

MUSCLES OF THE FACE AND NECK

Frontalis - raises eyebrows; wrinkles skin of the forehead

Orbicularis oculi - closes eye

Orbicularis oris - closes and protrudes lips; shapes lips during speech

Buccinator - compresses cheek inward (as in whistling); assists in chewing

Zygomaticus major - raises corners of the mouth (smiling)

Masseter - elevation of the mandible (closes jaw)

Platysma - depression of the mandible

Sternocleidomastoid - flexion of the neck and rotation of head

Trapezius - extends neck and moves scapula (stabilizes, adducts, elevates, depresses)

MUSCLES OF THE SHOULDER, CHEST, AND ABDOMEN

Trapezius - extends neck and moves scapula (stabilizes, adducts, elevates, depresses)

Rhomboid major - moves scapula (elevates, adducts, rotates downward, stabilizes)

Serratus anterior - abducts scapula and rotates it upward

Pectoralis major - adducts, rotates, flexes, and extends arm at shoulder

Teres major - extension, adduction, and medial rotation of arm at shoulder

Teres minor - lateral rotation, extension, and adduction of arm at shoulder

Supraspinatus - abduction of arm at shoulder joint

Infraspinatus - lateral rotation and adduction of arm at shoulder joint

Deltoid - abducts arm; flexion, extension, and rotation at shoulder

Latissimus dorsi - extension and adduction of arm at shoulder

External oblique (superficial) - compresses abdomen and lateral rotation

Internal oblique (intermediate) - compresses abdomen and lateral rotation

Transversus abdominis (deep) - compresses abdomen

Rectus abdominis - flexes vertebral column and compresses abdomen

Diaphragm - contraction (flattens it) causes inhalation; relaxation cause exhalation

MUSCLES OF THE ARMS

Biceps brachii - flexes forearm and supinates forearm

Triceps brachii - extends forearm

MUSCLES OF THE THIGH AND LOWER LIMB

Gracilis - adducts thigh at hip

Gluteus maximus - extends thigh at hip

Gluteus medius (deep to gluteus maximus) - abducts thigh at hip

Tensor fasciae latae - flexes and abducts thigh at hip

Quadriceps femoris (*Rectus femoris*, *Vastus lateralis*, *Vastus intermedius*, and *Vastus medialis*) - extends leg at knee joint

Sartorius (longest muscle) - flexes leg at knee; flexes, abducts and rotates thigh at hip

Hamstring group (*Biceps femoris*, *Semitendinosus*, *Semimembranosus*) - flexes leg at knee joint and extends thigh at hip joint

Gastrocnemius - plantar flexion

Soleus (deep to gastrocnemius) - plantar flexion

Tibialis anterior - dorsiflexion