ANATOMY FOR Yogis
A Helpful Guide to Bones, Muscles and Actions

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TERMS TO KNOW

ANATOMICAL POSITION - TADASANA (MOUNTAIN) - THE STARTING POINT FOR ALL DESCRIPTIVE TERMINOLOGY: LOCATION, POSITION, OR MOTION

FRONTAL (CORONAL) PLANE - DIVIDES THE BODY INTO FRONT AND BACK

SAGITTAL PLANE - DIVIDES THE BODY INTO RIGHT AND LEFT

TRANSVERSE PLANE - DIVIDES THE BODY INTO TOP AND BOTTOM

FLEXION - DECREASING THE ANGLE AT A JOINT AND/OR MOVING IN AN ANTERIOR DIRECTION IN THE SAGITTAL PLANE

EXTENSION - INCREASING THE ANGLE AT A JOINT, MOVING IN A POSTERIOR DIRECTION IN THE SAGITTAL PLANE

ABDUCTION - MOVEMENT AWAY FROM MIDLINE IN THE FRONTAL PLANE

ADDUCTION - MOVEMENT TOWARD MIDLINE IN THE FRONTAL PLANE

INTERNAL/MEDIAL Rotation - MOVEMENT TOWARD MIDLINE IN THE TRANSVERSE PLANE

EXTERNAL/LATERAL Rotation - MOVEMENT AWAY FROM MIDLINE IN THE TRANSVERSE PLANE

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MUSCLES of the SHOULDER

MIDDLE DELTOID
Shoulder abduction

ANTERIOR DELTOID
Shoulder flexion, abduction and internal rotation

MIDDLE TRAPEZIUS
Scapular retraction

POSTERIOR DELTOID
Shoulder extension, horizontal abduction and external rotation

LATISSIMUS DORSI
Shoulder extension, adduction and internal rotation

PECTORALIS MAJOR
Shoulder adduction and internal rotation

UPPER TRAPEZIUS
Scapular elevation and upward rotation

RHOMBOIDS
Scapular retraction, downward rotation and elevation

LOWER TRAPEZIUS
Scapular depression, retraction, and upward rotation (anchor)

THE ROTATOR CUFF

SUPRASPINATUS
Shoulder abduction

INFRASPINATUS
Shoulder external rotation

TERES MINOR
Shoulder external rotation

SUBSCAPULARIS
Shoulder internal rotation

In addition to individual functions, the rotator cuff also stabilizes the joint and directs the head of the humerus.

SERRATUS ANTERIOR
Scapular protraction, upward rotation and stabilization

BICEPS BRACHII
Shoulder and elbow flexion, forearm supination

TRICEPS BRACHII
Shoulder stabilization and elbow extension

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MUSCLES of the SHOULDER and CORE

- **UPPER TRAPEZIUS**: scapular elevation and upward rotation
- **POSTERIOR DELTOID**: shoulder extension, horizontal abduction and external rotation
- **RHOMBOIDS**: scapular retraction, downward rotation and elevation
- **LOWER TRAPEZIUS**: scapular depression, retraction, and upward rotation (anchor)
- **LATISSIMUS DORSI**: shoulder extension, adduction and internal rotation
- **MIDDLE TRAPEZIUS**: scapular retraction
- **TRANSVERSUS ABDOMINIS**: abdominal compression and core stabilization
- **DIAPHRAGM**: respiration and increased intra-abdominal pressure
- **PELVIC FLOOR**: supports organs, maintains continence and intra-abdominal pressure
- **SERRATUS ANTERIOR**: scapular rotation, upward rotation and stabilization
- **BICEPS BRACHII**: shoulder and elbow flexion, forearm supination
- **TRICEPS BRACHII**: shoulder stabilization and elbow extension
- **SUPRASPINATUS**: shoulder abduction
- **INFRASPINATUS**: shoulder external rotation
- **TERES MINOR**: shoulder external rotation
- **SUBSCAPULARIS**: shoulder internal rotation

**THE ROTATOR CUFF**

In addition to individual functions, the rotator cuff also stabilizes the joint and directs the head of the humerus.
MUSCLES of the HAND, WRIST, FOREARM, and ELBOW

