**Muscle Word Bank**

**ACTIONS**

Extends hip

Plantar Flexes foot & Flexes knee

Flexes neck & Rotates head

Extends neck & Adducts scapula

Elevates mandible (Closes Jaw)

Extends & Adducts humerus

Adducts & Flexes humerus

Abducts humerus

Flexes elbow & Supinates forearm

Extends elbow

**INSERTIONS**

Mandible

Humerus

Olecranon Process of Ulna

Scapular Spine & Clavicle

Calcaneus

Proximal Humerus

Humerus (Greater Tubercle & Intertubercular Groove)

Radial Tuberosity of Radius

Proximal Femur

Mastoid Process

**ORIGINS**

**(One answer will be used TWICE)**

Posterior Ilium, Sacrum, & Coccyx

Lower spine and iliac crest

Zygomatic Process

Lateral & Medial Condyle of Femur

Sternum & Clavicle

Scapular spine and clavicle

Occipital Bone, Cervical & Thoracic Vertebrae

Scapula

Sternum, Clavicle, & Ribs