

Muscles, Ligaments and Tendons of the Arm

1. Supraspinatus
2. Infraspinatus
3. Teres major
4. Teres minor
5. Latissimus dorsi
6. Subscapularis
7. Deltoid
8. Pectoralis major
9. Biceps (brachii)
10. Brachialis
11. Triceps
12. Pronator teres
13. Flexor carpi radialis
14. Palmaris longus
15. Flexor carpi ulnaris
16. Extensor carpi ulnaris
17. Extensor digitorum
18. Extensor carpi radialis brevis
19. Extensor carpi radialis longus
20. Brachioradialis
21. Tendon of extensor pollicis longus
22. Extensor pollicis brevis
23. Abductor pollicis longus
24. Flexor digitorum sublimis
25. Supinator
26. Volar fascia
27. Extensor retinaculum
28. Flexor pollicis brevis
29. Abductor pollicis brevis
30. Adductor pollicis
31. Opponens pollicis
32. Opponens digiti minimi
33. Flexor digiti minimi
34. Abductor digiti minimi
35. Lumbricals
36. Dorsal interosseus muscles of the hand
37. Flexor retinaculum of upper limb
38. Tendon sheath
39. Crucial strings of the tendon sheath
40. Annular strings of the tendon sheath
41. Tendon of the flexor pollicis
42. Tendons of the flexor digitorum sublimis
43. Tendons of the flexor digitorum profundus
44. Chiasma tendinum

Muscles, Ligaments and Tendons of the Leg

1. Psoas major
2. Iliacus
3. Gluteus maximus
4. Gluteus medius
5. Piriformis
6. Obturator internus
7. (a) Superior gemellus
7. (b) Inferior gemellus
8. Quadratus femoris
9. Tensor fasciae latae
10. Sartorius
11. (a-b-c-d) Quadriceps femoris
 - a. Rectus femoris
 - b. Vastus medialis
 - c. Vastus lateralis
 - d. Vastus intermedius
 - e. Common tendon of 11(a-b-c-d)
12. Pectineus
13. Adductor longus
14. Adductor magnus
15. Gracilis
16. Semitendinosus
17. Semimembranosus
18. (a-b) Biceps femoris
 - a. Caput longum
 - b. Caput breve
19. Tibialis anterior
20. Extensor hallucis longus
21. Extensor digitorum longus
22. Peroneus longus
23. Peroneus brevis
24. (a-b-c) Triceps surae
 - (a-b) Gastrocnemius
 - a. Caput mediale
 - b. Caput laterale
 - c. Soleus
 - d. Achilles tendon (tendo calcaneus)
25. Plantaris
26. Popliteus
27. Flexor digitorum longus
28. Tibialis posterior
29. Flexor hallucis longus
30. Extensor hallucis brevis
31. Extensor digitorum brevis
32. Abductor hallucis
33. Flexor hallucis brevis
34. Abductor digiti minimi
35. Flexor digiti minimi brevis
36. Flexor digitorum brevis
37. Lumbricals
38. Dorsal interosseus muscles of the foot