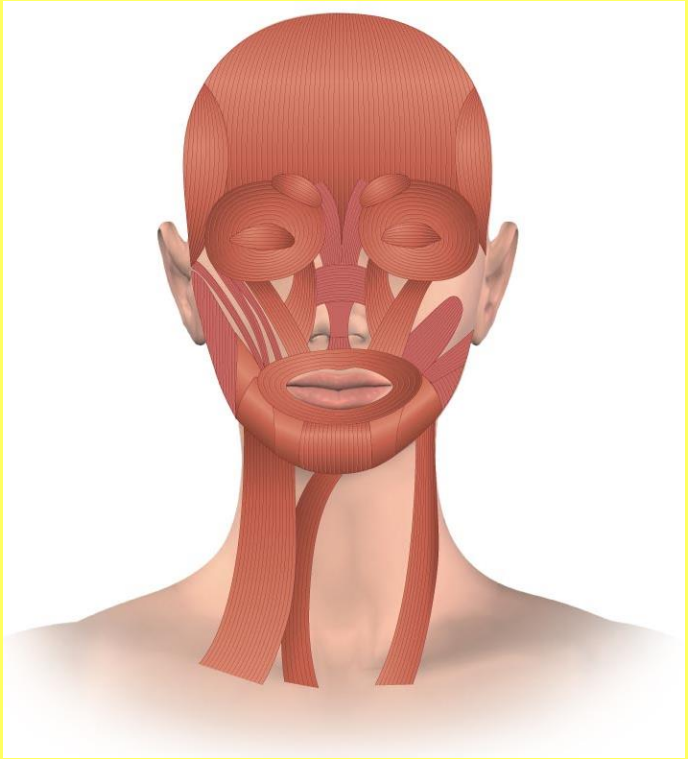


Muscles

Muscles of the face, neck and shoulder area

Muscles of the face, neck and shoulder area

- There are more than 600 muscles in the body.
- They are voluntary muscles. What does this mean?
- **You can control them.**
- Guess how many muscles you use when you smile?
- **About 17 muscles.**
- And how many do you think you use when you frown?
- **About 40 muscles!**

Muscles of the face, neck and shoulder area

- Unlike other muscles in the body, facial muscles are attached to the skin of the face.
- This is why we get laughter lines and crow's feet and why we don't get wrinkles over the muscles in the body.

You need to know the position and action of 20 muscles

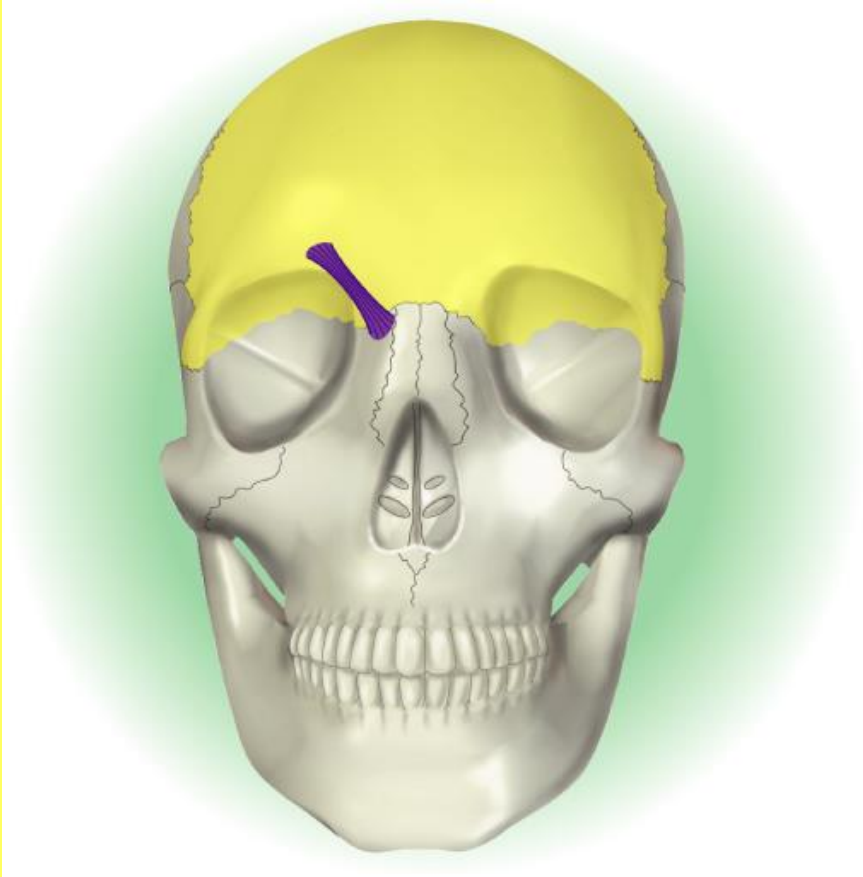
- Frontalis
- Corrugator
- Procerus
- Orbicularis oculi
- Nasalis
- Temporalis
- Masseter
- Buccinator
- Risorius
- Zygomaticus
- Quadratus labii superiorus
- Orbicularis oris
- Mentalis
- Triangularis
- Sternocleidomastoid
- Platysma
- Trapezius
- Pectoralis
- Deltoid
- Occipitalis

Muscles of the forehead: Frontalis

- **Position:** This muscle is the main muscle of the forehead. It is attached just above the eyebrows and at the top of the forehead to a flat sheet of tendon.
- **Action:** It raises the eyebrows and moves the scalp.
- Place your fingers on your forehead and raise your eyebrows to feel the frontalis working.

