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| **MUSCLE NAMES**  Selected major muscle names pronounced and translated | | **For more tips, check out**  **The A&P Student**  theAPstudent.org | |
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| **Muscle name** | **Pronunciation** | | **Translation of name** |
| Abductor digiti minimi | ab-DUK-ter  DIJ-ih-tye  MIN-ih-mye | | Small finger puller-away [muscle] | |
| Abductor hallucis | ab-DUK-ter  HAL-oos-is (or HAL-uh-kiss) | | Big-toe puller-away [muscle] | |
| Abductor pollicis brevis | ab-DUK-ter  POL-ih-sis(or POL-ih-kiss)  BREV-is | | Short puller-away [muscle] of thumb | |
| Adductor brevis | ad-DUK-ter  BREV-is | | Short bringer-in [muscle] | |
| Adductor longus | ad-DUK-ter  LONG-us | | Long bringer-in [muscle] | |
| Adductor magnus | ad-DUK-ter  MAG-nus | | Great bringer-in [muscle] | |
| Adductor pollicis | ad-DUK-ter  POL-ih-sis (or POL-ih-kiss) | | Bringer-in muscle of thumb | |
| Biceps brachii | BYE-seps  BRAY-kee-eye | | Two-headed arm [muscle] | |
| Biceps femoris | BYE-seps  FEM-uh-ris | | Two-headed thigh [muscle] | |
| Brachialis | BRAY-kee-al-is | | Arm [muscle] | |
| Brachioradialis | BRAY-kee-oh-ray-dee-AL-is | | Arm and radius [muscle] | |
| Buccinator | BUK-sih-NAY-tor | | Trumpeter | |
| Bulbospongiosus | bul-boh-spun-jee-OH-ses | | Spongy bulb (base of penis) | |
| Coracobrachialis | KOR-uh-ko-BRAY-kee-al-is | | Coracoid process – arm [muscle] | |
| Corrugator supercilii | KOR-uh-gay-tor  soo-per-SIL-ee-eye | | Wrinkler above eyelashes | |
| Deltoid | DEL-toyd | | Triangle-like | |
| Diaphragm | DYE-ah-fram | | Across-enclosure | |
| Erector spinae | eh-REK-tor  SPINE-ee | | Spine straightener | |
| Extensor carpi radialis brevis | ek-STEN-ser  KAR-pye  ray-dee-AL-is  BREV-is | | Short wrist stretcher at radius | |
| Extensor carpi radialis longus | ek-STEN-ser  KAR-pye  ray-dee-AL-is  LONG-us | | Long wrist stretcher at radius | |
| Extensor carpi ulnaris | ek-STEN-ser  KAR-pye  ul-NAIR-is | | Wrist stretcher at ulna | |
| Extensor digitorum | ek-STEN-ser  dij-i-TOH-rum | | Finger stretcher | |
| Extensor digitorum longus | ek-STEN-ser  dij-i-TOH-rum  LONG-gus | | Toe stretcher | |
| External intercostal | eks-TER-nal  in-ter-KOS-tal | | Outer [muscle] between ribs | |
| External oblique | eks-TER-nal  oh-BLEEK | | Outer slanted [muscle] | |

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| Flexor carpi radialis | FLEK-ser  KAR-pye  ray-dee-AL-is | Wrist bender at radius |
| Flexor carpi ulnaris | FLEK-ser  KAR-pye  ul-NAIR-is | Wrist bender at ulna |
| Flexor digiti minimi brevis | FLEK-ser  DIJ-ih-tye  MIN-ih-mye  BREV-is | Small, short finger bender |
| Flexor digitorum brevis | FLEK-ser  dij-i-TOH-rum  BREV-is | Short toe bender |
| Flexor digitorum profundus | FLEK-ser  dij-i-TOH-rum  pro-FUN-dis | Deep finger bender |
| Flexor digitorum superficialis | FLEK-ser  dij-i-TOH-rum  soo-per-fish-ee-AL-is | Superficial finger bender |
| Flexor hallucis brevis | FLEK-ser  HAL-oos-is (or HAL-uh-kiss) BREV-is | Short big-toe bender |
| Flexor pollicis brevis | FLEK-ser  POL-ih-sis (or POL-ih-kiss)  BREV-is | Short thumb bender |
