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AUT Applied Anatomy 515008
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Moderator- Robert Hogg

Hi Applied Anatomy students. Please find here the StudyTXT menu for the muscle origin, insertions and actions.

Applied Anatomy - Paper #515008

Code for group and ALL messages in the group at 0.50 cents for the 1st msg and 0.30 cents for all other messages->

e.g. 4 messages in total = .50 cents + 3 X .30 cents = $1.40 (instead of $2 if all four were downloaded on their own)

Anatomy StudyTXT messages written by Peter Mellow, Senior Lecturer AUT and moderated by Rober Hogg, Lecturer, AUT

Each individual message ordered costs 0.50 cents per message

Message #	Message Description	Abbreviations used in the message	TXT this code to 396
ALL	Upper Arm - the 3B's and Triceps	Code for group and ALL messages in this group at 0.50 cents for the 1st msg and 0.30 cents for all other messages->	anatA
1	Biceps brachii, muscle origin, insertion and actions	O= origin of muscle, I= Insertion of muscle, A= Action of muscle	anatA1
2	Brachioradialis, muscle origin, insertion and actions	O= origin of muscle, I= Insertion of muscle, A= Action of muscle	anatA2
3	Brachialis AND Anconeus, muscle origin, insertion and actions	O= origin of muscle, I= Insertion of muscle, A= Action of muscle,	anatA3

Message #	Message Description	Abbreviations used in the message	TXT this code to 396
		Ant=Anterior, Post=Posterior, Elbw=Elbow	
4	Triceps brachii, muscle origin, insertion and actions	O= origin of muscle, I= Insertion of muscle, A= Action of muscle, Post=posterior Tricps = Triceps	anatA4
5	Pronator Teres, muscle origin, insertion and actions	O= origin of muscle, I= Insertion of muscle, A= Action of muscle	anatA5
Message #	Message Description	Abbreviations used in the message	TXT this code to 396
ALL	Muscles that act over the shoulder joint	Code for group and ALL messages in this group at 0.50 cents for the 1st msg and 0.30 cents for all other messages->	anatB
1	Deltoid, muscle origin, insertion and actions	O= origin of muscle, I= Insertion of muscle, A= Action of muscle Lat = lateral, flex = flexion, ext = extension	anatB1
2	Latissimus dorsi, muscle origin, insertion and actions	O= origin of muscle, I= Insertion of muscle, A= Action of muscle	anatB2
3	Pectoralis major, muscle origin, insertion and actions	O= origin of muscle, I= Insertion of muscle, A= Action of muscle	anatB3
4	Teres Major, muscle origin, insertion and actions	O= origin of muscle, I= Insertion of muscle, A= Action of muscle	anatB4
Message #	Message Description	Abbreviations used in the message	TXT this code to 396
ALL	Muscles that act over the scapula only	Code for group and ALL messages in this group at 0.50 cents for the 1st msg and 0.30 cents for all other messages->	anatC
1	Pectoralis minor, muscle origin, insertion and actions	O= origin of muscle, I= Insertion of muscle, A= Action of muscle	anatC1
2	Levator Sacpula, muscle origin, insertion and actions	O= origin of muscle, I= Insertion of muscle, A= Action of muscle	anatC2
3	Serratus Anterior, muscle origin, insertion and	O= origin of muscle, I= Insertion of muscle, A=	anatC3

Message #	Message Description	Abbreviations used in the message	TXT this code to 396
	actions	Action of muscle	
4	Rhomboids, muscle origin, insertion and actions	O= origin of muscle, I= Insertion of muscle, A= Action of muscle	anatC4
5	Trapezius, muscle origin, insertion and actions, muscle origin, insertion and actions	O= origin of muscle, I= Insertion of muscle, A= Action of muscle, Lat = lateral	anatC5

Message #	Message Description	Abbreviations used in the message	TXT this code to 396
ALL	Hip flexors and knee extenders (please note: not all of these muscles flex the hip)	Code for group and ALL messages in this group at 0.50 cents for the 1st msg and 0.30 cents for all other messages->	anatD
1	Vastus Lateralis , muscle origin, insertion and actions	O= origin of muscle, I= Insertion of muscle, A= Action of muscle	anatD1
2	Vastus Medialis, muscle origin, insertion and actions	O= origin of muscle, I= Insertion of muscle, A= Action of muscle	anatD2
3	Vastus Intermedius, muscle origin, insertion and actions	O= origin of muscle, I= Insertion of muscle, A= Action of muscle	anatD3
4	Rectus Femoris, muscle origin, insertion and actions	O= origin of muscle, I= Insertion of muscle, A= Action of muscle	anatD4
5	Illiopsoas, muscle origin, insertion and actions	O= origin of muscle, I= Insertion of muscle, A= Action of muscle	anatD5
6	Sartorius, muscle origin, insertion and actions	O= origin of muscle, I= Insertion of muscle, A= Action of muscle	anatD6

Message #	Message Description	Abbreviations used in the message	TXT this code to 396
ALL	Knee flexors and rotators	Code for group and ALL messages in this group at 0.50 cents for the 1st msg and 0.30 cents for all other messages->	anatE
1	Biceps Femoris, muscle origin, insertion and actions	O= origin of muscle, I= Insertion of muscle, A= Action of muscle	anatE1
2	Semitendinosis, muscle origin, insertion and actions	O= origin of muscle, I= Insertion of muscle, A= Action of muscle	anatE2