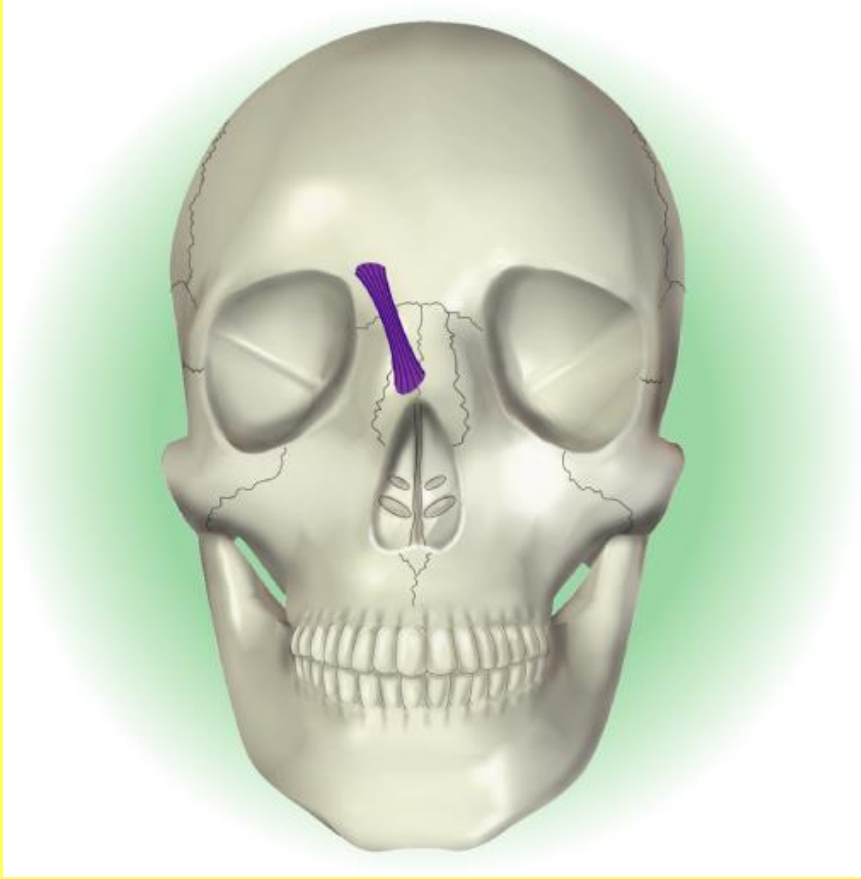
Muscles of the forehead: Corrugator

- **Position:** The inner corners of the eyebrows.
- **Action:** They draw the eyebrows together – as in frowning.
- Frown and see how the skin between the eyebrows forms lines – like corrugated cardboard!



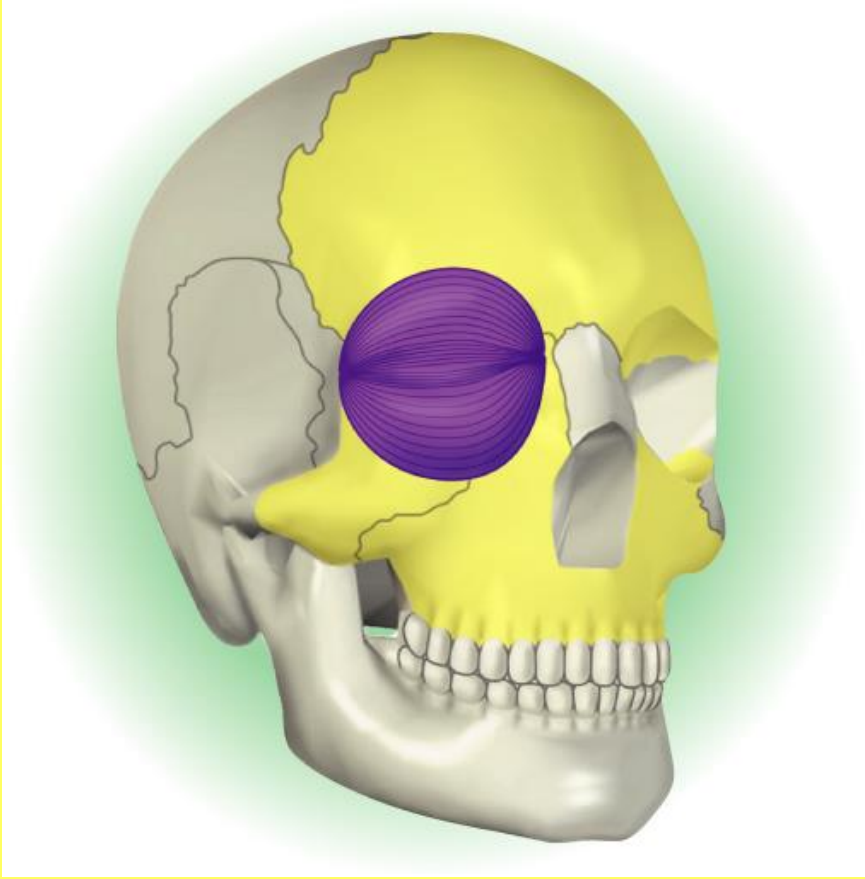
Muscles of the forehead: Procerus

- **Position:** The top of the nose between the eyebrows.
- **Action:** Depresses the eyebrows, forming wrinkles over the bridge of the nose.



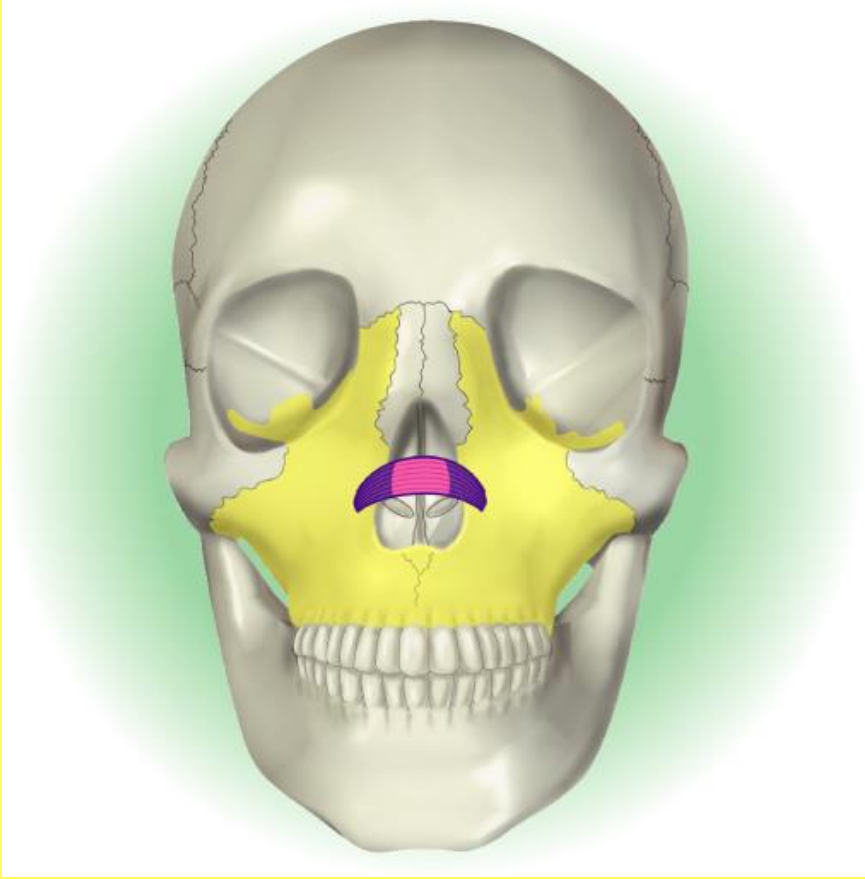
Muscles of the eye and nose: Orbicularis oculi

- **Position:** The circular muscles surrounding the eye.
- **Action:** This muscle closes the eye, as in blinking and winking.