| Gastrocnemius | GAS-trok-NEE-mee-us | Belly of leg |
| Gluteus maximus | GLOO-tee-us  MAK-sim-us | Large butt [muscle] |
| Gluteus medius | GLOO-tee-us  MEE-dee-us | Medium butt [muscle] |
| Gluteus minimus | GLOO-tee-us  MIN-ih-mus | Small butt [muscle] |
| Gracilis | GRASS-ih-lis | Slender [muscle] |
| Iliacus | ih-LYE-ah-kus | Illium of pelvic bone [muscle] |
| Iliocostalis | ILL-ee-oh-KOS-tal-is | [Pelvic] ilium to rib [muscle] |
| Iliopsoas | ILL-ee-oh-SOH-is | Iliacus and psoas [muscles] |
| Infraspinatus | IN-frah-spy-nah-tus | Below the spine |
| Internal intercostal | in-TER-nal  in-ter-KOS-tal | Inner [muscle] between the ribs |
| Internal oblique | in-TER-nal  oh-BLEEK | Inner slanted [muscle] |
| Interosseous | in-ter-OSS-ee-us | Between bones |
| Interspinales | in-ter-spy-NAH-leez | Between spines |
| Ischiocavernosus | is-kee-oh-KAV-er-no-sus | [Pelvic] ischium to the crus (cross) of the penis’s cavernosum |
| Latissimus dorsi | lat-ISS-im-is  DOR-sye | Very wide back [muscle] |
| Levator ani | leh-VAY-tor  A-nye | Anus lifter |
| Levator scapulae | leh-VAY-tor  SCAP-yoo-lee | Scapula lifter |
| Longissimus | lon-JIS-i-mus | Very long (longest) |
| Longissimus capitis | lon-JIS-i-mus  KAP-i-tis | Longest head [muscle] |
| Lumbrical | LUM-bri-kal | Wormlike |
| Masseter | mah-SEE-ter | Chewer |
| Multifidus | mul-TIF-i-dus | Split into many parts |
| Occipitofrontalis | ok-sip-i-toh-fron-TAL-is | Back and front of head |
| Opponens digiti minimi | oh-POH-nenz  DIJ-ih-tye  MIN-ih-mye | Small finger opposer |
| Opponens pollicis | oh-POH-nenz  POL-i-sis (or POL-i-kiss) | Thumb opposer |
| Orbicularis oculi | or-bik-yoo-LAIR-is  OK-yoo-lye | Little circle [around] eye |
| Orbicularis oris | or-bik-yoo-LAR-is  OR-is | Little circle [around] mouth |
| Palmaris longus | PAL-mar-is  LONG-us | Long palm [muscle] |
| Pectoralis major | pek-toh-RAL-is  MA-jer | Greater chest [muscle] |
| Pectoralis minor | pek-toh-RAL-is  MYE-ner | Lesser chest [muscle] |
| Perineal | pair-in-EE-al | [Muscle] around the excretion [openings] |
| Peroneus brevis  (fibularis brevis) | per-oh-NEE-us  BREV-is (fib-yoo-LAIR-is  BREV-is) | Short boot [muscle] |
| Peroneus longus  (fibularis longus) | per-oh-NEE-us  LONG-us (fib-yoo-LAIR-is  LONG-us) | Long boot [muscle] |
| Peroneus tertius  (fibularis tertius) | per-oh-NEE-us  TER-shee-us (fib-yoo-LAIR-is  TER-shee-us) | Third boot [muscle] |
| Pronator quadratus | PRO-nay-ter  kwah-DRAT-is | Four-sided pronator |
| Pronator teres | PRO-nay-ter  TAIR-eez | Rounded pronator |
| Psoas major | SO-is  MAY-jer | Greater lumbar [muscle] |
| Psoas minor | SO-is  MYE-ner | Lesser lumbar [muscle] |
| Pterygoid | TER-i-goid | Winglike |
| Quadratus lumborum | kwah-DRAT-is  lum-BOR-um | Four-sided lumbar [muscle] |
| Quadriceps femoris | KWAH-drih-seps  FEM-uh-ris (or fem-OR-is) | Four-headed thigh [muscle] |
| Rectus abdominis | REK-tus  ab-DOM-i-nis | Straight belly [muscle] |
| Rectus femoris | REK-tus  FEM-uh-ris (or fem-OR-is) | Straight thigh [muscle] |
| Rhomboid major | ROM-boyd  MA-jer | Greater rhombus (equilateral parallelogram) |
