

Muscles of Facial Expression

○ Smiling Muscles

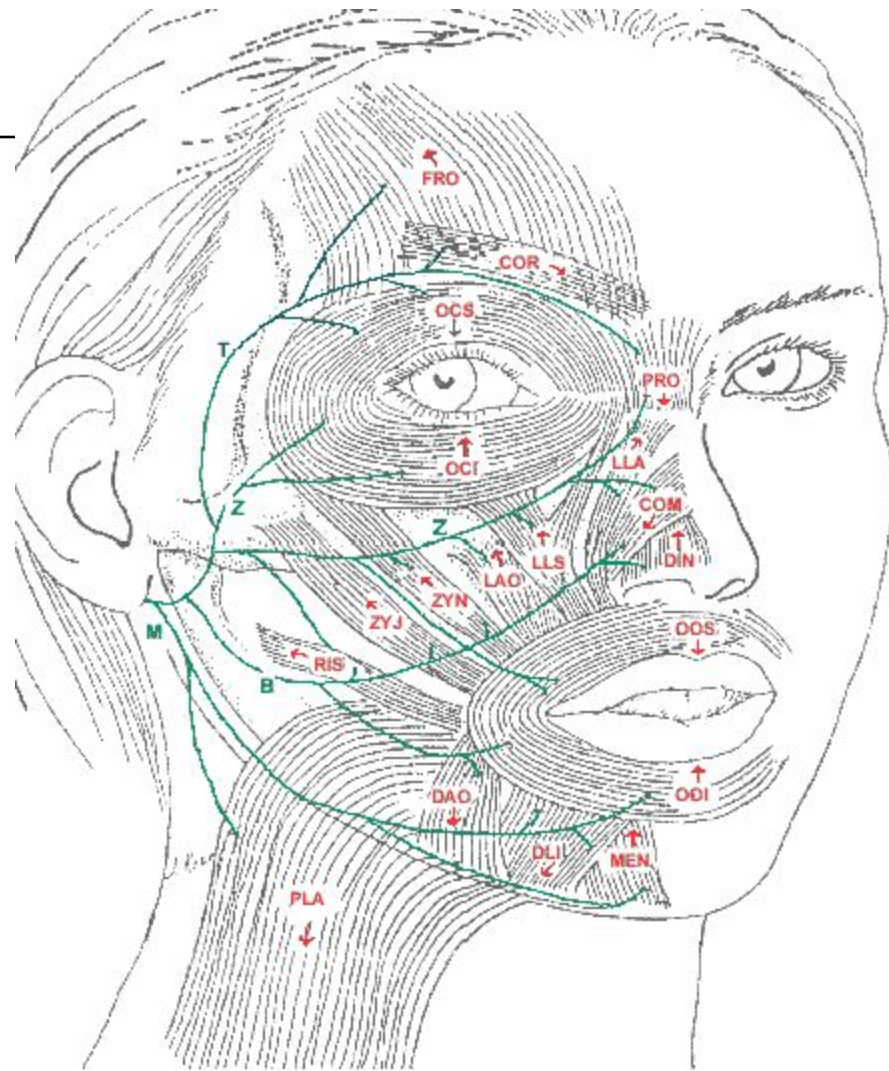
- Orbicularis Oculi
- Nasalis
- Levator Labii Superioris
- Levator Anguli Superioris
- Zygomaticus
- Risorius

○ Frowning Muscles

- Frontalis
- Orbicularis Oris
- Depressor Anguli Oris
- Depressor Labii Inferioris
- Mentalis
- Platysma

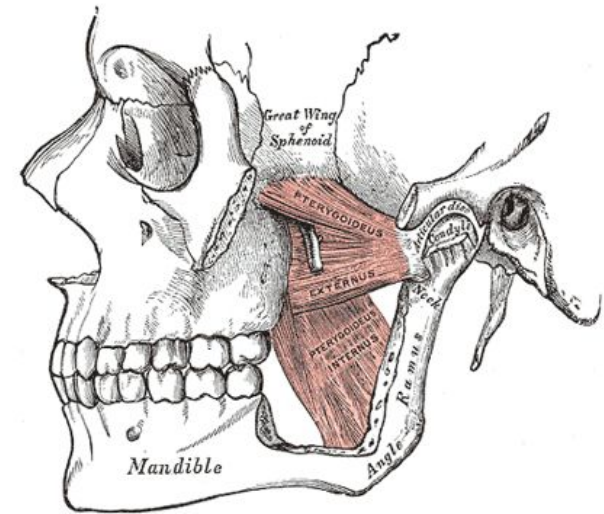
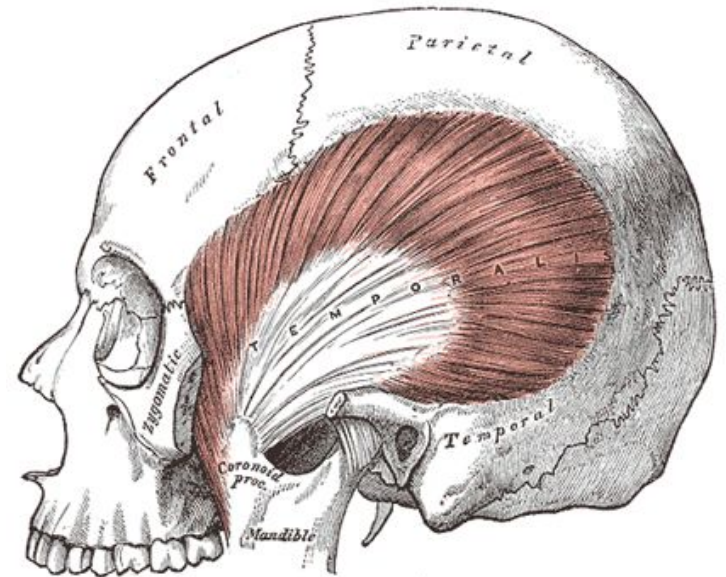
Smiling Muscles Frowning Muscles