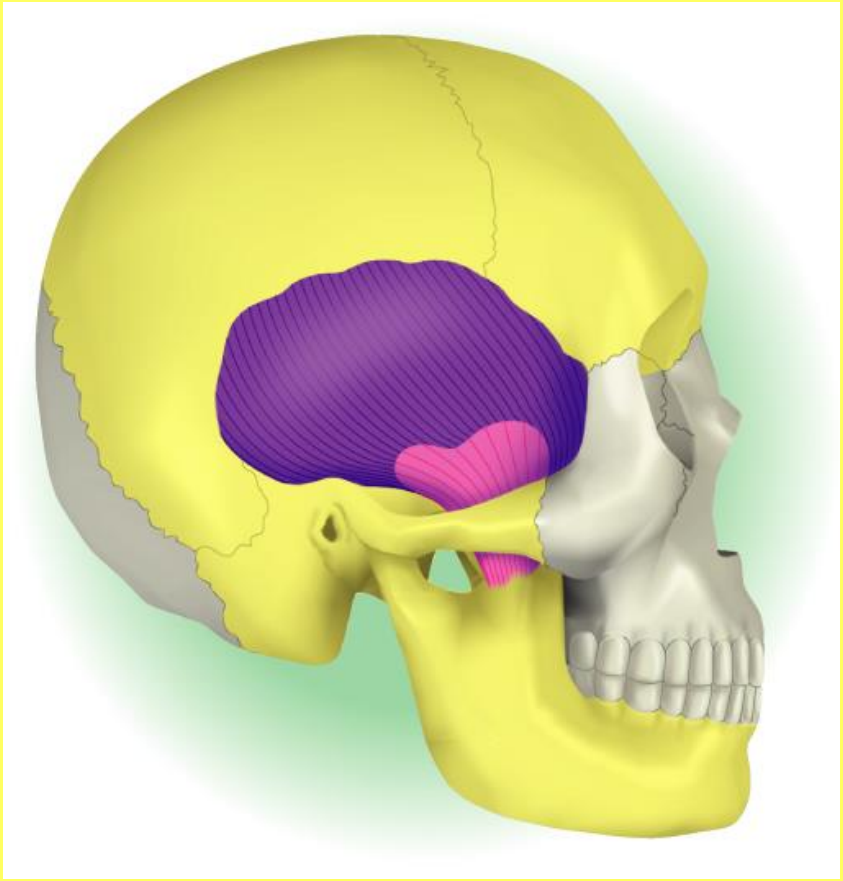
Muscles of the eye and nose: Nasalis

- **Position:** Situated over the front of the nose.
- **Action:** This muscle compresses the nose and causes wrinkles to form.



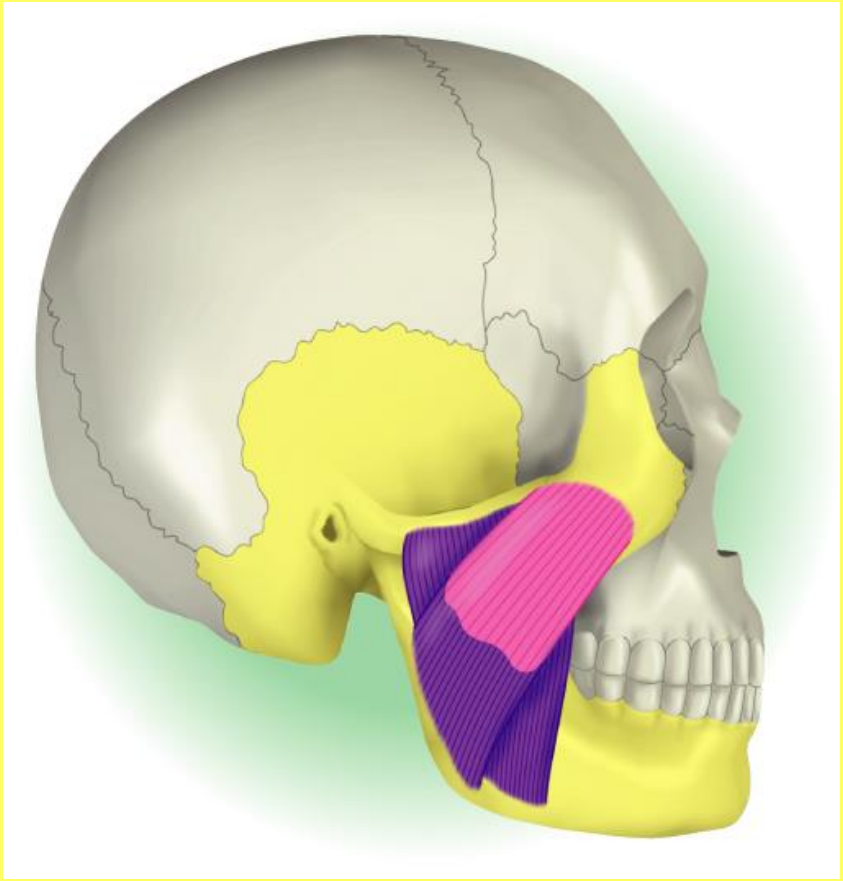
Muscles of the side of the face: Temporalis

- **Position:** This runs down the side of the face, towards the upper jaw.
- **Action:** Helps with chewing and closing the mouth.
- Clench your teeth together and put your hands over the temporal bone to feel this muscle contract.



