

List of Muscles and Actions

Muscles of the Head that Produce Facial Expressions

<u>Muscle</u>	<u>Action</u>
Occipitofrontalis	Frontal belly draws scalp anteriorly, raises eyebrows and wrinkles skin of forehead horizontally. Occipital belly draws scalp posteriorly.
Orbicularis oris	Closes and protrudes lips as in kissing
Zygomaticus major	Draws angle of mouth superiorly and laterally as in smiling.
Levator labii superioris	Raises upper lip.
Depressor labii inferioris	Depresses lower lip.
Depressor anguli oris	Draws angle of mouth laterally and inferiorly.
Buccinator	Presses cheeks against teeth and lips as in whistling, blowing, and sucking.
Risorius	Draws angle of mouth laterally as in grimacing.
Mentalis	Elevates and protrudes lower lip and pulls skin of chin up–pouting.
Platysma	Draws outer part of lower lip inferiorly and posteriorly as in pouting and depresses mandible.
Orbicularis oculi	Closes eye.
Levator palpebrae superioris	Elevates upper eyelids (opens eyes).
Corrugator supercillii	Draws eyebrow inferiorly and wrinkles skin of forehead vertically As in frowning.

Muscles that Move the Eyeballs (Extrinsic Eye Muscles)

<u>Muscle</u>	<u>Action</u>
Superior rectus	Moves eyeballs superiorly and medially.
Inferior rectus	Moves eyeballs inferiorly and medially.
Lateral rectus	Moves eyeballs laterally.
Medial rectus	Moves eyeballs medially.
Superior oblique	Moves eyeballs inferiorly and laterally.
Inferior oblique	Moves eyeballs superiorly and laterally.

Muscles That Move the Mandible and Assist in Mastication

<u>Muscle</u>	<u>Action</u>
Masseter	Elevates mandible as in closing mouth
Temporalis	Elevates and retracts mandible.

Muscles That Move the Tongue

<u>Muscle</u>	<u>Action</u>
Genioglossus	Depresses tongue and thrusts it anteriorly (protraction).

Muscles of the Anterior Neck That Assist in Deglutition and Speech

<u>Muscle</u>	<u>Action</u>
Digastric	Elevates hyoid bone and depresses mandible.
Stylohyoid	Elevates hyoid bone.
Mylohyoid	Elevates hyoid bone and depresses mandible.
Omohyoid	Depresses hyoid bone.
Sternohyoid	Depresses hyoid bone.

Muscles of the Neck that Move the Head

<u>Muscle</u>	<u>Action</u>
Sternocleidomastoid	Acting together, flex cervical vertebral column and head.
Semispinalis capitis	Acting together, extend head.
Longissimus capitis	Acting together, extend head.

Muscles of the Neck and Back that Move the Vertebral Column – Erector Spinae Muscles

Iliocostalis (lateral) group – Acting together, muscles of each region (cervical, thoracic, and lumbar) extend and maintain erect posture of vertebral column of their respective regions.

Iliocostalis cervicis
Iliocostalis thoracis
Iliocostalis lumborum

Longissimus (intermediate) group – Acting together, longissimus capitis muscles extend head (see above). Acting together longissimus cervicis and both longissimus thoracis muscles extend vertebral column of their respective regions.

Longissimus capitis (already listed above)
Longissimus cervicis
Longissimus thoracis

Spinalis (medial) group - Acting together muscles of each region (cervical, thoracic and lumbar) extend vertebral column of their respective regions.

Spinalis capitis
Spinalis cervicis
Spinalis thoracis

Muscles of the Abdomen

<u>Muscle</u>	<u>Action</u>
Rectus abdominis	Flexes vertebral column and compresses abdomen.
External oblique	Acting together, compress abdomen.
Internal oblique	Acting together, compress abdomen.
Transversus abdominis	Compresses abdomen.