- Orbicularis Oculi: close eyelid
- Nasalis: compress/dilate nasal openings
- Levator Labii Superioris: raise upper lip
- Levator Anguli Superioris: raise angle of mouth upward
- Zygomaticus: draw angle of mouth upward
- Risorius: draw angle of mouth laterally
- Frontalis: elevate eyebrows
- Orbicularis Oris: closes mouth
- Depressor Anguli Oris: draw angle of mouth downward
- Depressor Labii Inferioris: lowers lower lip
- Mentalis: draws chin up
- Platysma: draws lower lip down & back



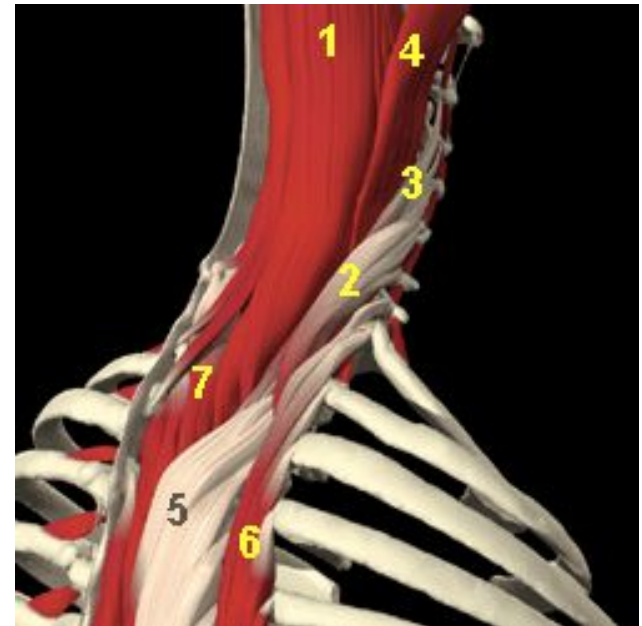
Muscles of Mastication

- Masseter: elevates mandible
- Temporalis: elevates mandible
- Medial Pterygoid: elevates mandible
- Lateral Pterygoid: depresses mandible



Muscles that Move the Head

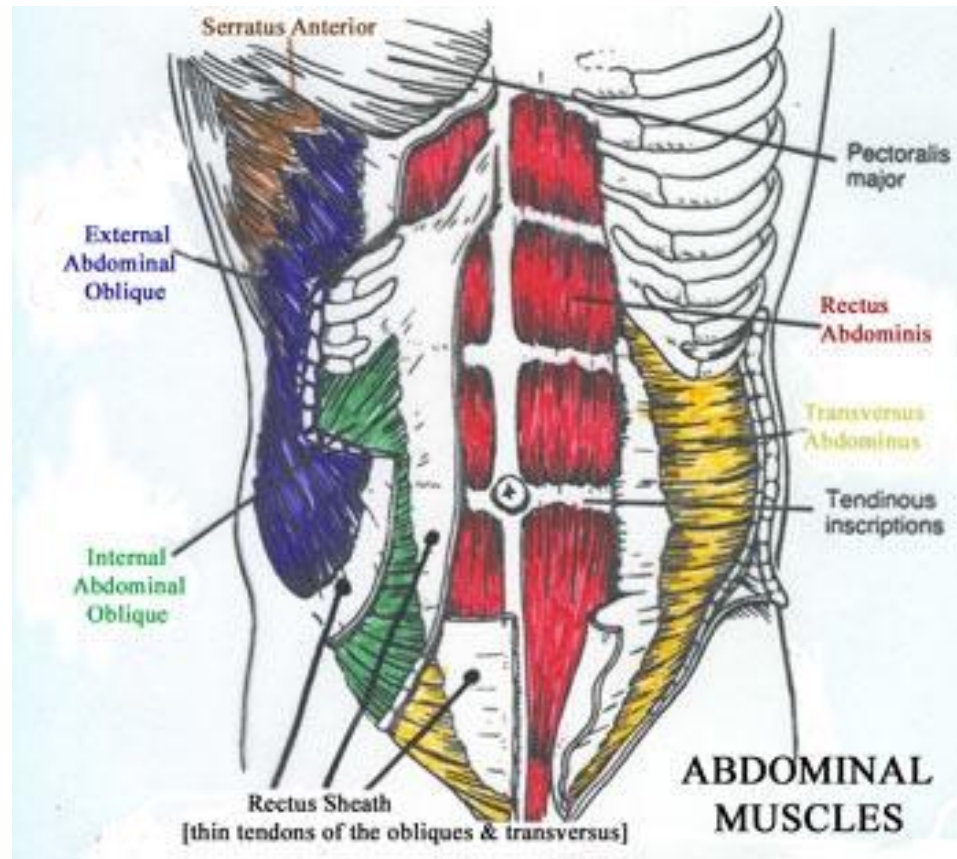
- Sternocleidomastoid
 - Flexes head
 - Draws head to shoulder
- Semispinalis Capitis
 - Extends head
 - Rotates head up
- Splenius Capitis
 - Extends head
 - Rotates face to same side
- Longissimus Capitis
 - Extends head
 - Rotates face to same side



