

**Muscles of Facial Expression** – do not occur in pairs (page 335)

1. FRONTALIS – forehead; elevates eyebrows
2. OCCIPITALIS – base of skull; draws scalp posteriorly
3. ORBICULARIS ORIS – circular around mouth; kissing muscle, closes lips, compresses lips against teeth
4. ZYGOMATICUS – cheek bone; smiling (in corners of mouth)
5. LEVATOR LABII SUPERIORIS – under eye; elevates upper lip, snarling
6. DEPRESSOR LABII INFERIORIS – under corner of mouth; depresses lower lip
7. BUCCINATOR – cheek; causes cheeks to cave in, produces sucking action
8. PLATYSMA – under chin on neck; pouting, depresses mandible
9. ORBICULARIS OCULI – circular around eye; closes eye

**Muscles that Move the Mandible** (page 337)

1. MASSETER – cheek bone to angle of mandible; elevates mandible as in closing mouth
2. TEMPORALIS – temple region; elevates mandible
3. Gravity – dropping the mandible

**Muscles that Move the Head** (page 339, 343)

1. STERNOCLEIDOMASTOID – on neck near jugular; flexes the head
2. TRAPEZIUS – on back; extends the head
3. CAPITIS – back of neck; extends the head

**Flexing & Extending Trunk** (pages 347, 366)

Flex Trunk (Bend Over)		Extend Trunk (Stand Up)	
1	RECTUS ABDOMINUS – flexes vertebral column; fibers parallel to midline; compresses abdomen; defecation; urination; childbirth; forced expiration	1	ERECTOR SPINAE GROUP
2	EXTERNAL OBLIQUE – closer to surface; fibers diagonal to midline	2	QUADRATUS LUMBORUM
3	INTERNAL OBLIQUE – farther from surface		
4	TRANSVERSE ABDOMINUS – deep; fibers perpendicular to midline		
5	ILIACUS		
6	PSOAS MAJOR		

**Muscles used in Breathing** (page 345, 347)

INSPIRATION		EXPIRATION	
1	DIAPHRAGM	1	INTERNAL INTERCOSTALS
2	EXTERNAL INTERCOSTALS	2	All Abdominal Muscles
			A. RECTUS ABDOMINUS
			B. EXTERNAL OBLIQUE
			C. INTERNAL OBLIQUE
			D. TRANSVERSE ABDOMINUS

**Muscles that Move the Scapula; Shoulders** (page 347, 351)

Hunch (Abduct Scapula)		Straighten Shoulders	
1	SERRATUS ANTERIOR	1	TRAPEZIUS
		2	RHOMBOIDEUS

<b>Muscles that Move the Humerus (page 351, 354)</b>			
Flex		Extend	
1	CORACOBRACHIALIS (354)	1	LATISSIMUS DORSI
Abduct		Adduct	
1	DELTOID	1	PECTORALIS MAJOR
2	SUPRASPINATUS		

<b>Muscle that Move the Radius &amp; Ulna (page 354)</b>			
Flex Lower Arm		Extend Lower Arm	
1	BICEPS BRACHII	1	TRICEPS BRACHII
2	BRACHIALIS		
3	BRACHIORADIALIS		

<b>Muscles that Move the Femur (page 366, 369)</b>			
Flex		Extend	
1	PSOAS MAJOR	1	GLUTEUS MAXIMUS
2	ILIACUS		
Abduct		Adduct	
1	GLUTEUS MEDIUS	1	ADDUCTORS
2	GLUTEUS MINIMUS	2	GRACILIS

<b>Muscles that Act on Tibia &amp; Fibula; Lower Leg (page 366, 369)</b>			
Flex		Extend	
HAMSTRINGS		QUADRICEPS FEMORIS	
1	BICEPS FEMORIS	1	RECTUS FEMORIS
2	SEMITENDINOSIS – outside of leg; super	2	VASTUS LATERALIS
3	SEMIMEMBRANOSUS - deep	3	VASTUS MEDIALIS
4	SARTORIUS	4	VASTUS INTERMEDIUS
5	GRACILIS		

<b>Muscles that Move the Foot (page 372, 373, 375, 376)</b>			
Point Toe / Plantar Flexes		Dorsiflexes & Inverts Foot	
1	PERONEUS = (Fibularis)	1	TIBIALIS ANTERIOR
2	GASTROCNEMIUS		
3	SOLEUS		