



## Dry Needling Level 2 – Muscle List

- Spine/Head
  - Semispinalis Capitis
  - Thoracic Multifidus
  - Spinalis
  - Longissimus
  - Iliocostalis
  - Splenius Capitis
  - Splenius Cervicis
  - Rectus Capitis Posterior Major
  - Rectus Capitis Posterior Minor
  - Inferior Oblique Capitis
  - Sternocleidomastoid
  - Masseter
  - Temporalis
- Lower Extremity
  - Gracilis
  - Adductor Longus
  - Popliteus
  - Flexor Digitorum Longus
  - Tibialis Posterior
  - Flexor Hallucis Longus
  - Adductor Hallucis
  - Abductor Hallucis
  - Flexor Digitorum Brevis
  - Dorsal Interossei of the Foot
  - Quadratus Plantae
- Upper Extremity
  - Upper Trapezius
  - Levator Scapulae
  - Subscapularis
  - 1-4 Interossei of the Hand
  - Abductor Digiti Minimi
  - Adductor Pollicis
  - Abductor Pollicis
  - Opponens Pollicis
  - Flexor Pollicis Brevis