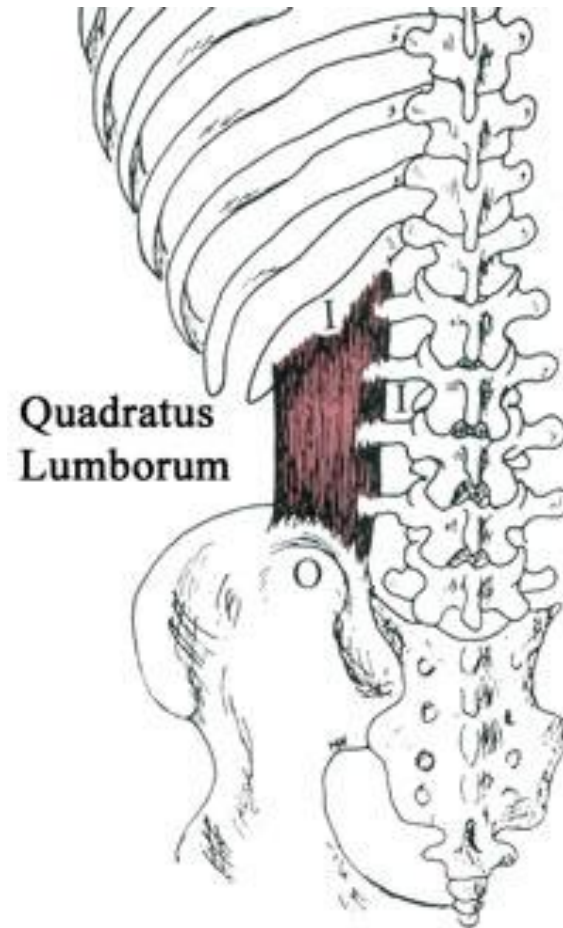
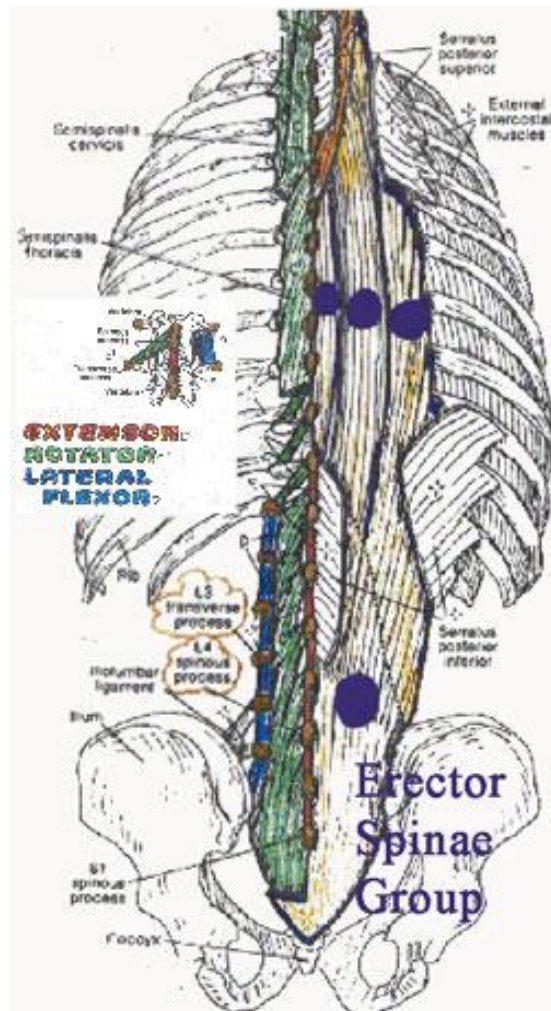
Muscles of the Axial Skeleton

