|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Muscles of the Face |  | Origin | Insertion | Action |
| Frontalis | Aponeurosis | |  |  |
| Occipitalis |  | | Aponeurosis |  |
| Temporalis |  | |  | Elevation of mandible  Retraction of mandible |
| Orbicularis oculi |  | | Around orbit |  |
| Zygomaticus major |  | |  | Elevate corners of mouth (smile) |
| Masseter |  | | Mandible |  |
| Buccinator |  | | Orbicularis oris |  |
| Orbicularis oris | Maxilla & Mandible | |  |  |
| Mentalis | Mandible | |  |  |
| Muscles of the Head & Neck | **Origin** | | **Insertion** | **Action** |
| Platysma |  | | Skin over Mandible |  |
| Lateral pterygoid | Sphenoid | |  |  |
| Medial pterygoid | Palatine & Maxilla | |  |  |
| Sternocleidomastoid |  | | Mastoid process |  |
| Semispinalis capitis |  | | Occipital |  |
| Splenis capitis | Spinous processes of C7-T3 | |  |  |
| Longissimus capitis |  | | Mastoid process |  |
| Muscles of the Eye | **Origin** | | **Insertion** | **Action** |
| Superior rectus | Back of the orbit | | Superior central eye |  |
| Inferior rectus | Back of the orbit | | Inferior central eye |  |
| Lateral rectus | Back of the orbit | | Lateral eye |  |
| Medial rectus | Back of the orbit | | Medial eye |  |
| Superior oblique | Back of the orbit | | Superior lateral eye |  |
| Inferior oblique | Back of the orbit | | Inferior lateral eye |  |
| Muscles of the Trunk | **Origin** | | **Insertion** | **Action** |
| Rectus abdominis | Pubic bone | |  |  |
| External oblique |  | | Iliac crest  Pubic bone  Linea alba |  |
| Internal oblique | Iliac crest | |  |  |
| Transverse abdominis | Iliac crest  Cartilage of ribs 7-12  Thoracolumbar fascia | |  |  |
| Muscles of Breathing | **Origin** | | **Insertion** | **Action** |
| Diaphragm |  | |  | Contraction=inhalation  Relaxation=exhalation |
| External intercostals |  | | Superior border of rib below |  |
| Internal intercostals | Superior border of rib below | |  |  |