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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-isan-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.

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