

SCIENTIFIC KEYS | VOLUME ONE

1

Your Guide to Functional Anatomy in Yoga

# THE KEY MUSCLES OF YOGA

RAY LONG, MD, FRCSC  
WITH ILLUSTRATOR CHRIS MACIVOR



# Contents

Introduction 7

## Fundamentals 8

- Locations on the Body 9
- Skeleton 10
- Joints 22
- Ligaments 26
- Muscles and Tendons 35
- Movement 44

## Part One - The Pelvic Girdle and Thighs 49

- Chapter 1: Iliopsoas 57
- Chapter 2: Gluteus Maximus 64
- Chapter 3: Gluteus Medius 69
- Chapter 4: Tensor Fascia Lata 74
- Chapter 5a: Pectineus 79
- Chapter 5b: Adductor Magnus 84
- Chapter 6: External Rotators 91
- Chapter 7: Quadriceps 96
- Chapter 8: Hamstrings 103

## Part Two - The Trunk 113

- Chapter 9: Abdominals 118
- Chapter 10: Back Muscles 128
- Chapter 11: Latissimus Dorsi 135
- Chapter 12: Trapezius 139
- Chapter 13: Pectoralis Major & Minor 144

## Part Three - The Shoulder Girdle and Upper Arms 151

- Chapter 14: Rhomboids 157
- Chapter 15: Serratus Anterior 162
- Chapter 16: Deltoids 167
- Chapter 17: Rotator Cuff 174
- Chapter 18: Biceps Brachii 185
- Chapter 19: Triceps Brachii 190
- Chapter 20: Sternocleidomastoid 197
- Chapter 21: Lower Leg and Foot 202
- Chapter 22: Forearm and Hand 206

- Chapter 23: Myofascial and Organ Planes 210
- Chapter 24: The Breath Connection 212
- Chapter 25: Bandhas 220
- Chapter 26: Chakras 222
- Putting It All Together 224

- Appendix of Asanas 230
- Index of Asanas 236
- Index of Muscles 237