**Muscles of Head, Neck, and Trunk**

**Study Guide**

1. **Face**
	1. Masseter (close jaw)
	2. Temporalis (close jaw)
	3. Buccinator (muscle tone of cheeks)
	4. Frontalis (raise eyebrows)
	5. Nasalis (crinkle nose)
	6. Zygomaticus (smile)
	7. Platysma (frown)
	8. Mentalis (protrude lower lip)
	9. Orbicularis oculi (close eyes)
	10. Orbicularis oris (close mouth, protrude lips, “kissing muscle”)
2. **Neck**
	1. Sternocleidomastoid (together = neck flexion, alone = neck rotation)
	2. Trapezius (neck extension)
3. **Chest**
	1. Pectoralis major (horizontal adduction of shoulder)
4. **Shoulder**
	1. Deltoid (abduction of shoulder)
	2. Rotator Cuff Muscles (all stabilize the shoulder joint)
		1. Supraspinatus (abduction of shoulder)
		2. Infraspinatus (lateral rotation of shoulder)
		3. Teres minor (lateral rotation of shoulder)
		4. Subscapularis (medial rotation of shoulder)
5. **Abdomen** (all compress, retain and protect our abdominal organs)
	1. Rectus abdominis (trunk flexion)
	2. External oblique (trunk rotation)
	3. Internal oblique (trunk rotation)
	4. Transversus abdominis (trunk rotation)
	5. Diaphragm (breathing)
6. **Back**
	1. Trapezius (shoulder elevation, shoulder retraction)
	2. Latissimus dorsi (shoulder adduction, shoulder extension)
	3. Erector spinae (trunk extension)