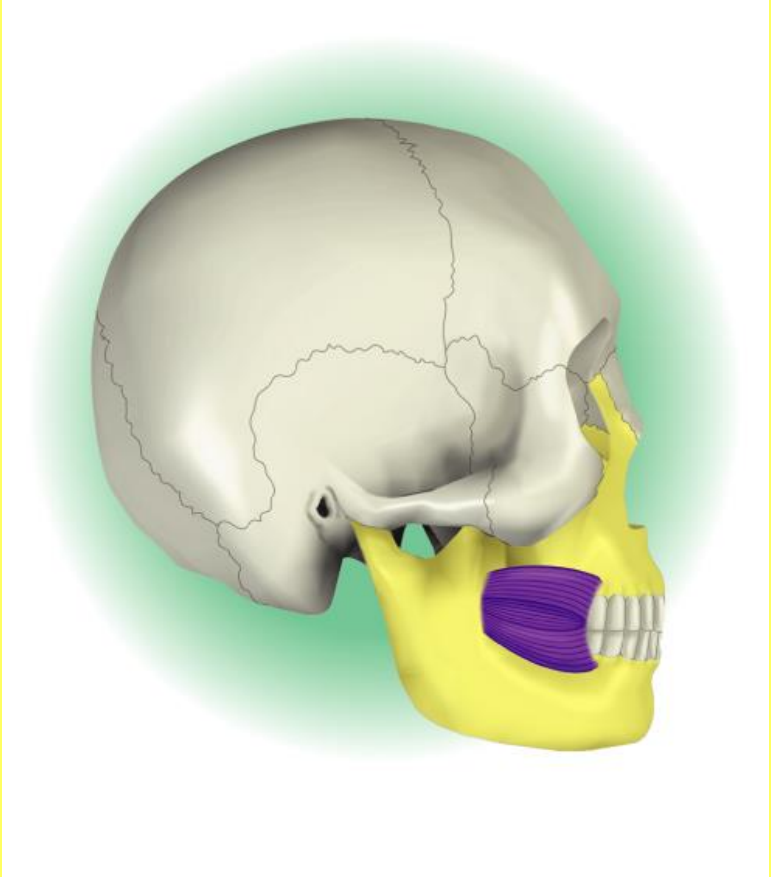
Muscles of the side of the face: Masseter

- **Position:** This runs down and back to the angle of the jaw.
- **Action:** Lifts the jaw and gives the teeth strength for chewing.
- This is the main muscle of mastication (chewing).
- It is the strongest muscle of the body!



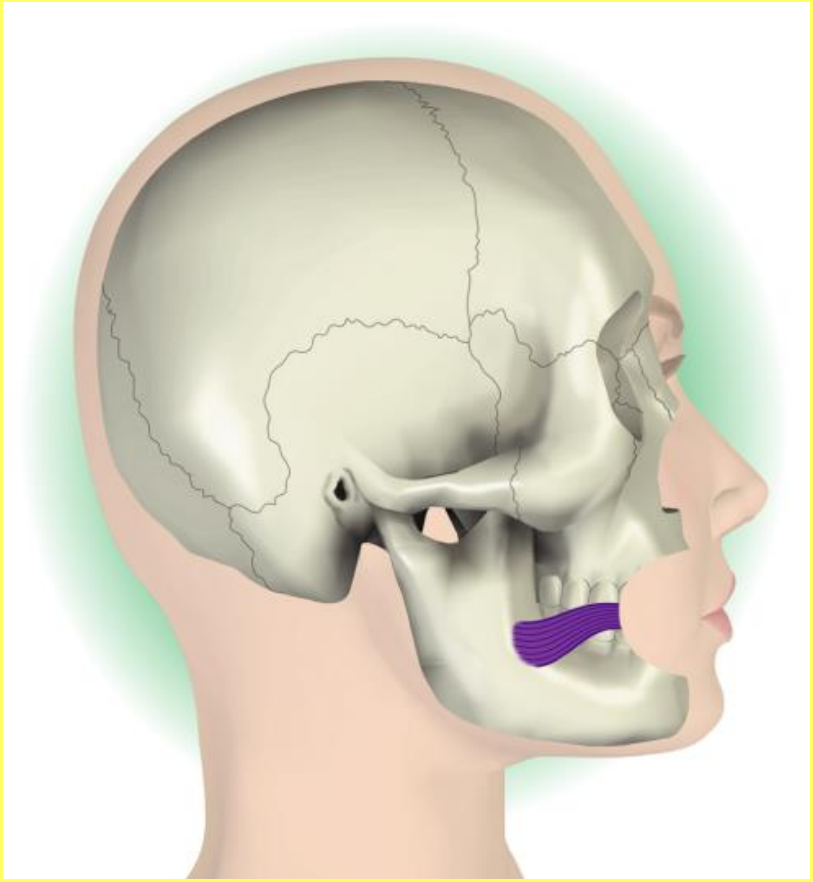
Muscles of the cheek: Buccinator

- **Position:** This forms most of the cheek and gives it shape.
- **Action:** Puffs out the cheeks when blowing. It helps keep food in the mouth when chewing.



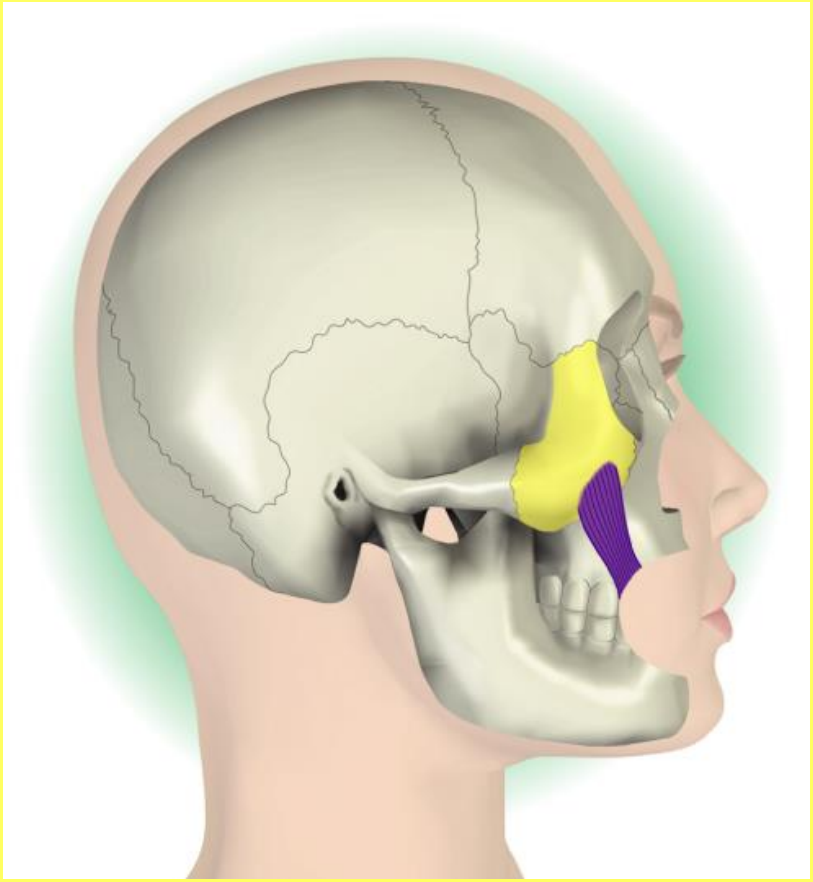
Muscles of the cheek: Risorius

- **Position:** This is in the lower cheek. It joins to the corner of the mouth.
- **Action:** Pulls back the angles of the mouth as in smiling and grimacing.



