

London School of Massage

"Massage to a Higher Level"®

As a revision aid, try printing/cutting out the following labels and place them on your model's body.

If there is no room, on the face/head for example, then place them on the table next to them.

To help them last longer try printing them on thicker card or even laminating them.

Remember to say the muscles names out loud, get used to hearing yourself pronounce them.

It's a great way to learn and commit them to your 'knowledge bank', rather than memory.

If you want to extend your learning further, draw **arrows** to indicate the direction of the muscle.

Muscles of the Face & Head

<p>Temporalis TEM-per-AL-is</p>	<p>Occipitalis (Head) ock-sip-i-TAL-is</p>
<p>Frontalis Fron-TAL-is</p>	<p>Corrugator COR -oo-GAY-tor</p>
<p>Obicularis Oculii OR-bic-yu-LAR-iss-OCK-yu-lee</p>	<p>Obicularis Oris OR-bic-yu-LAR-iss-Oriss</p>
<p>Nasalis nay-ZA-lis</p>	<p>Mentalis men-TA-lis</p>
<p>Levator Labii Superioris LEV-ator LAB-ee-eye SU-peer-EE-oris</p>	<p>Depressor Labii Inferioris DEP-ress-or LAB-ee-eye-IN-feer-EE-oris</p>
<p>Masseter MASS-e-ter</p>	<p>Zygomaticus Major & Minor - ZY-go-MAT-ik-us</p>
<p>Pterygoids TER-ri-goids</p>	<p>Risorius RIZ-or-ee-us</p>
<p>Triangularis TRY-an-gyu-LAR-is</p>	<p>Procerus PRO-ser-us</p>
<p>Platysma pla-TIZ-ma</p>	

Muscles of the Neck

<p>Sternocleidomastoid STERN-o-KLIDE-o-MASS-toid</p>	<p>Splenius Capitus SPLEN-ee-us CAP-it-is</p>
<p>Levator Scapulae le-VAY-tor SKAP-you-lay</p>	

Muscles of the Back

<p>Trapezius tra-PEEZ-ee-us</p>	<p>Latissimus dorsi la-TISS-imus Dor-see</p>
<p>Rhomboid Major ROM-boyd</p>	<p>Rhomboid Minor ROM-boyd</p>
<p>Teres Major TER-ease</p>	<p>Teres Minor TER-ease</p>
<p>Supraspinatus SOUP-ra-spin-AHT-us</p>	<p>Infraspinatus IN-fra-spin-AHT-us</p>
<p>Serratus Anterior serr-AHT-us an-TIER-ee-or</p>	<p>Quadratus Lumborum kwa-DRA-tus lum-BOR-um</p>
<p>Erector Spinae e-RECK-tor Spee-nay</p>	<p>(Longissimus Thorasis) Long-giss-i-mus THOR-as-iss</p>
<p>(Spinalis Thorasis) Spin-AL-iss THOR-as-iss</p>	<p>(Illiocostalis Thorasis) ILL-ee-oh-kos-TAL-is THOR-as-iss</p>
<p>Internal Oblique oh-BLEEK</p>	<p>External Obliques oh-BLEEK</p>
<p>Intercostals In-ter-COST-als</p>	

Muscles of the Buttocks

Gluteus Maximus GLU-tey-us MAX-im-us	Gluteus Medius GLU-tey-us MED-ee-us
Gluteus Minimus GLU-tey-us MIN-im-us	Piriformis PEER-ee-form-is

Muscles of the Upper Leg Posterior

Biceps Femoris (Hamstring) BY-seps FE-more-iss	Semitendinosus (Hamstring) SEM-i-ten-di-NO-sus
Semimembranosus (Hamstring) SEM-i-mem-bra-NO-sus	

Muscles of the Upper Leg Anterior

Rectus Femoris (Quadriceps) REK-tus FE-more-iss	Vastus Medialis (Quadriceps) VAST-us ME-di-AH-liss
Vastus Intermedius (Quadriceps) VAST-us IN-ter-MED-ee-us	Vastus Lateralis (Quadriceps) VAST-us LAT-er-AH-liss
Sartorius sar-TOR-ee-us	Adductor Brevis ad-DUCK-ter BREV-is
Adductor Magnus ad-DUCK-ter MAG-nus	Adductor Longus ad-DUCK-ter LONG-us
Iliotibial Tract/Band ILL-ee-o-TIB-ee-al	Gracilis gra-SILL-iss

Muscles of the Lower Leg Posterior & Anterior

Gastrocnemius GAS-trock-NEEM-ee-us	Achilles Tendon ACK-ill-ease
Peroneus Longus pe-ROE-nee-us LONG-us	Soleus SO-lay-us
Extensor Digitorum Longus ex-TENS-er didgi-TOR-um LONG-us	Tibialis Anterior tib-ee-AL-iss an-TEER-ee-or

Muscles of the Anterior Upper Body / Abdomen

Transversus Abdominis trans-VERS-us ab-DOM-in-is	Rectus Abdominis REK-tus ab-DOM-in-us
External Obliques oh-BLEEK	Internal Obliques oh-BLEEK
Serratus Anterior serr-RAHT-us an-TIER-ee-or	Iliopsoas / Iliacus & Psoas IL-ee-o-SO-ass / Il-ee-ACK-us & SO-ass
Pectoralis Maj & Min PECK-tor-AL-iss	

Muscles of the Upper Arm

Deltoid DEL-toyd	Coracobrachialis KOR-ako-BRAK-ee-alis
Triceps Brachii TRY-seps-BRA-kee-eye	Biceps Brachii BY-seps BRA-kee-eye
Brachialis BRA-kee-AL-is	

Muscles of the Lower Arm

Extensor Carpi Radialis ex-TENS-or CAR-py ray-dee-AL-iss	Extensor Carpi Ulnaris ex-TENS-or CAR-py ul-NAR-iss
Extensor Carpi Digitorum ex-TENS-or CAR-py didgi-TOR-um	Flexor Carpi Digitorum FLEX-sor CAR-py di-ji-TOR-um
Flexor Carpi Ulnaris FLEX-sor CAR-py ul-NAR-iss	Flexor Carpi Radialis FLEX-sor CAR-py ray-dee-AL-iss
Pronator Teres PRO-nay-ter TER-ease	Supinator Radii Brevis SOUP-in-ayter RAYDI-eye brevis
Brachioradialis BRA-kee-o ray-dee-AL-iss	