- Intrinsic Muscles
 - Erector Spinae
 - Spinalis
 - Longissimus
 - Iliocostalis
 - Oblique Muscles
 - Semispinalis
 - Multifidus
 - Rotatores
- Muscles of Quiet Respiration
 - Diaphragm
 - External Intercostals
 - Internal Intercostals
- Abdominal Muscles
 - External Obliques
 - Internal Obliques
 - Transverse Abdominus
 - Rectus Abdominus
 - Quadratus Lumborum

Muscles of the Axial Skeleton

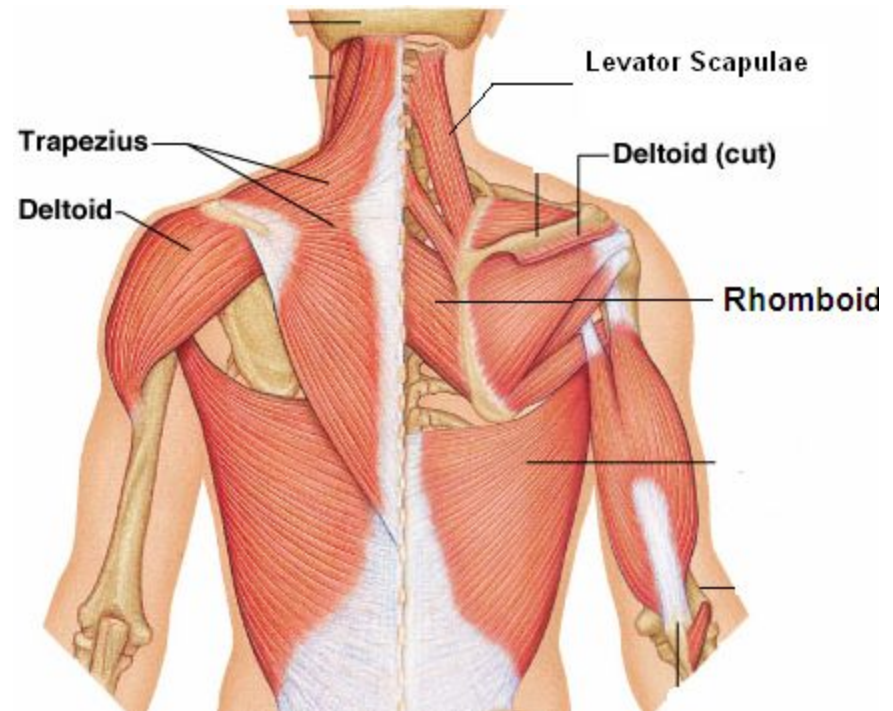


Muscles of the Axial Skeleton

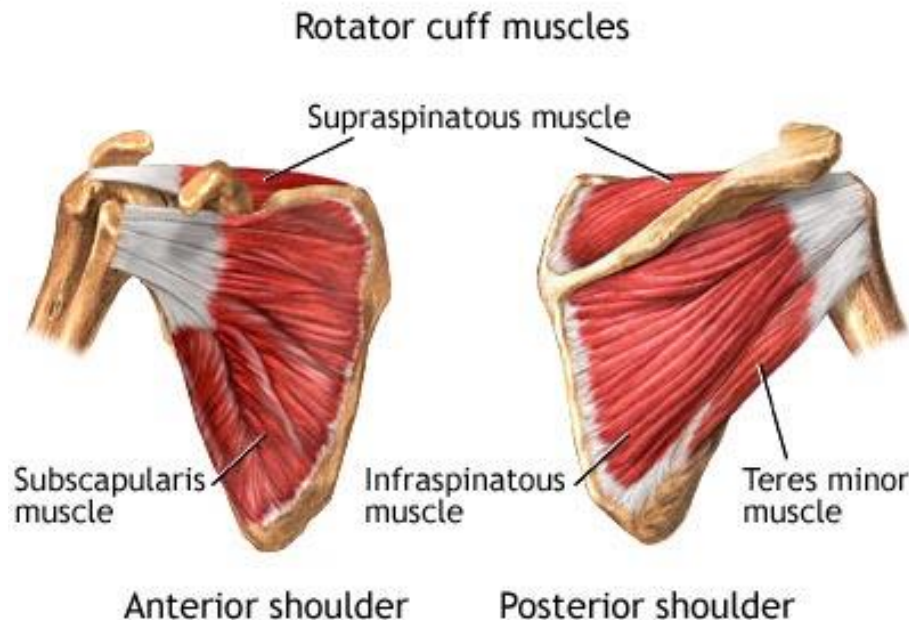


Muscles of Scapular Stabilization

- Trapezius
 - Retraction
 - Elevation
 - Depression
 - Upward Rotation
- Rhomboid
 - Retraction
- Levator Scapulae
 - Elevation
- Pectoralis Major
 - Protraction
- Serratus Anterior
 - Protraction