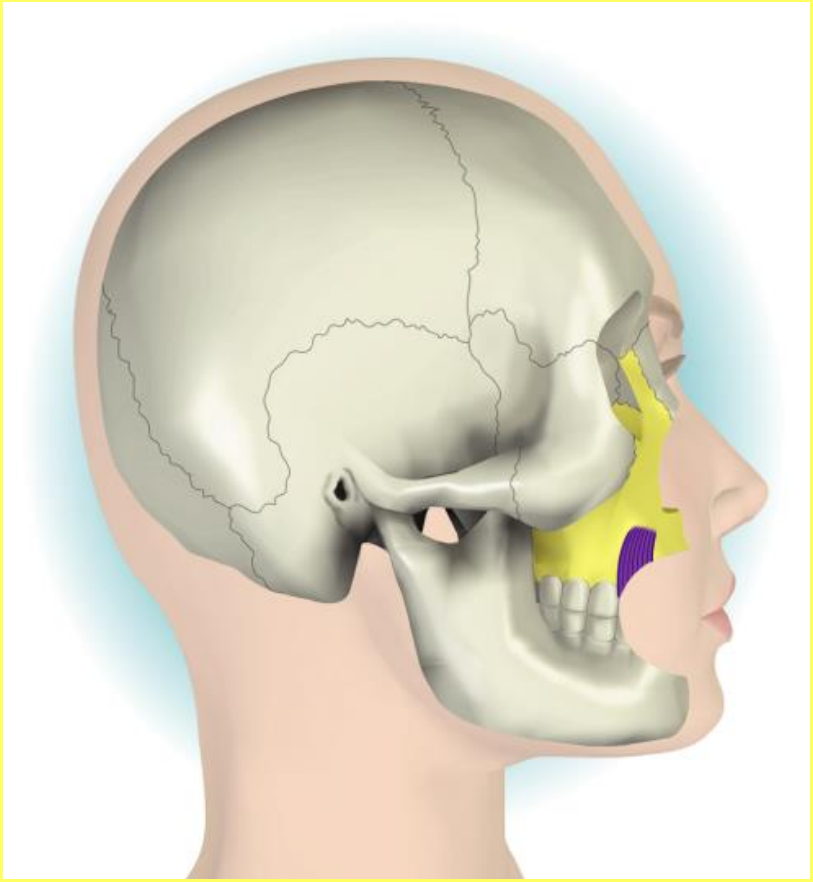
Muscles of the cheek: Zygomaticus

- **Position:** This runs down the cheek towards the corner of the mouth.
- **Action:** Pulls the corner of the mouth upwards and sideways.



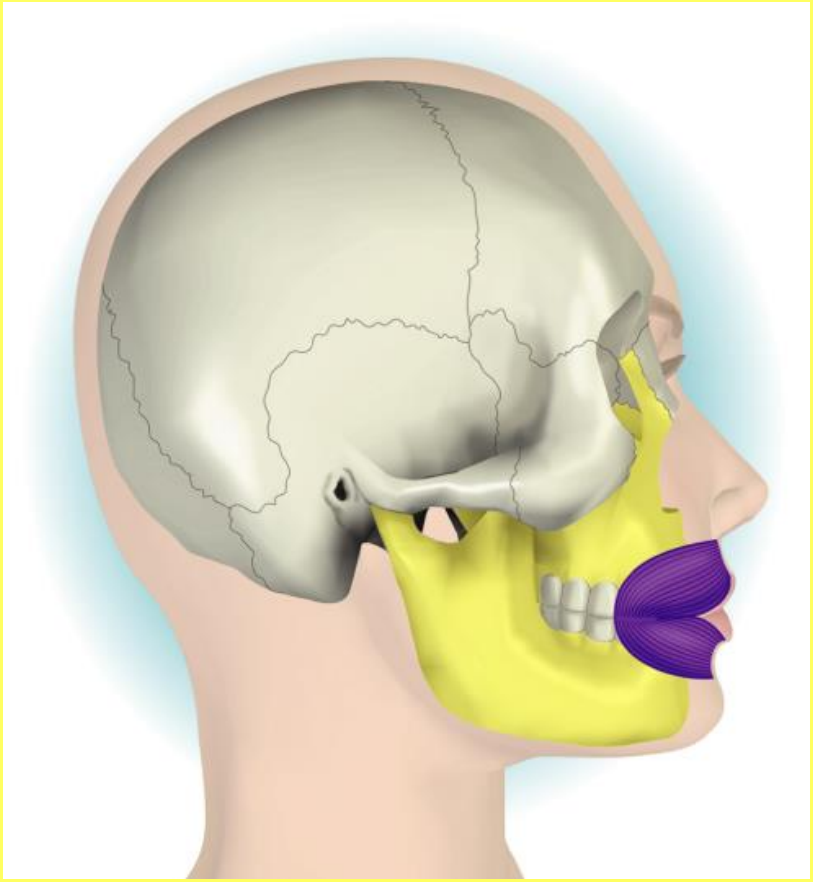
Muscles of the mouth: Quadratus labii superiorus

- **Position:** Runs upwards from the upper lip.
- **Action:** Lifts the upper lip and helps open the mouth.



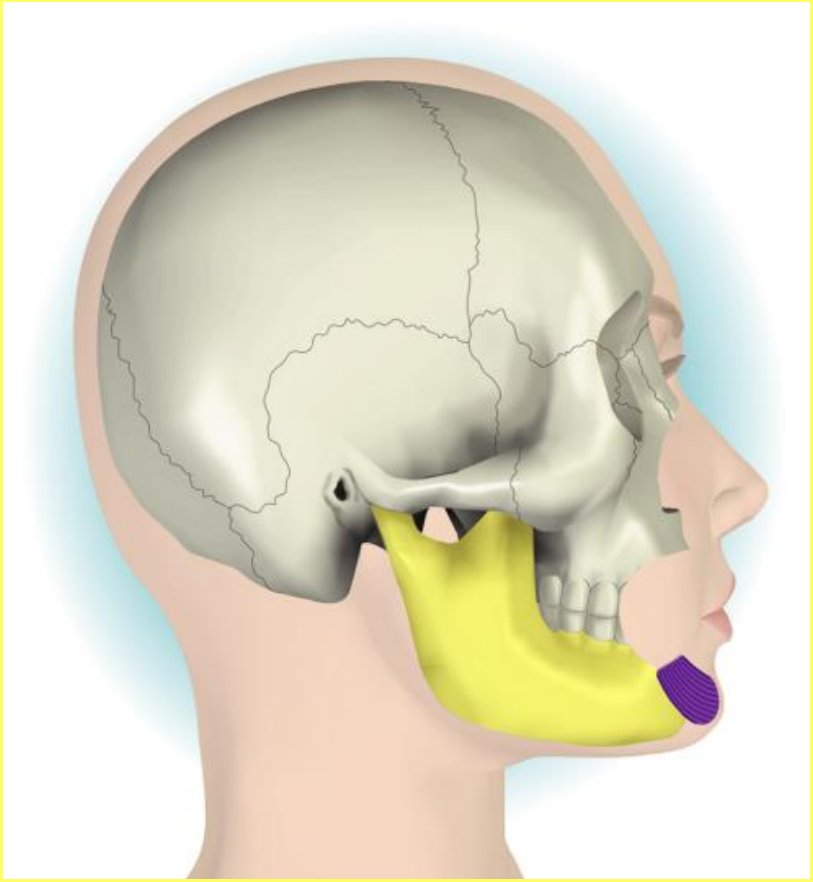
Muscles of the mouth: Orbicularis oris

- **Position:** Surrounds the lips and forms the mouth.
- **Action:** Closes the mouth, pushes lips forwards as in kissing.



