

			ORIGO	INSERTIE
Verbindingsspieren		m trapezius	p cervicis p thoracis	lig nuchae C2-T2 lig supraspinale T3-T9-13
		m omotransversarius		p transv C1 (GHD: ook lager)
		m rhomboideus	p capititis (Car) p cervicis p thoracis	crista nuchae lig nuchae C2-T2 lig supraspinale T2-T7
		m serratus ventralis	p cervicis p thoracis	proc tr C4-C7 ribkraakbeen 1e 9 ribben
		m brachiocephalicus	m cb m cc p mast p cervicalis p occipitalis	clavicula clavicula clavicula clavicula
		m latissimus dorsi		f th-l + pr spT+L + zw ribben
		m pectoralis descendens		sternum
		m pectoralis transversus		cran ventr sternum
		m pectoralis ascendens		ventr lat sternum
		m subclavius		voorste sternebrae + ribkb
m sternocephalicus			p mandibularis p mastoidea p occipitalis	manubrium sterni manubrium sterni manubrium sterni
Schoudergewricht	Buigers	m deltoideus	p acromialis p scapularis	acromion spina scapulae
		m teres minor		dist caud boord scapula
		m teres major		prox caud boord scapula
		<i>m triceps brachii</i>	<i>c longum</i>	
		<i>m tensor fascia ab</i>		
	Strekkers	<i>m serratus ventralis</i>	<i>p thoracis</i>	
		<i>m latissimus dorsi</i>		
		m supraspinatus		fossa supraspinata
		m biceps brachii		tub supraglenoidale
		m coracobrachialis		proc coracoideus
	Collateraalb	<i>m brachiocephalicus</i>		
		<i>mm pectorales</i>		
		<i>m serratus ventralis</i>	<i>p cervicis</i>	
		m infraspinatus		fossa infraspinata
		m subscapularis		fossa subscapularis

Ellebooggewicht	Buigers	<i>m biceps brachii</i> <i>m brachialis</i>		collum hum+prox caud1/3hum	olecranon med (Eq+Ru: tuberositas radii)
	Strekkers	<i>m triceps brachii</i>	c longum c laterale c mediale c accessorium	caud rand scapula linea m tricipitis hum, cran tub teres major collum humeri	tuber olecrani tuber olecrani (via eindpees c longum) tuber olecrani (via eindpees c longum) tuber olecrani (via eindpees c longum)
			<i>m tensor fascia ab</i>	caud rand scapula+c longum tb	olecranon + fascia ab
			<i>m anconeus</i>	randen fossa olecrani	tuber olecrani (via eindpees c med)
Radio-ulnaire gewicht	Supinatoren	<i>m abductor pollicis longus</i> <i>m extensor dig I et II</i>			
		<i>m supinator</i>	lat epicondyl hum+lat collb	cran lat radius	
		<i>m brachioradialis</i>	crista epicondylaris lat	dist epifyse (med) radius	
	Pronatoren	<i>m pronator teres</i> <i>m pronator quadratus</i>		med epicondyl hum +cran MFCR dors med ulna	cran med radius palm radius
Carpus	Strekkers	<i>m ext carpi radialis</i>	(crista) epic lat+lat collb elbgwrch	tub OMCIII (Car: long: OMCII; br: OMCIII)	
		<i>m ext carpi ulnaris</i>	lat epic hum	kort: haakbeentje; lang: OMCIIV(ghd)/V(Car)	
		<i>m abductor pollicis longus</i>	lat groeve tss radius&ulna	med OMC	
	Buigers	<i>m flex carpi radialis</i>	med epic hum	Eq: OMCII; Ru: OMCIII; Car: OMCII+III	
		<i>m flex carpi ulnaris</i>	c humerale c ulnare	haakbeentje haakbeentje	
Tenen	Strekkers	<i>m ext digitorum communis</i>	(crista) epic lat+lat collb elbgwrch	pr extensorius steunte(e)n(en)	
		<i>m ext digitorum lateralis</i>	lat collb elbgwrc+lat epic radius	dist phalanx (of proximaler)	
		<i>m ext poll longus+indicis</i>	cran lat ulna	med: ph prox teen I; lat: eindpees MEDCII	
	Buigers	<i>m flex digitorum superf</i>	med epic hum	torus palm kroonbeen (+manica flex)	
		<i>m flex digitorum profundus</i>	c humerale c ulnare c radiale	ph distalis (Ru: III+IV; Car: I-IV) x c humerale thv carpus x c humerale thv carpus	