

# Male Muscle Figure

## Head and Neck

### Bones and Cartilages

1. Frontal bone, *Os frontale*
2. Parietal bone, *Os parietale*
3. Occipital bone, *Os occipitale*
4. Nasal bone, *Os nasale*
5. Nasal cartilages, *Cartilagine nasales*
6. External auditory pore, *Porus acusticus externus*
7. Upper jawbone, *Maxilla*
8. Lower jawbone, *Mandibula*
9. Tongue bone, *Os hyoideum*
10. Thyroid cartilage, *Cartilago thyroidea*
11. Cricoid cartilage, *Cartilago cricoidea*
12. Tracheal cartilage, *Cartilagine tracheales*

### Muscles

13. Frontal belly of the occipitofrontalis muscle, *Venter frontalis (m. occipitofrontalis)*
14. Temporal muscle, *M. temporalis*
15. Auricularis superior muscle, *Pars parietalis (m. epicranii temporo-parietalis)*
16. Auricularis posterior muscle, *M. auricularis posterior*
17. Auricularis anterior muscle, *M. auricularis anterior*
18. Occipital belly of the occipitofrontalis muscle, *Venter occipitalis (m. occipito-frontalis)*
19. Orbicularis oculi muscle, *M. orbicularis oculi*
20. Compressor naris and dilator naris muscles, *M. nasalis*
21. Zygomaticus minor muscle, *M. zygomaticus minor*
22. Zygomaticus major muscle, *M. zygomaticus major*
23. Orbicularis oris muscle, *M. orbicularis oris*
24. Depressor anguli oris muscle, *M. depressor anguli oris*
25. Depressor labii inferioris muscle, *M. depressor labii inferioris*
26. Buccinator muscle, *M. buccinator*
27. Masseter, *M. masseter*
28. Sternocleidomastoid muscle, *M. sternocleidomastoideus*
29. Sternohyoid muscle, *M. sternohyoideus*
30. Sternothyroid muscle, *M. sternothyroideus*

31. Thyrohyoid muscle, *M. thyrohyoideus*
32. Omohyoid muscle, *M. omohyoideus*
33. Cricothyroid muscle, *M. cricothyroideus*
34. Trapezius muscle, *M. trapezius*
35. Splenius capitis muscle, *M. splenius capitis*
36. Levator scapulae muscle, *M. levator scapulae*
37. Scalenus muscles, *Mm. scaleni*

### Glands

38. Parotid gland, *Glandula parotidea*

39. Submaxillary gland, *Glandula submandibularis*
40. Thyroid gland, *Glandula thyroidea*

### Vessels

41. Common carotid artery, *Arteria carotis communis*
42. Subclavian artery, *Arteria subclavia*
43. Internal jugular vein, *Vena jugularis interna*
44. Subclavian vein, *Vena subclavia*

## Trunk

### Bones

45. Clavicle, *Clavicula*
46. Breast-bone, *Sternum*
47. Ribs, *Costae*
48. Ilium, *Os ilium*

### Muscles

49. Subclavius muscle, *M. subclavius*
50. Deltoid muscle, *M. deltoideus*
51. Pectoralis major muscle, *M. pectoralis major*
52. Pectoralis minor muscle, *M. pectoralis minor*
53. External intercostal muscles, *Mm. intercostales externi*
54. Serratus anterior muscle, *M. serratus anterior*
55. Obliquus abdominis externus muscle, *M. obliquus externus abdominis*
56. Rectus abdominis muscle, *M. rectus abdominis*
57. Obliquus abdominis internus muscle, *M. obliquus internus abdominis*
58. Pyramidalis muscle, *M. pyramidalis*
59. Rhomboideus major muscle, *M. rhomboideus major*
60. Infraspinus muscle, *M. infraspinus*
61. Teres major muscle, *M. teres major*

62. Longissimus thoracis muscle, *M. longissimus thoracis*
63. Latissimus dorsi muscle, *M. latissimus dorsi*
64. Serratus posterior inferior muscle, *M. serratus posterior inferior*

