

## **VENTRAL MUSCLE O.I.A**

<b>Name</b>	<b>Origin</b>	<b>Insertion</b>	<b>Action</b>
Levator scapulae	<i>Cervical Vertebrae</i>	<i>Scapula</i>	<i>Pulls scapula anteriorly</i>
Pectoantibrachialis	<i>Manubrium</i>	<i>Trochlear notch (Elbow)</i>	<i>Adducts arm</i>
Pectoralis major	<i>Midventral line</i>	<i>Humerus</i>	<i>Adducts arm</i>
Pectoralis minor	<i>Sternum</i>	<i>Humerus</i>	<i>Adducts arm</i>
Rectus abdominus	<i>Ribs</i>	<i>Pubis</i>	<i>Compresses abdomen</i>
Serratus ventralis	<i>Ribs</i>	<i>Scapula</i>	<i>Depresses scapula</i>
Subscapularis	<i>Scapula</i>	<i>Humerus</i>	<i>Adducts arm</i>
Transverse costarum	<i>Sternum</i>	<i>Ribs</i>	<i>Pulls sternum forward</i>
Xiphihumeralis	<i>Sternum</i>	<i>Humerus</i>	<i>Adducts arm</i>
External oblique	<i>Lumbodorsal fascia</i>	<i>Linea alba</i>	<i>Compresses abdomen</i>
Internal oblique	<i>Lumbodorsal fascia</i>	<i>Linea alba</i>	<i>Constricts abdomen</i>
Trasversus abdominis	<i>Ribs</i>	<i>Linea alba</i>	<i>Constricts abdomen</i>
Scalenus dorsalis Scalenus medius Scalenus ventralis	<i>Ribs</i>	<i>Cervical vertebrae</i>	<i>Flexes neck</i>