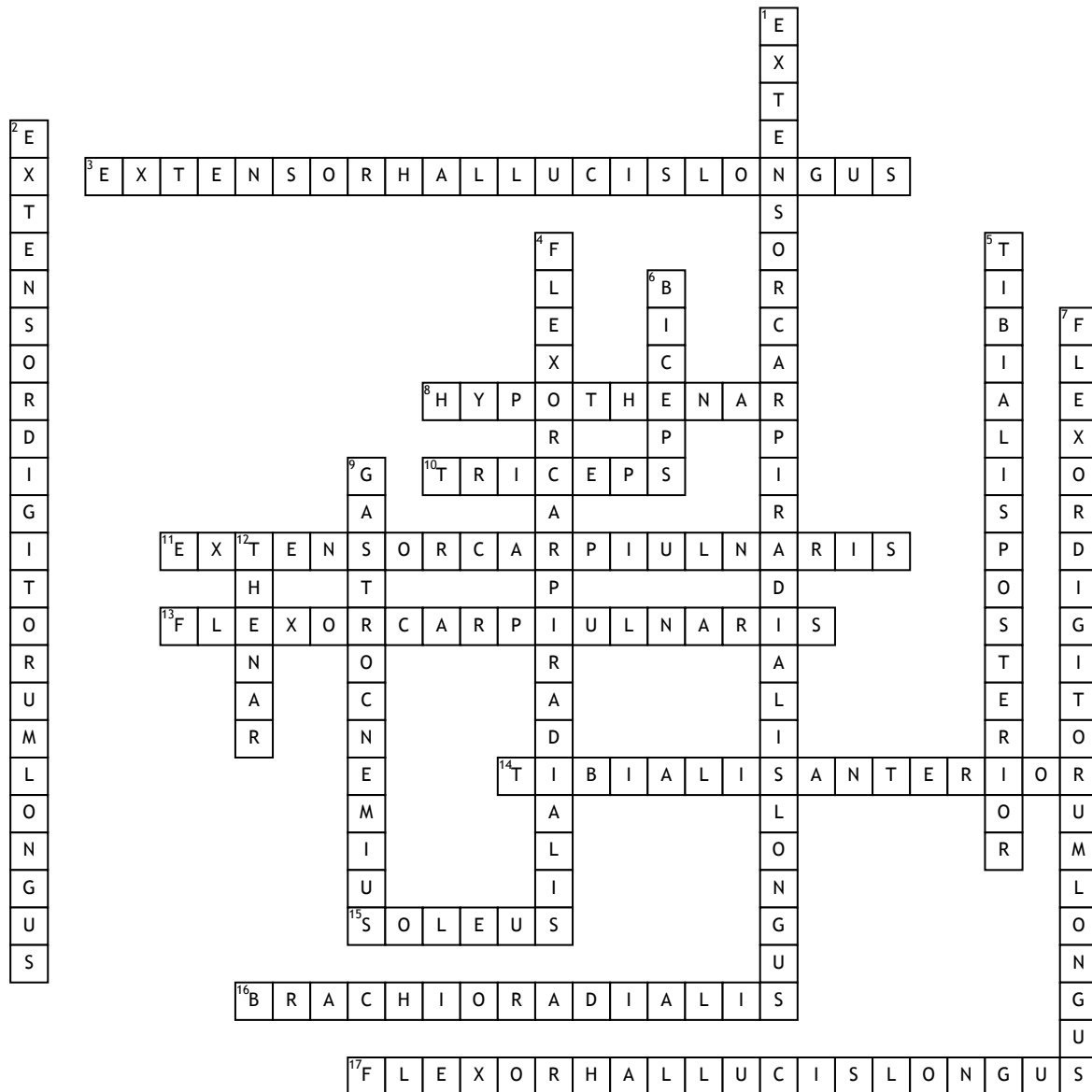


Muscles of Hand/Arm/Leg/Foot



Across

3. Anterior surface fibula. It extends the big toe and is responsible for dorsiflexion and inversion of the foot
8. Located around the little finger, medial side of the hand and is responsible for abduction, flexion and opposition of the little finger
10. Posterior upper arm and its action is to extend the arm
11. Lateral side of the forearm to the wristband it helps with extending and adducting the wrist
13. Medial side of the forearm. Flexes and adducts the wrist and also assists with flexing the elbow
14. Runs along the outside of the tibia and its action is dorsiflexion and inverts the foot

15. Lies under the gastrocnemius and its action is plantar flexion

16. Lateral side of the elbow and its action is to flex the elbow and rotation of the hand

17. Posterior surface of the fibula. Its action is to flex the big toe and inverts the foot

Down

1. Found on the lateral side of the forearm to the hand and its action is extension and abduction of the wrist
2. Lateral tibia and anterior fibula. Action is dorsiflexion and eversion of the ankle
4. Medial side of the forearm to the hand. this muscle abducts and flexes the wrist and also helps with elbow flexion

5. Along the tibia on the posterior of the lower leg and its action is to flex and invert the foot

6. Found on the anterior upper arm and its action is to flex the arm

7. Posterior of the tibia and its action is to flex the 2nd and 5th toes and also flexor and inverter of the foot

9. Forms the bulk of the posterior muscles of lower leg. Its action is to flex the knee

12. Lateral side of the palm of the hand near the thumb. Actions are abduction, flexion and opposition of the thumb