

# Origin and Insertion (xlas)

You may confuse these two, so here is a general guideline:

- The **origin** part usually does not move (or move less than the insertion part) when the muscle is flexed.
- The **insertion** part usually moves when the muscle is flexed.

Also note that origin and insertion areas always refer to tendons that connect a muscle and a bone. There are no muscles that connect directly to a bone.

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