Muscles of the Thorax that Assist in Breathing

Muscle

Action

Diaphragm

Contraction causes it to flatten and increase size of thoracic cavity resulting in inhalation.

Relaxation causes it to move superiorly and decrease the size of the thoracic cavity resulting in exhalation.

External Intercostals

Contraction causes ribcage to expand and increase the size of the thoracic cavity resulting in inhalation.

Internal Intercostals

Contraction draws adjacent ribs together to decrease the size of the thoracic cavity resulting in exhalation.

Muscles of the Pelvic Floor

Muscle

Action

Pubococcygeus (part of Levator ani) Supports and maintains position of pelvic viscera.

Iliococcygeus (part of Levator ani) Supports and maintains position of pelvic viscera.

Muscles of the Perineum

Muscle

Action

Superficial transverse perineal

Stabilizes perineal body of perineum.

Bulbospongiosus

Helps expel urine, propel semen, and assists in erection of penis and clitoris.

Ischiocavernosus

Maintains erection of penis and clitoris.

Muscles of the Thorax That Move the Pectoral Girdle

<i>Muscle</i>	<i>Action</i>
Subclavius	Depresses clavicle.
Pectoralis minor	Fixator of scapula
Serratus anterior	Fixator of scapula
Trapezius	Fixator of scapula
Levator scapulae	Fixator of scapula
Rhomboid major	Fixator of scapula
Rhomboid minor	Fixator of scapula

Muscles of the Thorax and Shoulder That Move the Humerus

<i>Muscle</i>	<i>Action</i>
Pectoralis major	Adducts and medially rotates arm.
Latissimus dorsi	Extends, adducts and medially rotates arm.
Deltoid	Abducts arm.
Supraspinatus	Assists deltoid muscle in abducting arm.
Infraspinatus	Laterally rotates arm.
Subscapularis	Medially rotates arm.
Teres major	Extends arm.
Teres minor	Laterally rotates and extends arm.
Coracobrachialis	Flexes and adducts arm.

Muscles of the Arm That Move the Forearm

<i>Muscle</i>	<i>Action</i>
Biceps brachii	Flexes forearm.
Brachialis	Flexes forearm.
Brachioradialis	Flexes forearm.
Triceps brachii	Extends forearm.
Pronator teres	Pronates forearm.
Supinator	Supinates forearm.

Muscles of the Forearm that Move the Hand

<i>Muscle</i>	<i>Action</i>
Palmaris longus	Flexes hand at wrist joint
Extensor digitorum	Extends hand at wrist joint

Muscles of the Hip That Move the Femur

<i>Muscle</i>	<i>Action</i>
Psoas Major (part of Iliopsoas)	Flexes thigh.
Iliacus (part of Iliopsoas)	Flexes thigh.
Gluteus maximus	Extends thigh.
Gluteus medius	Abducts thigh.
Gluteus minimus	Abducts thigh.
Tensor fascia latae	Abducts thigh.
Piriformis	Abducts thigh.
Adductor longus	Adducts thigh.
Adductor brevis	Adducts thigh.
Adductor magnus	Adducts thigh.
Pectineus	Adducts thigh.

Gracilis Adducts thigh

Muscles of the Thigh that Move the Leg

Muscle

Action

Quadriceps femoris: All four heads of the quadriceps extend leg.
Rectus femoris
Vastus lateralis
Vastus medialis
Vastus intermedius

Sartorius Flexes leg.

Biceps femoris Flexes leg.

Semitendinosus Flexes leg.

Semimembranosus Flexes leg.

(The biceps femoris, semitendinosus, and semimembranosus comprise the hamstrings.)

Muscles of the Leg that Move the Foot

Muscle

Action

Tibialis anterior Dorsiflexes foot.

Extensor digitorum longus Dorsiflexes foot.

Fibularis longus Plantar flexes foot.

Fibularis brevis Plantar flexes foot.

Gastrocnemius Plantar flexes foot.

Soleus Plantar flexes foot.

