

Anatomy and Physiology**Unit 6c - Muscles and Actions**

Muscle	Action
Temporalis	Closes jaw
Orbicularis Oculi	Closes eye
Orbicularis Oris	Closes and protrudes lips
Masseter	Closes jaw
Sternocleidomastoid	Pulls head to one side, pulls head down, raises sternum
Trapezius	Rotates scapula and raises arm, raises scapula, pulls scapula medially, pulls scapula and shoulder downward
Pectoralis Minor	Pulls scapula anteriorly and downward, raises ribs
Pectoralis Major	Pulls arm anteriorly across chest, rotates humerus, adducts arm
Teres Minor	Rotates arm laterally
Teres Major	Extends humerus, adducts and rotates arm medially
Latissimus Dorsi	Extends and adducts arm, rotates humerus inwardly, pulls shoulder downward and posteriorly
Deltoid	Abducts arm, extends or flexes humerus
Biceps Brachii	Flexes forearm at elbow, rotates hand laterally
Brachialis	Flexes forearm at elbow
Triceps Brachii	Extends forearm at elbow
Supinator	Rotates forearm laterally
Pronator Teres	Rotates forearm medially
External Oblique	Tenses abdominal wall, compresses abdominal contents
Internal Oblique	Tenses abdominal wall, compresses abdominal contents
Transverse Abdominis	Tenses abdominal wall, compresses abdominal contents
Rectus Abdominis	Tenses abdominal wall, compresses abdominal contents, flexes vertebral column
Gluteus Maximus	Extends thigh
Gluteus Medius	Abducts thigh
Adductor Longus	Adducts, flexes, and rotates thigh laterally
Adductor Magnus	Adducts, flexes, and rotates thigh laterally
Gracilis	Adducts thigh, flexes and rotates lower limb medially
Sartorius	Flexes leg and thigh, abducts thigh, rotates thigh laterally, rotates leg medially
Rectus Femoris	Extends leg at knee
Vastus lateralis	Extends leg at knee
Vastus medialis	Extends leg at knee
Biceps Femoris	Flexes leg, extends thigh
Semitendinosus	Flexes leg, extends thigh
Semimembranosus	Flexes leg, extends thigh
Tibialis Anterior	Dorsiflexion and inversion of foot
Extensor Digitorum Longus	Dorsiflexion and eversion of foot, extension of toes
Gastrocnemius	Plantar flexion of foot and flexion of leg at knee
Soleus	Plantar flexion of foot
Flexor Digitorum Longus	Plantar flexion and inversion of foot, flexion of the four lateral toes