| Rhomboid minor | ROM-boyd  MYE-ner | Lesser rhombus (equilateral parallelogram) |
| Rotatores | roh-tah-TOR-eez | Turner [muscles] |
| Sartorius | sar-TOR-ee-us | Tailor [muscle] |
| Semimembranosus | sem-ee-mem-brah-NO-sis | Half membrane [muscle] |
| Semispinalis | sem-ee-spy-NAY-lis | Half spine [muscle] |
| Semispinalis capitis | sem-ee-spy-NAY-lis  KAP-i-tis | Half spine [muscle] of the head |
| Semitendinosus | sem-ee-ten-din-OH-sis | Half tendon [muscle] |

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| Serratus anterior | ser-RAY-tus  an-TEER-ee-or | Front saw-tooth [muscle] | |
| Soleus | SOH-lee-us | Sole (of foot) [muscle] | |
| Sphincter ani externus | SFINGK-ter  A-nye  eks-TER-nus | Outer anus tightener | |
| Spinalis | spy-NAY-lis | Spine [muscle] | |
| Splenius | SPLEH-nee-us | Patch | |
| Splenius capitis | SPLEH-nee-us  KAP-i-tis | Head patch | |
| Sternocleidomastoid | STERN-oh-KLYE-doh-MAS-toyd | Sternum-clavicle-mastoid process | |
| Subscapularis | sub-SKAP-yoo-lar-is | Under the scapula [muscle] | |
| Supinator | SOO-pin-ayt-er | Supinator [muscle] | |
| Supraspinatus | SOO-prah-spy-nah-tus | Above spine [muscle] | |
| Temporalis | tem-poh-RAL-is | Temple (of head) [muscle] | |
| Tensor fasciae latae | TEN-sor  FASH-ee (or FASH-ee-ay) LAT-tee | Puller of side bundle | |
| Teres major | TER-eez  MA-jer | Greater rounded [muscle] | |
| Teres minor | TER-eez  MYE-ner | Lesser rounded [muscle] | |
| Tibialis anterior | tib-ee-AL-is an-TEER-ee-or | Front shinbone [muscle] | |
| Transversospinalis | tranz-VERS-o-spy-NAY-lis | Transverse [vertebral] spine [muscle] | |
| Transversus abdominis | tranz-VERS-us  ab-DAH-min-us | Belly-crossing [muscle] | |
| Trapezius | trah-PEE-zee-us | Table-shaped [muscle] | |
| Triceps brachii | TRY-seps  BRAY-kee-eye | Three-headed arm [muscle] | |
| Urethral sphincter | yoo-REE-thral  SFINGK-ter | Urethra tightener | |
| Vastus intermedius | VAS-tus in-ter- MEE-dee-us | Vast (enormous) in-between [muscle] | |
| Vastus lateralis | VAS-tus  lat-er-AL-is | Vast (enormous) on-the-side [muscle] | |
| Vastus medialis | VAS-tus  mee-dee-AL-is | Vast (enormous) toward-the-middle [muscle] | |
| Zygomaticus major | zye-goh-MAT-ik-us  MA-jer | Greater [muscle] of zygomatic [bone] | |
| **NOTES:**   1. Muscle names are arranged alphabetically, not by location, structure, or function. 2. In Latin, modifiers *follow* the terms they describe. Thus, *flexor digitorum* can be translated in exact parallel as “bender of finger” but is best rendered as “finger bender.” 3. Literal translations of muscle names may be helpful in locating them or remembering their shape or function. However, they are not necessarily accurate or complete descriptions of the muscle. 4. Some alternate pronunciations are given here but many other pronunciations are possible.   © Kevin Patton at [lionden.com](http://lionden.com/) For reuse, please contact [permissions@lionden.com](mailto:permissions@lionden.com) Some material adapted by permission from [**Anatomy & Physiology**](http://PattonAandP.elsevier.com) by Patton & Thibodeau (Mosby/Elsevier) | | |