

Muscles of the Head and Neck

<u>NAME</u>	<u>ORIGIN</u>	<u>INSERTION</u>	<u>ACTION(S)</u>
Frontalis (Epicranius)	Cranial aponeurosis	Skin of eyelids	Raises eyebrows, moves scalp, forehead skin
Occipitalis (Epicranius)	Occipital bone	Cranial aponeurosis	Moves scalp, forehead skin, eyebrows
Orbicularis oculi	Orbit	Eyelids	Closes eyes
Orbicularis oris	Maxillae, mandible	Lips	Closes lips, purses lips, aids in speech
Zygomaticus major	Zygomatic bone	Angle of mouth	Draws corners of mouth up to smile and laugh
Masseter	Zygomatic arch	Ramus of mandible	Elevates mandible to bite and chew
Temporalis	Temporal bone	Coronoid process of mandible	Retracts mandible
Sternocleidomastoid	Sternum, clavicle	Mastoid process of temporal bone	Draws head forward and down or to the side

Muscles of the Thorax and Shoulder

<u>NAME</u>	<u>ORIGIN</u>	<u>INSERTION</u>	<u>ACTION(S)</u>
Pectoralis major	Sternum, costal cartilages, clavicle	Greater tubercle of humerous	Flexes, adducts and medially rotates humerus
Serratus anterior	Ribs	Medial, inferior surface of scapula	Protracts, holds scapula against chest wall
Deltoid	Clavicle, Acromion, spine of scapula	Deltoid Tuberosity of humerus	Abducts humerus
External intercostals	Rib above	Rib below	Elevates ribs during inspiration
Internal intercostals	Rib below	Rib above	Depresses ribs during inspiration
Diaphragm	Sternum, ribs, vertebral column	Its own central tendon	Prime mover of inspiration, compresses abdomen to defecate, urinate, childbirth

Muscle Groups And Joint Actions Study Guide

Kevin T. Patton, Frank B. Bell



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