ANTERIOR VIEW
- BICEPS BRACHII
  - elbow flexion and forearm supination

POSTERIOR VIEW
- BRACHIALIS
  - elbow flexion

- TRICEPS BRACHII
  - elbow extension

- EXTENSOR CARPI RADIALIS (LONGUS AND BREVIS)
  - wrist extension and radial deviation

- ANCONAEUS
  - elbow extension

- SUPINATOR (HIDDEN)
  - forearm supination

- EXTENSOR CARPI ULNARIS
  - wrist flexion and ulnar deviation

- EXTENSOR POLLICIS LONGUS AND BREVIS
  - thumb extension

- EXTENSOR POLLICIS MINIMI
  - thumb flexion

- DORSAL INTEROSSEI

Carpals (row 1)
- SCAPHOID
- LUNATE
- TRIQUETRUM
- PISIFORM

Carpals (row 2)
- TRAPEZIUM
- TRAPEZOID
- CAPITATE
- HAMATE

Metacarpals

Phalanges

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**Muscles of the Spine, Pelvis, and Core**

- **Splenius Cervicis and Capitis**
  - Cervical rotation and lateral flexion

- **Erector Spinae**
  - Spinal extension and lateral flexion

- **Multifidus**
  - Spinal stabilization

- **Quadratus Lumborum**
  - Spinal stabilization and lateral flexion

- **Sacrum (S)**
  - Connects with the ilium (I) of the pelvis.
  - Limited mobility, transmits weight of the torso

- **Rectus Abdominis**
  - Spinal flexion

- **External Oblique**
  - Spinal flexion and rotation to the opposite side

- **Internal Oblique**
  - Spinal rotation to the same side of the spine and abdominal compression

- **Transversus Abdominis**
  - Abdominal compression and core stabilization

- **Diaphragm**
  - Respiration and increased intra-abdominal pressure

- **Pelvic Floor**
  - Supports organs, maintains continence and intra-abdominal pressure

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MUSCLES of the KNEE

HAMSTRINGS
- BICEPS FEMORIS: hip extension and knee flexion and lateral rotation
- SEMITENDINOSUS: hip extension and knee flexion and medial rotation
- SEMIMEMBRANOSUS: hip extension and knee flexion and medial rotation

QUADRICEPS FEMORIS
- RECTUS FEMORIS: hip flexion and knee extension
- VASTUS MEDIALIS: knee extension
- VASTUS LATERALIS: knee extension
- VASTUS INTERMEDIUS (HIDDEN): knee extension

MEDIAL MENISCUS
- ACL
- PCL

LATERAL MENISCUS

PLANTARIS: knee flexion and ankle plantarflexion
POPLITEUS: knee flexion and medial rotation
GASTROCNEMIUS: knee flexion and ankle plantarflexion

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MUSCLES of the FOOT and ANKLE

TIBIALIS ANTERIOR
ankle dorsiflexion and subtalar inversion/supination

PERONEUS LONGUS
subtalar eversion/pronation and arch support

EXTENSOR DIGITORUM LONGUS
ankle dorsiflexion and extension of the lateral four toes

PERONEUS BREVIS
subtalar eversion/pronation

EXTENSOR HALLUCIS LONGUS
ankle dorsiflexion and extension of the great toe

TIBIALIS POSTERIOR
subtalar inversion, ankle plantarflexion, arch support

FLEXOR DIGITORUM LONGUS
flexion of the lateral four toes, ankle plantarflexion, arch support

FLEXOR HALLUCIS LONGUS
flexion of the great toe and ankle plantarflexion

GASTROCNEMIUS
ankle plantarflexion and knee flexion

SOLEUS
ankle plantarflexion

ACHILLES TENDON

CALCANEUS
CUBOID

TALUS
NAVICULAR
CUNEIFORMS

TARSALS

METATARSALS

PHALANGES

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WHO USES MUSCLE PREMIUM?

ORTHOPEDIC SPECIALISTS, KINESIOLOGISTS, PRACTITIONERS OF SPORTS MEDICINE, PHYSICAL THERAPISTS, MASSAGE THERAPISTS, STUDENTS, AND YOGIS

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