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Muscle anatomy reference charts. Author: Molly Smith DipCNM, mBANT • Reviewer: Dimitrios Mytilinaios MD, PhD Last reviewed: October 28, 2020 Reading time: 3 minutes If you've ever attempted to learn the origins, insertions, innervations, and functions of all 600+ muscles in the body... you'll know what a soul-destroying task it can be.

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