Message #	Message Description	Abbreviations used in the message	TXT this code to 396
3	Semimembranosis, muscle origin, insertion and actions	O= origin of muscle, I= Insertion of muscle, A= Action of muscle	anatE3
4	Popliteus, muscle origin, insertion and actions	O= origin of muscle, I= Insertion of muscle, A= Action of muscle	anatE4
5	Gracilis, muscle origin, insertion and actions	O= origin of muscle, I= Insertion of muscle, A= Action of muscle	anatE5
Message #	Message Description	Abbreviations used in the message	TXT this code to 396
ALL	Glut Group and Abductors of the hip	Code for group and ALL messages in this group at 0.50 cents for the 1st msg and 0.30 cents for all other messages->	anatF
1	Gluteus Maximus, muscle origin, insertion and actions	O= origin of muscle, I= Insertion of muscle, A= Action of muscle	anatF1
2	Gluteus Medius, muscle origin, insertion and actions	O= origin of muscle, I= Insertion of muscle, A= Action of muscle	anatF2
3	Gluteus Minimus, muscle origin, insertion and actions	O= origin of muscle, I= Insertion of muscle, A= Action of muscle	anatF3
4	Tensor-fascia-latae, muscle origin, insertion and actions	O= origin of muscle, I= Insertion of muscle, A= Action of muscle	anatF4
Message #	Message Description	Abbreviations used in the message	TXT this code to 396
ALL	Hip adductors	Code for group and ALL messages in this group at 0.50 cents for the 1st msg and 0.30 cents for all other messages->	anatG
1	Piriformis AND Adductor Brevis, muscle origin, insertion and actions	O= origin of muscle, I= Insertion of muscle, A= Action of muscle	anatG1
2	Adductor Longus, muscle origin, insertion and actions	O= origin of muscle, I= Insertion of muscle, A= Action of muscle	anatG2
3	Adductor Magnus, muscle origin, insertion and actions	O= origin of muscle, I= Insertion of muscle, A= Action of muscle	anatG3
4	Pectineus, muscle origin, insertion and actions	O= origin of muscle, I= Insertion of muscle, A= Action of muscle	anatG4

Message #	Message Description	Abbreviations used in the message	TXT this code to 396
ALL	Abdominal muscle group	Code for group and ALL messages in this group at 0.50 cents for the 1st msg and 0.30 cents for all other messages->	anatH
1	Rectus Abdominus, muscle origin, insertion and actions	O= origin of muscle, I= Insertion of muscle, A= Action of muscle	anatH1
2	External Obliques, muscle origin, insertion and actions	O= origin of muscle, I= Insertion of muscle, A= Action of muscle	anatH2
3	Internal Obliques, muscle origin, insertion and actions	O= origin of muscle, I= Insertion of muscle, A= Action of muscle	anatH3
4	Transverse Abdominus, muscle origin, insertion and actions	O= origin of muscle, I= Insertion of muscle, A= Action of muscle	anatH4
Message #	Message Description	Abbreviations used in the message	TXT this code to 396
ALL	Back Spinal muscles	Code for group and ALL messages in this group at 0.50 cents for the 1st msg and 0.30 cents for all other messages->	anati
1	Erector Spinae-Spinalis, muscle origin, insertion and actions	O= origin of muscle, I= Insertion of muscle, A= Action of muscle	anati1
2	Erector Spinae-Longissimus, muscle origin, insertion and actions	O= origin of muscle, I= Insertion of muscle, A= Action of muscle	anati2
3	Erector Spinae - illiocostalis, muscle origin, insertion and actions	O= origin of muscle, I= Insertion of muscle, A= Action of muscle	anati3
4	Quadratus Lumborum, muscle origin, insertion and actions	O= origin of muscle, I= Insertion of muscle, A= Action of muscle	anati4
Message #	Message Description	Abbreviations used in the message	TXT this code to 396
ALL	Shoulder Rotator cuff group	Code for group and ALL messages in this group at 0.50 cents for the 1st msg and 0.30 cents for all other messages->	anatJ

Message #	Message Description	Abbreviations used in the message	TXT this code to 396
1	Supraspinatus, muscle origin, insertion and actions	O= origin of muscle, I= Insertion of muscle, A= Action of muscle	anatJ1
2	Infraspinatus, muscle origin, insertion and actions	O= origin of muscle, I= Insertion of muscle, A= Action of muscle	anatJ2
3	Teres Minor, muscle origin, insertion and actions	O= origin of muscle, I= Insertion of muscle, A= Action of muscle	anatJ3
4	Subscapularis, muscle origin, insertion and actions	O= origin of muscle, I= Insertion of muscle, A= Action of muscle	anatJ4
Message #	Message Description	Abbreviations used in the message	TXT this code to 396
ALL	Lower leg muscles	Code for group and ALL messages in this group at 0.50 cents for the 1st msg and 0.30 cents for all other messages->	anatK
1	Tibialis Anterior, muscle origin, insertion and actions	O= origin of muscle, I= Insertion of muscle, A= Action of muscle	anatK1
2	Gastrocnemius, muscle origin, insertion and actions	O= origin of muscle, I= Insertion of muscle, A= Action of muscle	anatK2
3	Soleus, muscle origin, insertion and actions	O= origin of muscle, I= Insertion of muscle, A= Action of muscle	anatK3