MUSCULAR ANATOMY CHART · PATIENT EDUCATION REFERENCE

Major muscles, front and back

A one-page reference for explaining anatomy to patients. The anterior view carries the front of the neck, chest, abdomen and thigh. The posterior view carries the back, the hamstrings and the calf.

Anterior view

FRONT OF THE BODY

Masseter
Over the side of the jaw

Sternocleidomastoid
Along the side and front of the neck

Deltoid
Caps the shoulder · lifts the arm

Pectoralis major
Across the chest · moves the arm across the body

Rectus abdominis
Down the front of the abdomen

Quadriceps femoris
Front of the thigh · extends the knee

Posterior view

BACK OF THE BODY

Trapezius
Across the upper back and neck · moves the shoulder blade

Latissimus dorsi
Across the lower back and side of the trunk · moves the arm

Hamstrings
Down the back of the thigh · bend the knee

Gastrocnemius
The main calf muscle · points the foot downward

Front–back pair to show together: quadriceps femoris extends the knee, and the hamstrings bend it.

Muscle groups at a glance

Muscle group	Key muscles	Main role	Body region
Chest	Pectoralis major	Moves the arm across the body	Front of the trunk
Shoulder	Deltoid	Lifts the arm	Shoulder
Back	Trapezius, latissimus dorsi	Moves the shoulder blade and arm	Upper and lower back
Thigh	Quadriceps femoris, hamstrings	Extends and bends the knee	Upper leg
Lower leg	Gastrocnemius	Points the foot downward	Calf

The three muscle tissue types

Tissue type	Where it is found	Control	Example
Skeletal	Attached to bones	Voluntary	Biceps brachii
Smooth	Walls of hollow organs and blood vessels	Involuntary	Stomach wall
Cardiac	Wall of the heart	Involuntary	Heart muscle

Session notes

PATIENT · DATE · AREA EXPLAINED

Major superficial muscles only. A chart supports explanation; it does not replace a clinical assessment.