## Upper Extremity

### Bones

65. Scapula, *Scapula*
66. Humerus, *Humerus*
67. ~~Ulna, Ulna~~ *Radius*
68. ~~Radius, Radius~~ *Ulna*

### Muscles, Tendons, Ligaments

69. Teres minor muscle, *M. teres minor*
70. Triceps muscle, *M. triceps brachii*
71. Biceps muscle, *M. biceps brachii*
72. Coracobrachialis muscle, *M. coracobrachialis*
73. Brachialis muscle, *M. brachialis*
74. Pronator teres muscle, *M. pronator teres*
75. Flexor carpi radialis muscle, *M. flexor carpi radialis*
76. Palmaris longus muscle, *M. palmaris longus*
77. Flexor carpi ulnaris muscle, *M. flexor carpi ulnaris*
78. Extensor carpi ulnaris muscle, *M. extensor carpi ulnaris*
79. Extensor digitorum muscle, *M. extensor digitorum*
80. Extensor carpi radialis brevis muscle, *M. extensor carpi radialis brevis*
81. Extensor carpi radialis longus muscle, *M. extensor carpi radialis longus*
82. Brachioradialis muscle, *M. brachioradialis*
83. Extensor pollicis brevis muscle, *M. extensor pollicis brevis*
84. Abductor pollicis longus muscle, *M. abductor pollicis longus*
85. Flexor digitorum superficialis, *M. flexor digitorum superficialis*
86. Supinator muscle, *M. supinator*
87. Extensor retinaculum, *Retinaculum extensorum*
88. Flexor retinaculum of the upper limb, *Retinaculum flexorum*
89. Flexor pollicis brevis, *M. flexor pollicis brevis*
90. Abductor pollicis brevis muscle, *M. abductor pollicis brevis*
91. Dorsal interosseus muscle, *M. interossei dorsales*
92. Abductor digiti minimi muscle, *M. abductor digiti minimi*
93. Flexor digiti minimi brevis muscle, *M. flexor digiti minimi brevis*

94. Opponens digiti minimi muscle, *M. opponens digiti minimi*
95. Lumbrical muscles, *Mm. lumbricales*
96. Tendons of the flexor sublimis of fingers, *Tendines musculi flexoris digitorum superficialis*
97. Tendinous vaginal ligaments of fingers, *Vagina fibrosa digitorum manus*

## Lower Extremity

### Bones

98. Tibia, *Tibia*
99. Fibula, *Fibula*
100. Heel bone, *Calcaneus*

### Muscles, Tendons, Ligaments

101. Glutaeus maximus muscle, *M. glutaeus maximus*
102. Glutaeus medius muscle, *M. glutaeus medius*
103. Piriformis muscle, *M. piriformis*
104. Obturator internus muscle, *M. obturator internus*
105. Superior gemellus muscle, *M. gemellus superior*
106. Inferior gemellus muscle, *M. gemellus inferior*
107. Quadratus femoris muscle, *M. quadratus femoris*
108. Tensor fasciae latae muscle, *M. tensor fasciae latae*
109. Sartorius muscle, *M. sartorius*
110. Rectus femoris muscle, *M. rectus femoris*
111. Vastus intermedius muscle, *M. vastus intermedius*
112. Vastus lateralis muscle, *M. vastus lateralis*
113. Vastus medialis muscle, *M. vastus medialis*
114. Pectineus muscle, *M. pectineus*
115. Adductor longus muscle, *M. adductor longus*
116. Gracilis muscle, *M. gracilis*
117. Great adductor muscle, *M. adductor magnus*
118. Semitendinosus muscle, *M. semitendinosus*
119. Semimembranosus muscle, *M. semimembranosus*
120. Biceps femoris, *M. biceps femoris*
121. Tibialis anterior muscle, *M. tibialis anterior*
122. Extensor digitorum longus muscle, *M. extensor digitorum longus*
123. Extensor hallucis longus muscle, *M. extensor hallucis longus*
124. Peroneus longus, *M. peroneus longus*
125. Peroneus brevis, *M. peroneus brevis*

126. Gastrocnemius muscle, *M. gastrocnemius*
127. Soleus muscle, *M. soleus*
128. Popliteus muscle, *M. popliteus*
129. Tibialis posterior muscle, *M. tibialis posterior*
130. Flexor digitorum longus, *M. flexor digitorum longus*
131. Flexor hallucis longus, *M. flexor hallucis longus*
132. Extensor hallucis brevis muscle, *M. extensor hallucis brevis*
133. Extensor digitorum brevis muscle, *M. extensor digitorum brevis*
134. Abductor hallucis muscle, *M. abductor hallucis*
135. Flexor digitorum brevis, *M. flexor digitorum brevis*
136. Lumbrical muscles, *Mm. lumbricales*
137. Abductor digiti minimi muscle, *M. abductor digiti minimi*
138. Flexor digiti minimi brevis, *M. flexor digiti minimi brevis*
139. Inferior extensor retinaculum of the lower limb, *Pars cruciformis vaginae fibrosae*

## Thoracic Cavity and Position of Abdomen

### Bones

140. Fifth lumbar vertebra, *Corpus vertebrae lumbalis V*

### Muscles, Tendons, Ligaments

141. Transversus thoracis muscle, *M. transversus thoracis*
142. Diaphragm, *Diaphragma*
143. Transversus abdominis muscle, *M. transversus abdominis*
144. Quadratus lumborum muscle, *M. quadratus lumborum*
145. Greater psoas muscle, *M. psoas major*
146. Lesser psoas muscle, *M. psoas minor*
147. Iliacus muscle, *M. iliacus*