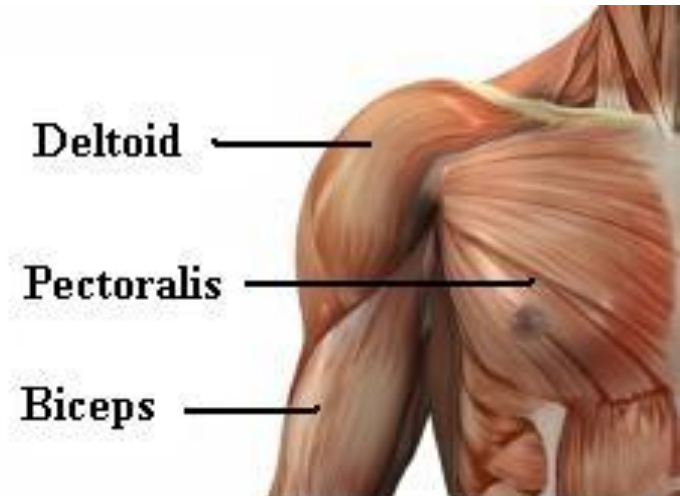
Rotator Cuff Muscles



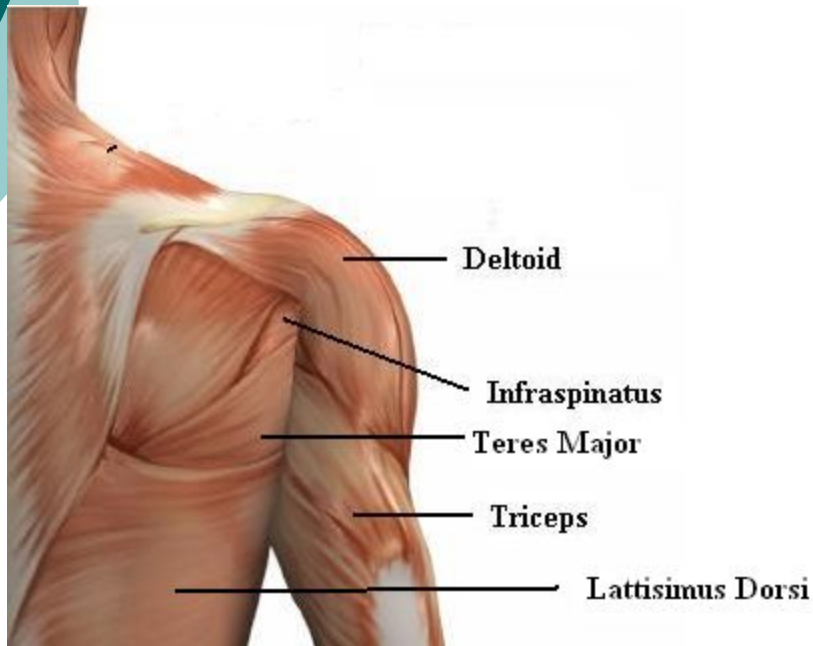
- Supraspinatus
 - Abduction
- Infraspinatus
 - External Rotation
- Teres Minor
 - External Rotation
- Subscapularis
 - Internal Rotation

Muscles of Shoulder Joint

- Deltoid
 - Flexion/Extension
 - Abduction/Adduction
 - Internal/External Rotation
- Pectoralis Major
 - Adduction
 - Extension
 - Flexion
 - Internal Rotation
- Biceps Brachii
 - Flexion



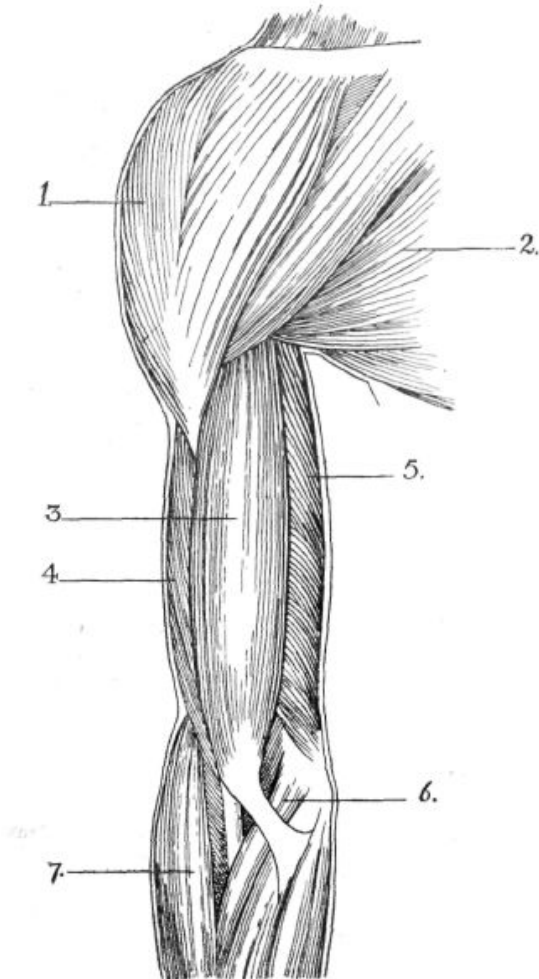
Muscles of Shoulder Joint



- Teres Major
 - Adduction
 - Extension
 - Internal Rotation
- Latissimus Dorsi
 - Adduction
 - Extension
 - Internal Rotation
- Triceps Brachii
 - Adduction
 - Flexion

