
Obturator Internus L5, S1-2 N to Obt Int
Inferior Gemelli L5, S1-2 N to Quad fem
Obturator Externus L2-4 Obt N
Quadratus Femoris L5, S1-2 N to Quad fem
Pectineus L2,3. Fem N & Obt N
Adductor Brevis L2-4. Obt N
Iliacus (ant hip) L2,3 Fem N
Psoas (ant hip) L2,3
CERVICAL SPINE
Sternocleidomastoid Spinal accessory (XI), proprio C2/3
Levator Scapulae C3-4 & Dorsal scap N C4-5
Splenius Capitis Post primary rami
Inferior Obliquus Capitus C1-post primary rami
Rectus Capitus Posterior Major C1-post primary rami
Cervical Erector Spinae attachments
Rhomboid major/Minor (Dorsal scapular, C4,C5)
Superior/inferior nuchal lines