

Each NMT seminar covers a number of muscles, grouped by region. On those rare occasions when there is an overlap of covered muscles, a different perspective will be offered. Participants should be familiar with the listed muscles (attachments, fiber arrangement, innervation) for each enrolled course.

## Torso and Pelvis

Trapezius	Sacroteruberous ligament
Rhomboid major & minor	Quadratus lumborum
Serratus posterior superior	Serratus posterior inferior
Erector spinae	Gluteals
Latissimus dorsi	Obliques
Intercostals	Rectus abdominis
Multifidus, rotatores	Diaphragm
Iliolumbar ligament	Iliacus
Sacroiliac ligaments	Psoas

## Cervical and Cranium

Trapezius (cervical portion)	Cervical multifidi
Semispinalis cervicis	Cervical rotatores
Spinalis cervicis	Temporalis
Splenius cervicis and capitus	Masseter
Rectus capitus major and minor	Lateral pterygoids
Obliquus capitus superior	Medial pterygoids
Obliquus capitus inferior	Tensor and levator palatini
Sternocleidomastoid	Hyoglossus
Platysma	Genioglossus
Sternohyoid, sternothyroid	Longitudinal
Thyrohyoid, omohyoid	Longitudinal (vertical and transverse) lingual
Longus colli, longus capitus	Mylohyoid
Scalenii	Digastric
Stylohyoid m. and ligament	Styloglossus, stylopharyngeus
Stylomandibular ligament	

## Upper Extremity

Deltoid	Coracobrachialis	Abductor pollicis longus
Triceps	Brachioradialis	Extensor pollicis brevis
Supraspinatus	Supinator	Extensor digitorum
Infraspinatus	Pronator teres	Extensor indicis
Levator scapula	Palmaris longus	Extensor digiti minimi
Teres major & minor	Flexor carpi radialis	Palmaris brevis
Latissimus dorsi	Flexor carpi ulnaris	Abductor pollicis brevis
Subscapularis	Flexor digitorum superficialis	Flexor pollicis brevis
Serratus anterior	Flexor digitorum profundus	Opponens pollicis
Pectoralis major	Pronator quadratus	Adductor pollicis
Pectoralis minor	Extensor carpi radialis longus	Abductor minimi
Sternalis	Extensor carpi radialis brevis	Flexor digiti minimi brev
Anconeus	Extensor digitorum	Opponens digiti minimi
Biceps	Extensor carpi ulnaris	Lumbricals
Brachialis	Palmar fascia	Palmar & dorsal interossei

## Lower Extremity

Rectus femoris	Gastrocnemius	Abductor hallucis
Vastus medialis	Soleus	Flexor hallucis brevis
Vastus lateralis	Achilles' tendon	Flexor digitorum brevis
Vastus intermedius	Peroneus longus	Quadratus plantae
Pectineus	Peroneus brevis	Adductor hallucis
Adductor longus	Peroneus tertius	Flexor digiti minimi brevis
Adductor brevis	Tensor fascia latae	Abductor digiti minimi
Adductor magnus	Gluteus medius, minimus	Lumbricals
Sartorius	Gluteus maximus	Plantar interossei
Gracilis	Piriformis	Extensor hallucis brevis
Anterior tibialis	Gemellus superior	Extensor digitorum brevis
Extensor digitorum longus	Obturator internus	Dorsal interossei
Extensor hallucis longus	Gemellus inferior	
Flexor digitorum longus	Obturator externus	
Flexor hallucis longus	Quadratus femoris	
Posterior tibialis	Biceps femoris	
Plantaris	Semitendinosus	
Popliteus	Semimembranosus	