### Vessels

148. Superior vena cava, *Vena cava superior*
149. Arch of aorta, *Arcus aortae*
150. Aorta, *Aorta*
151. Inferior vena cava, *Vena cava inferior*
152. Pulmonary trunk, *Truncus pulmonaris*
153. Pulmonary veins, *Venae pulmonales*
154. Coronary arteries and veins, *Arteriae et venae coronariae*
155. Celiac artery, *Truncus coeliacus*
156. Superior mesenteric artery, *Arteria mesenterica superior*

157. Superior mesenteric vein, *Vena mesenterica superior*
158. Inferior mesenteric artery, *Arteria mesenterica inferior*
159. Abdominal part of the aorta, *Aorta abdominalis*
160. Common iliac artery, *Arteria iliaca communis*
161. Internal iliac artery, *Arteria iliaca interna*
162. External iliac artery, *Arteria iliaca externa*
163. Common iliac vein, *Vena iliaca communis*
164. External iliac vein, *Vena iliaca externa*

### Organs

165. Heart, *Cor*
166. Right auricle of the heart, *Auricula dextra*
167. Left auricle of the heart, *Auricula sinistra*
168. Right atrium, *Atrium dextrum*
169. Left atrium, *Atrium sinistrum*
170. Right cardiac ventricle, *Ventriculus dexter*
171. Left cardiac ventricle, *Ventriculus sinister*
172. Bifurcation of the trachea, *Bifurcatio tracheae*
173. Right bronchus, *Bronchus principalis dexter*
174. Left bronchus, *Bronchus principalis sinister*
175. Bronchial branches, *Bronchi lobares et segmentales*
176. Hilum of the lung, *Hilum pulmonis*
177. Right lung, *Pulmo dexter*
178. Upper pulmonary lobe, *Lobus superior*
179. Middle pulmonary lobe, *Lobus medius (pulm. dexter)*
180. Lower pulmonary lobe, *Lobus inferior*
181. Left lung, *Pulmo sinister*
182. Upper pulmonary lobe, *Lobus superior*
183. Lower pulmonary lobe, *Lobus inferior*
184. Esophagus, *Oesophagus*
185. Stomach, *Ventriculus (gaster)*
186. Cardia, *Ostium cardiacum*
187. Pylorus, *Pylorus*
188. Liver, *Hepar*
189. Right lobe of the liver, *Lobus hepatis dexter*
190. Left lobe of the liver, *Lobus hepatis sinister*
191. Quadrate lobe of the liver, *Lobus quadratus*
192. Caudate lobe, *Lobus caudatus*
193. Portal vein, *Vena portae*
194. Hepatic artery, *Arteria hepatica communis*
195. Gall bladder, *Vesica fellea*
196. Pancreas, *Pancreas*
197. Spleen, *Lien*
198. Kidney, *Ren*

199. Suprarenal capsule,  
*Glandula suprarenalis*
200. Urinary bladder, *Vesica urinaria*
201. Ureter, *Ureter*
  
202. Small intestine, *Intestinum tenue*
203. Duodenum, *Duodenum*
204. Jejunum, *Jejunum*
205. Ileum, *Ileum*
206. Large intestine, *Intestinum crassum*
207. Cecum, *Caecum*
208. Vermiform process,  
*Appendix vermiformis*
209. Ascending colon, *Colon ascendens*
210. Transverse colon,  
*Colon transversum*
211. Descending colon,  
*Colon descendens*
212. Sigmoid flexure, *Colon sigmoides*
213. Rectum, *Rectum*

#### Brain

214. Dura mater, *Dura mater encephali*
215. Cerebrum, *Cerebrum*
216. Frontal lobe, *Lobus frontalis*
217. Parietal lobe, *Lobus parietalis*
218. Occipital lobe, *Lobus occipitalis*
219. Temporal lobe, *Lobus temporalis*
220. Central sulcus, *Sulcus centralis*
221. Intraparietalis sulcus,  
*Sulcus interparietalis*
  
222. Lateral cerebral fissure,  
*Fissura lateralis*
223. Cerebellum, *Cerebellum*
224. Pons, *Pons*
225. Medulla oblongate,  
*Medulla oblongata*
226. Corpus callosum, *Corpus callosum*
227. Thalamus, *Thalamus*
228. Fornix, *Fornix*
229. Pineal body, *Corpus pineale*
230. Anterior commissure of the  
cerebrum, *Commissura anterior*
  
231. Middle commissure,  
*Adhaesio interthalamica*
232. Posterior cerebral commissure,  
*Commissura posterior*
233. Tectum of midbrain, *Lamina tecti*
234. Third ventricle,  
*Ventriculus tertius*
235. Aqueduct of midbrain,  
*Aquaeductus cerebri*
236. Fourth ventricle (rhomboid fossa),  
*Ventriculus quartus*
237. Corpus medullare, *Corpus medullare*
238. Optic nerve, *Nervus opticus*
239. Olfactory nerves, *Nn. olfactorii*
240. Hypophysis, *Hypophysis*