

<b>Muscles of the Face</b>	<b>Origin</b>	<b>Insertion</b>	<b>Action</b>
<b>Frontalis</b>	Aponeurosis		
<b>Occipitalis</b>		Aponeurosis	
<b>Temporalis</b>			Elevation of mandible Retraction of mandible
<b>Orbicularis oculi</b>		Around orbit	
<b>Zygomaticus major</b>			Elevate corners of mouth (smile)
<b>Masseter</b>		Mandible	
<b>Buccinator</b>		Orbicularis oris	
<b>Orbicularis oris</b>	Maxilla & Mandible		
<b>Mentalis</b>	Mandible		

<b>Muscles of the Head &amp; Neck</b>	<b>Origin</b>	<b>Insertion</b>	<b>Action</b>
<b>Platysma</b>		Skin over Mandible	
<b>Lateral pterygoid</b>	Sphenoid		
<b>Medial pterygoid</b>	Palatine & Maxilla		
<b>Sternocleidomastoid</b>		Mastoid process	
<b>Semispinalis capitis</b>		Occipital	
<b>Splenis capitis</b>	Spinous processes of C7-T3		
<b>Longissimus capitis</b>		Mastoid process	
<b>Muscles of the Eye</b>	<b>Origin</b>	<b>Insertion</b>	<b>Action</b>
<b>Superior rectus</b>	Back of the orbit	Superior central eye	
<b>Inferior rectus</b>	Back of the orbit	Inferior central eye	

<b>Lateral rectus</b>	Back of the orbit	Lateral eye	
<b>Medial rectus</b>	Back of the orbit	Medial eye	
<b>Superior oblique</b>	Back of the orbit	Superior lateral eye	
<b>Inferior oblique</b>	Back of the orbit	Inferior lateral eye	
<b>Muscles of the Trunk</b>			
	<b>Origin</b>	<b>Insertion</b>	<b>Action</b>
<b>Rectus abdominis</b>	Pubic bone		
<b>External oblique</b>		Iliac crest Pubic bone Linea alba	
<b>Internal oblique</b>	Iliac crest		
<b>Transverse abdominis</b>	Iliac crest Cartilage of ribs 7-12 Thoracolumbar fascia		

<b>Muscles of Breathing</b>	<b>Origin</b>	<b>Insertion</b>	<b>Action</b>
<b>Diaphragm</b>			Contraction=inhilation Relaxation=exhalation
<b>External intercostals</b>		Superior border of rib below	
<b>Internal intercostals</b>	Superior border of rib below		