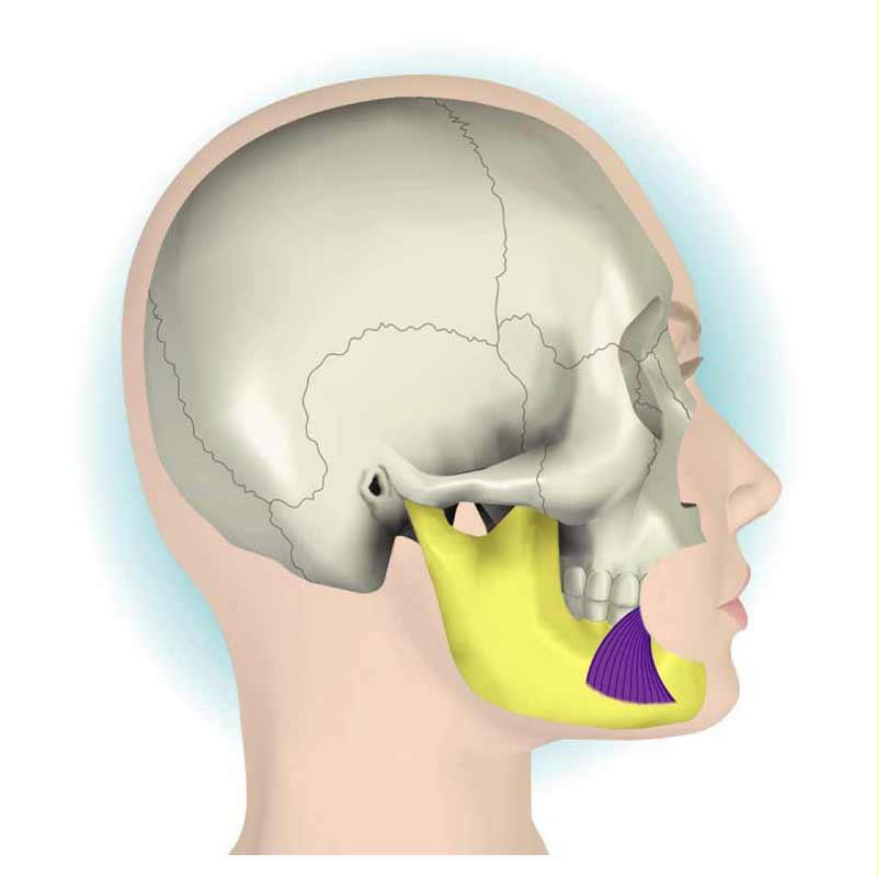
Muscles of the mouth: Mentalis

- **Position:** Forms the chin.
- **Action:** Lifts the chin and moves the lower lips outwards.



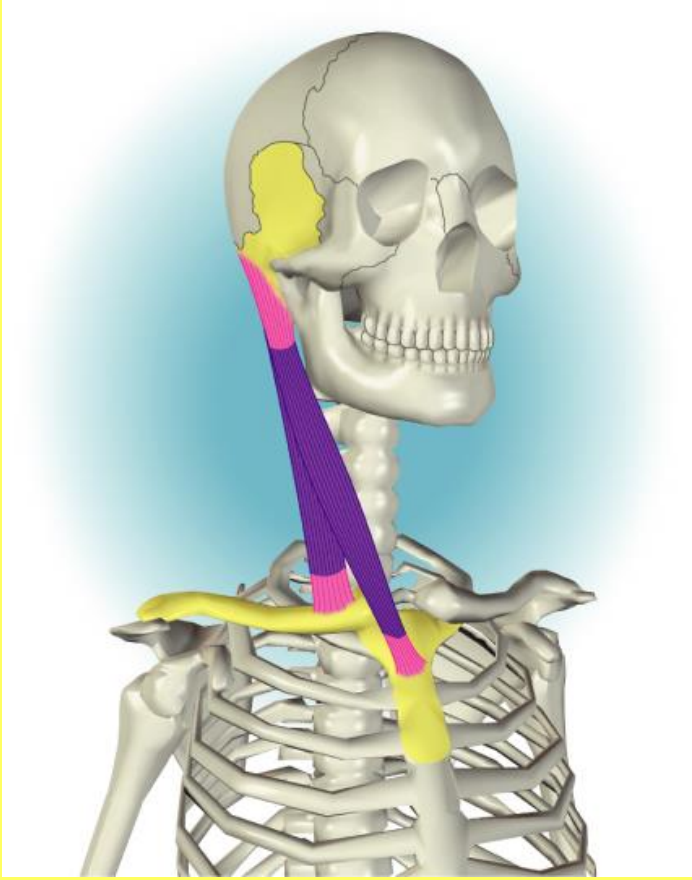
Muscles of the mouth: Triangularis

- **Position:** Corner of the lower lip, extends over the chin.
- **Action:** Pulls the corner of the chin down.



