

Muscles of scalp, face and neck

Occipitalis	pulls scalp posteriorly (occipital and temporal bone)
Frontalis	elevates eyebrows (epicranial aponeurosis)
Temporalis	closes jaw (zygomatic bone)
Buccinator	compress cheeks (alveolar process of maxilla/mandible)
Mentalis	Elevates lower lip (incisive fossa of mandible)
Orbicularis Oculi	closes eyes (orbit)
Orbicularis oris	Purses lips (mandible)
Levator labii superioris	Elevates upper lips (inferior margin of orbit)
Masseter	closes jaw (zygomatic arch)
Zygomaticus major	retracts and elevates corners of mouth (zygomatic bone)
Sternocleidomastoid	Together: Flex neck. Alone:- turns face to opposite side (sternal end of clavicle and manubrium)
Digastric	depressed mandible (inferior surface of mandible/temporal bone)
Platysma	depresses mandible (acromion of scapula)
Depressor labii inferioris	depresses lower lip (mandible)

Muscles of scalp, face and neck (cont)

Mylohyoid	elevates hyoid bone (mandible)
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Muscles of the arm

Coraco-brachialis	flexion and abduction of arm (coracoid process of scapula)
Biceps brachii	flexion of forearm
Triceps brachii	forearm extension
Brachioradialis	forearm flexion
Brachialis	flexes forearm

Muscles of anterior leg

Tibialis anterior	prime mover of dorsiflexion
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Leg and forearm

Extensor digitorum	extends fingers
Extensor digitorum	extends toes

Leg and forearm

Extensor digitorum	extends fingers
Extensor digitorum	extends toes

Superficial muscles of thorax and back

Pectoralis major	prime mover of arm flexion (sternal end of clavicle)
Pectoralis minor	Protracts and rotates scapula downward (ribs 3-5)
Trapezius	Stabilizes, elevates, and rotates scapula (occipital bone)

Deep muscles of the thorax and back

Internal intercostal	depression of rib cage (superior border of rib cage)
External intercostal	elevation of rib cage (inferior border of rib cage)
Diaphragm	prime mover of inspiration (inferior surface of rib cage)
Serratus anterior	rotates scapula upward (anterior surface of scapula)
Rhomboids	stabilizes scapula (spinous process of C7 and T1)

Muscles of the abdominal region

Rectus abdominus	Flex and rotates lumbar region of vertebral column
Internal oblique	compress abdominal wall
External oblique	compress abdominal wall

Muscles crossing the shoulder joint

Subscapularis	medial rotation of arm
Latissimus dorsi	prime mover of arm extension
Supraspinatus	Initiates abduction of arm (near traps)
Infraspinatus	laterally rotates arm (scapula)
Teres major	extends and medially rotates and adducts arm
Deltoid	prime mover of arm abduction (acromion and spine of scapula)



By katwalker11

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Muscles of posterior leg

Gastrocnemius	Plantar flexion of foot
Soleus	Plantar flexion of foot (deep)

Muscles of the forearm

Pronator teres	pronates forearm (medial epicondyle of humerus)
Palmaris longus	tenses skin of palm during hand movement (medial epicondyle of humerus)
Flexor carpi radialis	flexion of hand
Flexor carpi ulnaris	Flexes and adducts hand
Extensor carpi radialis longus	extends hand
Extensor carpi radialis brevis	extends and abducts hand
Extensor carpi ulnaris	extends hand
Adductor pollicis	adducts and helps oppose the thumb
Extensor pollicis brevis	Extends thumb

Muscles of anterior thigh

Sartorius	flexes and abducts thigh
Pectineus	Adducts and medially rotates thigh
Adductor longus	Adducts and medially rotates thigh

Muscles of anterior thigh (cont)

Adductor magnus	Adducts and medially rotate and flexes thigh
Gracilis	adducts thigh, flexes and medially rotates the leg
Rectus femoris	extends leg and flexes thigh
Vastus lateralis	extends leg and stabilizes knee
Vastus intermedius	extends leg
vastus medialis	extends leg

Muscles of the posterior thigh

Gluteus maximus	extends thigh
Gluteus medius	abducts and medially rotates thigh
Biceps femoris	Extends thigh and flexes leg
Semitendinosus	extends thigh and flexes leg
Semimembranosus	extends thigh and flexes leg



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