Muscles of the Elbow & Radioulnar Joints

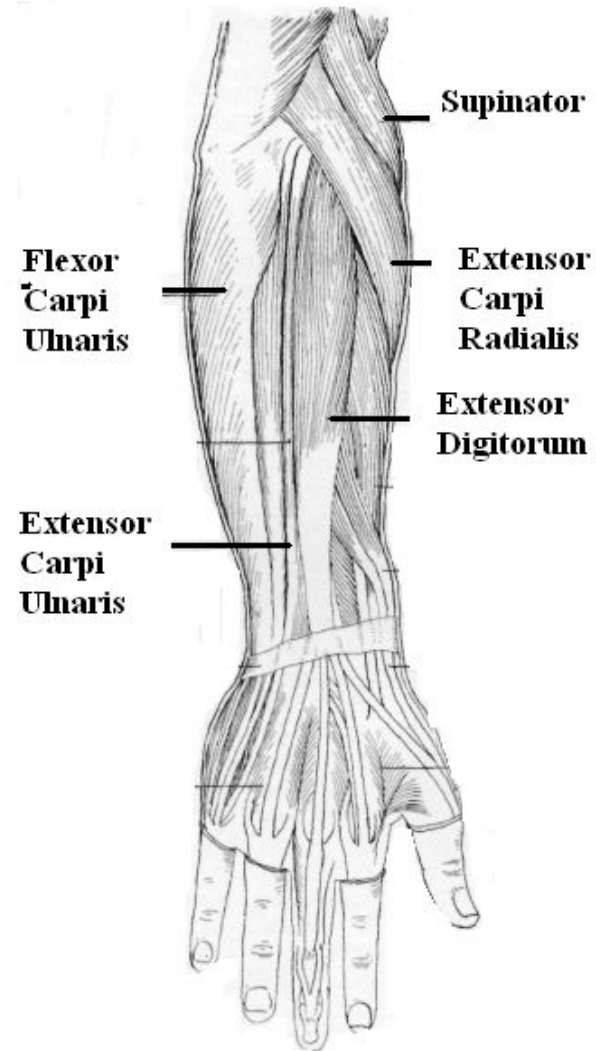
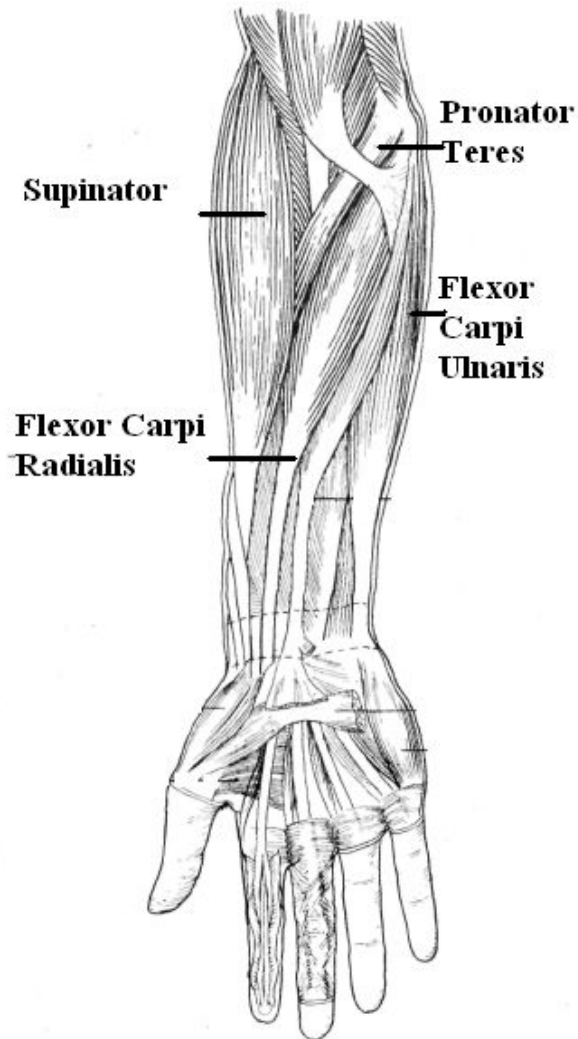
- Triceps Brachii
 - Extend elbow
- Bicep Brachii (3,5)
 - Flex elbow
 - Supinate Forearm
- Brachialis (4)
 - Flex elbow
- Brachioradialis
 - Flex elbow
 - Pronate forearm
- Pronator Teres (6)
- Supinator Longus (7)