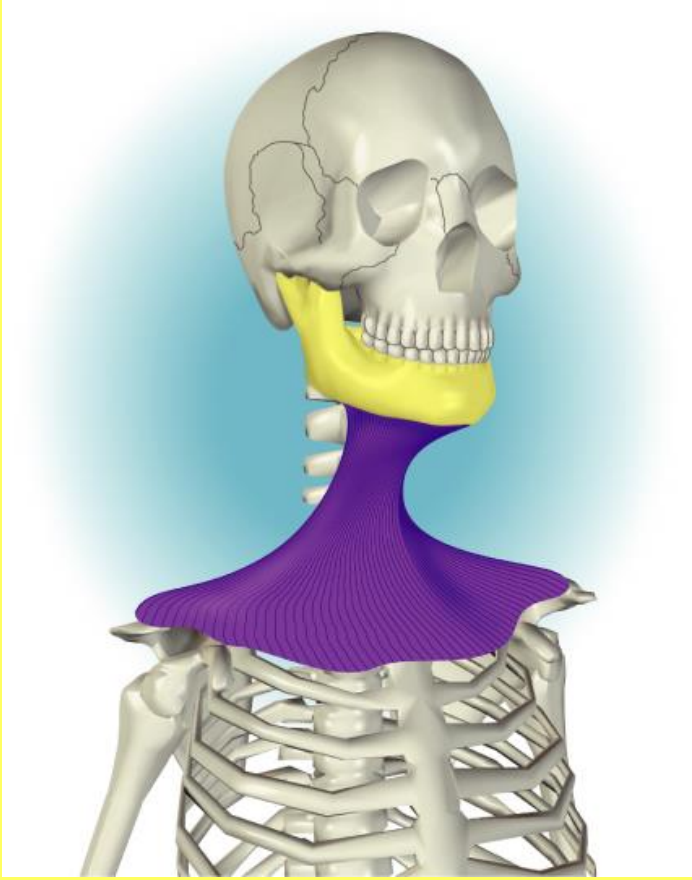
Muscles of the neck: Sternocleidomastoid

- **Position:** Either side of the neck.
- **Action:**
- Pulls head down to the shoulder.
- Rotates the head to the side.
- Both together will pull the chin down to the chest.



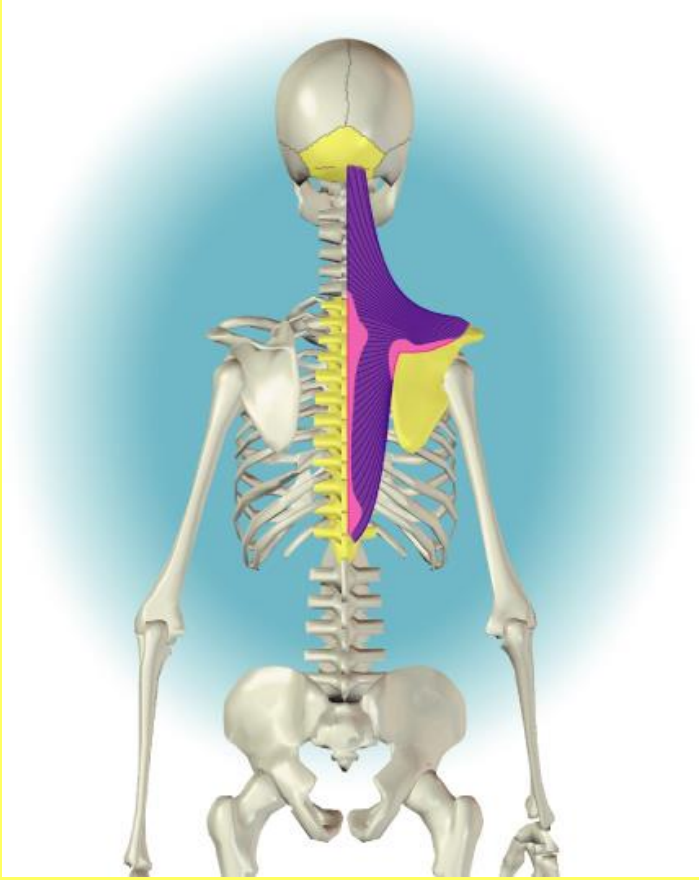
Muscles of the neck: Platysma

- **Position:** The front of the throat and neck.
- **Action:**
- This pulls down the lower jaw and the angles of the mouth.
- It causes wrinkling of the neck.



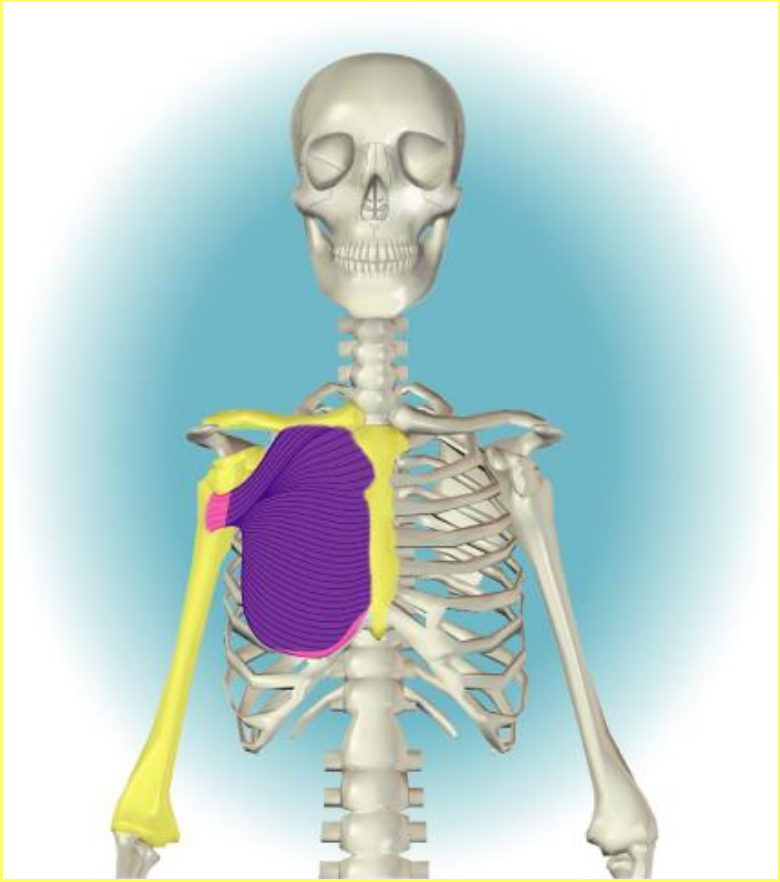
Muscles of the upper body (trunk muscles): Trapezius

- **Position:** The upper back and sides of the neck.
- **Action:**
- Rotates shoulders.
- Draws back the scapula bones.
- Pulls the head back.
- Helps with rotation of head.



