



LEVEL 3 COURSE MUSCLE CHART

Muscle / Innervation
THE HAND
First Dorsal Interosseous Deep BR, Ulnar Nerve, C8/T1
2-4 Dorsal Interosseous C8 / T1
Adductor Pollicis C8 / T1
Abductor Pollicis Brevis C8 / T1 Median N
Flexor Pollicis Brevis C8 / T1 Median N
Opponens Pollicis C8 / T1 Median N
Abductor Digiti Minimi C8/T1 D Br Ulna N
Flexor Digiti Minimi C8/T1 D Br Ulna N
Opponens Digiti Minimi C8/T1 D Br Ulna N
FACE/TMJ
Temporalis Ant Div Mandibular CN (V)
Masseter Ant Div Mandibular CN (V)
Medial pterygoid Mandibular div of CN (V)
Lateral pterygoid Mandibular div of CN (V)
THE FOOT
Extensor Digitorum Brevis L5/S1 Deep Peroneal
Extensor Hallucis Brevis L5/S1 Deep Peroneal
Abductor Hallucis S1/2 Med Plantar N
Flexor Digitorum Brevis S1/2 Med Plantar N
Abductor Digiti Minimi S1-S3 Lat plantar N
Flexor Digiti Minimi Brevis S2/3 Lat Plantar N
Quadratus Plantae S1-S3 Lat Plantar N
Dorsal Interosseous S2/3 Lat Plantar N
Adductor Hallucis S2 /S3 lat Plantar N
Flexor Hallucis Brevis S1/2 Medial Plantar N
TRUNK
Rectus Abdominus T 7-12 Ventral rami
Transversus Abdominus/Obliques

Muscle / Innervation
TENDON LIGAMENT
Achilles Tendon
Patella Tendon
Lateral Epicondyle
PSIS
Lateral Collateralknee
Medial Collateralknee
ADVANCED NEEDLING/THREADING
Infraspinatus
Hamstrings onstretch
Quads
Obturator Internus
Scalenes
LONG THUMB MUSCLES
Flexor Pollicis Longus C7/8 Median N
Extensor Pollicis Longus C7/8 Post. int. N
Extensor Pollicis Brevis C7/8 Post. int. N
Abductor Pollicis Longus C6/7 Post. int. N
LOWER EXTREMITY
Popliteus L4,5, S1 Tibial N
Tibialis Posterior L4,5 Tibial N
Flexor Digitorum Longus S1,2 Tibial N
Flexor Hallucis Longus S1,2 Tibial N
Extensor Hallucis Longus L4,5 Deep Peroneal