Muscles of the Forearm/Wrist/Hand

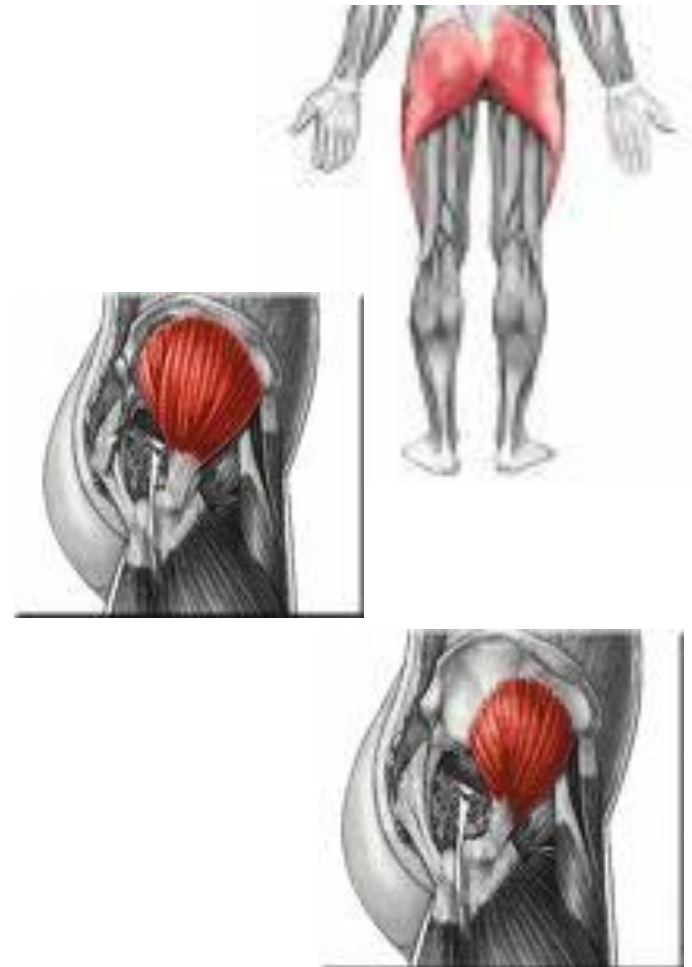
- Pronator Teres
- Supinator
- Flexor Carpi Ulnaris
- Flexor Carpi Radialis
- Flexor Digitorum
- Extensor Carpi Ulnaris
- Extensor Carpi Radialis
- Extensor Digitorum
- Pronate forearm
- Supinate forearm
- Flex, abduct wrist
- Flex, abduct wrist
- Flex fingers
- Extend wrist
- Extend wrist
- Extend fingers

Muscles of the Forearm/Wrist



Muscles of the Hip/Thigh

- Gluteal Muscles:
 - Gluteus Maximus: hip extension
 - Gluteus Medius: hip abduction, internal rotation
 - Gluteus Minimus: hip abduction, internal rotation