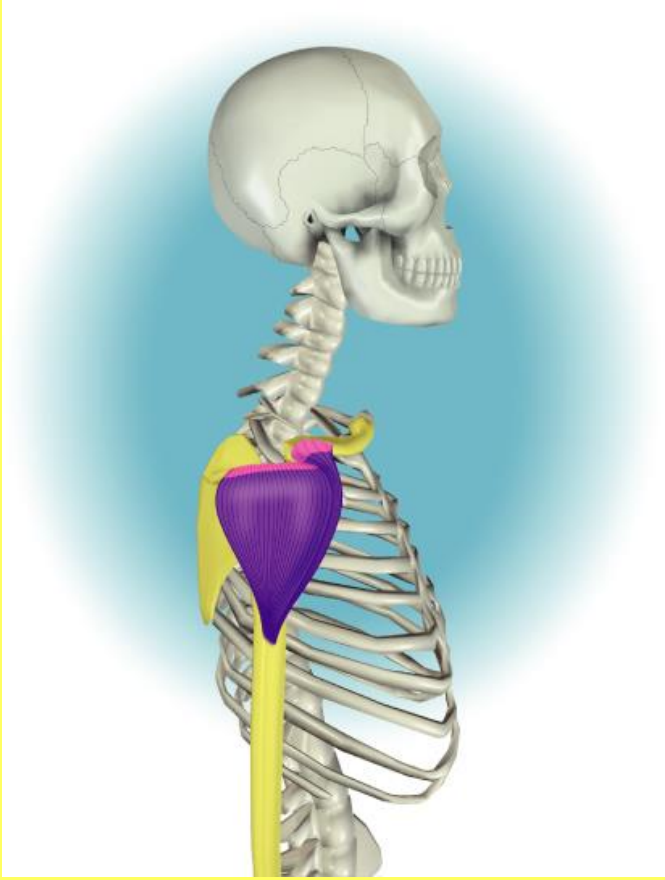
Muscles of the upper body (trunk muscles): Pectoralis

- **Position:** The front of the chest.
- **Action:**
- Pulls arm forward across the chest.
- Helps with rotation of arm.



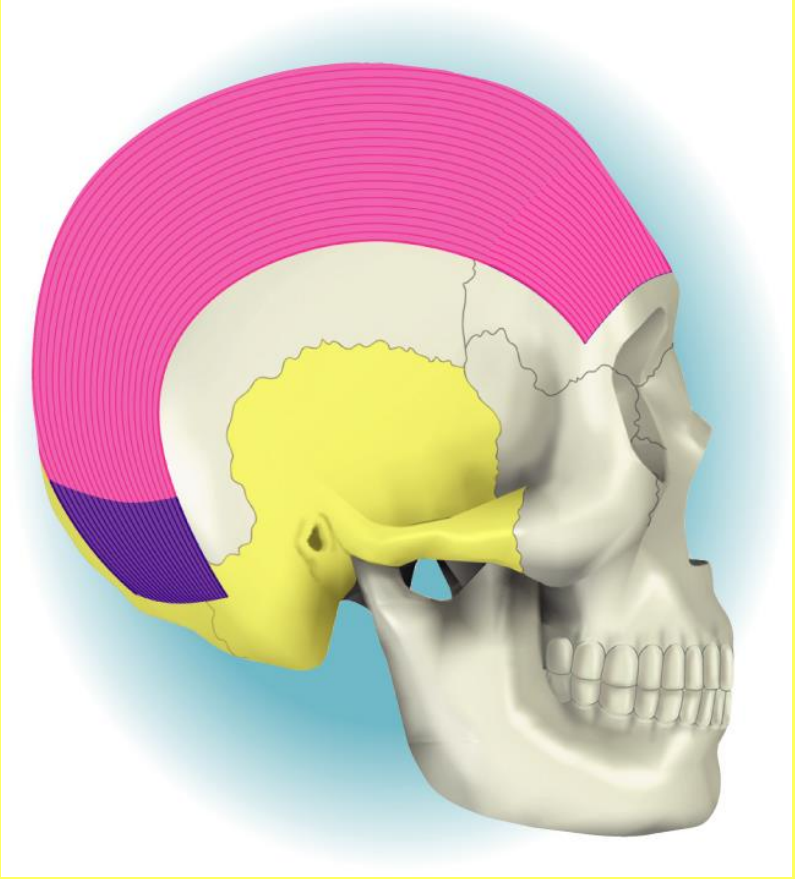
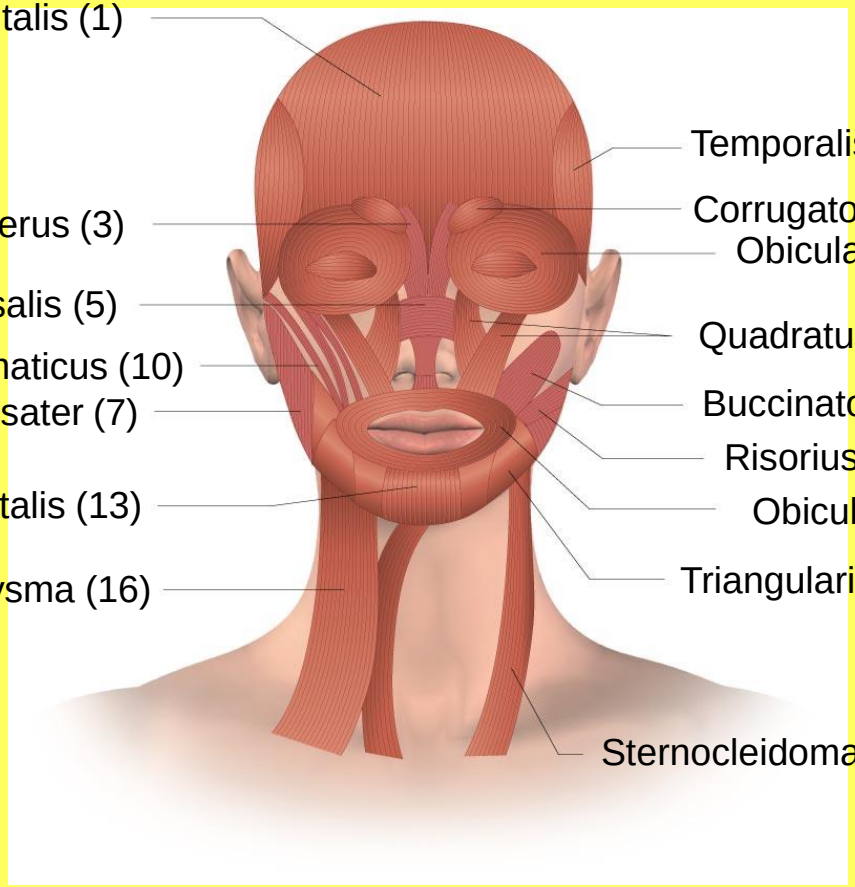
Muscles of the upper body (trunk muscles): Deltoid

- **Position:** Caps the shoulder.
- **Action:**
- Raises the arm from the side.
- Pulls the arm back.
- Pulls the arm forward.



Muscles of the head: Occipitalis

- **Position:** Situated at the back of the skull.
- **Action:** Moves the scalp backwards.



Muscles of the face, neck and shoulder area: How many can you remember?