

Select Muscles and their Functions

Know the following muscles and the function of each on the models in the lab.

Head and Neck Muscles

Frontalis	Raises eyebrows and wrinkles forehead
Orbicularis oculi	Closes eye
Orbicularis oris	Closes lips; kissing and whistling
Sternocleidomastoid	Flexes, tilts, and rotates head
Zygomaticus	Raises corners of mouth; smiling
Masseter	Elevates (closes) and protracts jaw, as when chewing
Temporalis	Elevates and retracts jaw

Torso Muscles

Trapezius	Shrug shoulders
Latissimus dorsi	Extends, adducts, and medially rotates arm
Pectoralis major	Flexes, adducts, and medially rotates arm
External oblique	Lateral rotation of the vertebral column; twisting
Rectus abdominis	Flexion of the vertebral column; sit ups

Upper Limb Muscles

Deltoid	Abducts, flexes, and rotates arm
Triceps brachii	Extends forearm
Biceps brachii	Flexes forearm
Brachioradialis	Flexes arm
Extensor digitorum	Extends fingers and hand
Extensor carpi radialis longus	Extends hand
Flexor carpi ulnaris	Flexes hand
Palmaris longus	Flexes hand

Lower Limb Muscles

Tensor fasciae latae	Flexes, abducts, and rotates thigh
Adductor longus	Adducts, flexes, and rotates thigh
Gluteus maximus	Extends, abducts, and rotates thigh
Gracilis	Adducts thigh and flexes leg
Sartorius	Crosses the leg
Vastus medialis	Extends leg
Vastus lateralis	Extends leg
Biceps femoris	Extends thigh and flexes leg
Rectus femoris	Flexes thigh and extends leg
Tibialis anterior	Dorsiflexion of the foot; inverts foot
Fibularis longus	Plantar flexion of the foot; everts foot
Gastrocnemius	Plantar flexion of the foot; flexes leg