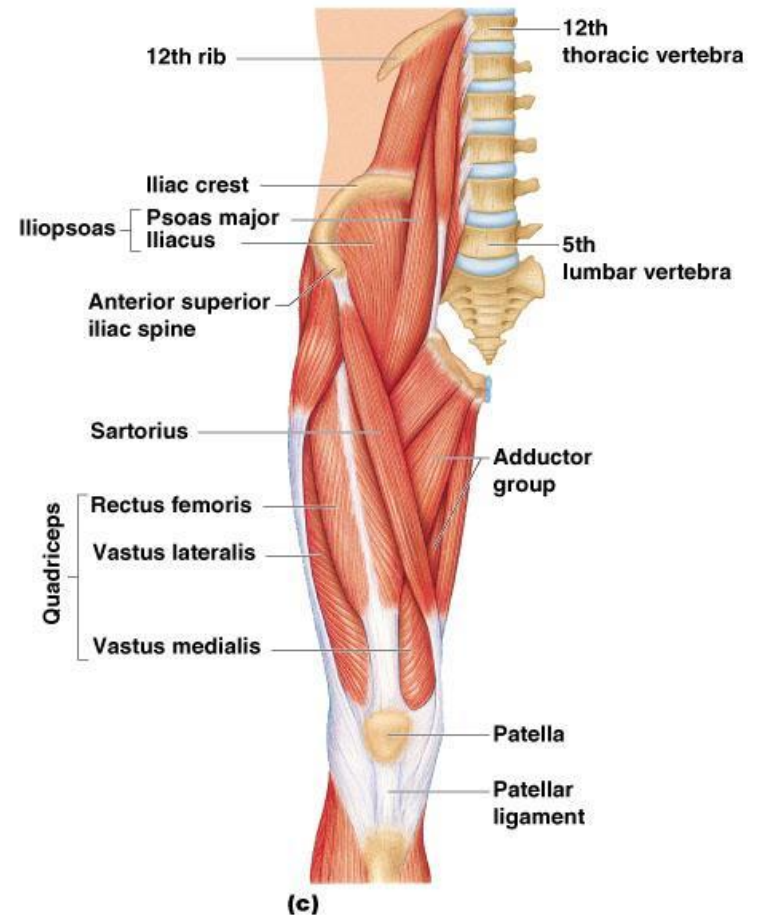
Muscles of the Hip/Thigh



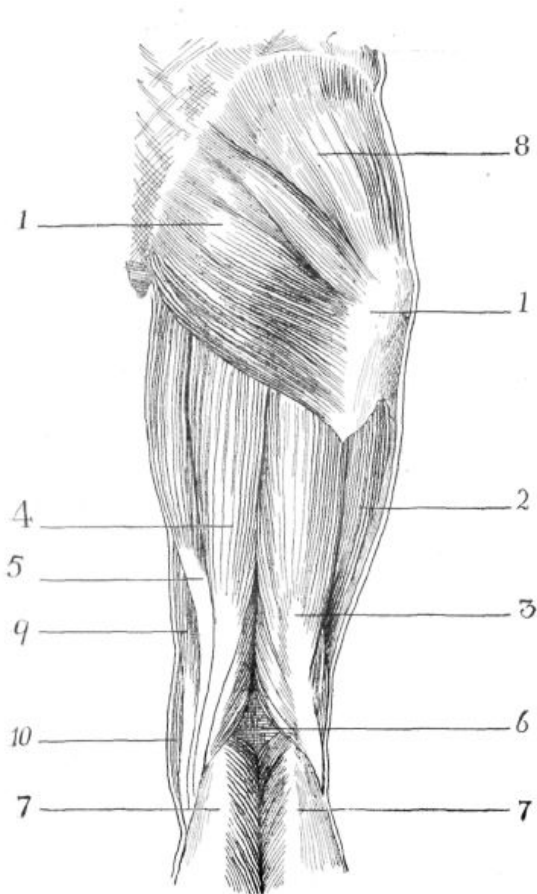
- Adductor Muscles
 - Adductor Longus:
 - Adductor Magnus
 - Adductor Brevis
 - Gracilis

Muscles of the Hip/Thigh

- Anterior Thigh
 - Sartorius: flexion/external rotation
 - Quadriceps Femoris: Knee Ext.
 - Rectus Femoris: hip flexion, knee extension
 - Vastus Lateralis
 - Vastus Medialis
 - Vastus Intermedius



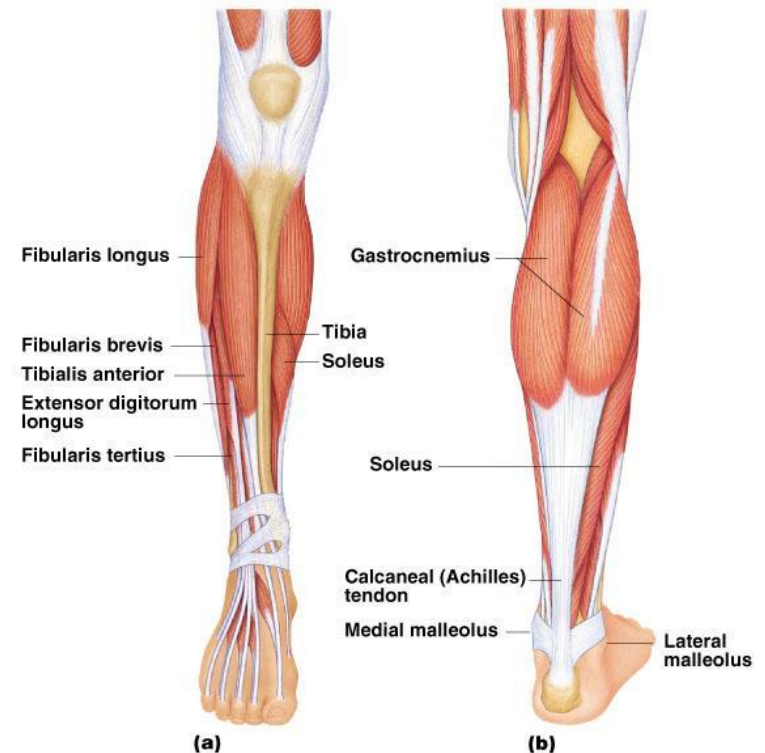
Muscles of Hip/Thigh



- Hamstrings
 - Semimembranosus
 - Semitendinosus
 - Biceps Femoris
- Responsible for Hip Extension & Knee Flexion

Muscles of the Lower Leg: Ant.

- Responsible for dorsiflexion of foot
- Tibialis Anterior
- Extensor Hallucis Longus
- Extensor Digitorum Longus
- Fibularis Longus*
- Fibularis Brevis*
- Fibularis Tertius



Muscles of Lower Leg: Posterior

- Primarily responsible for plantarflexion of foot
- Gastrocnemius
- Soleus
- Flexor hallucis Longus
- Flexor Digitorum Longus

