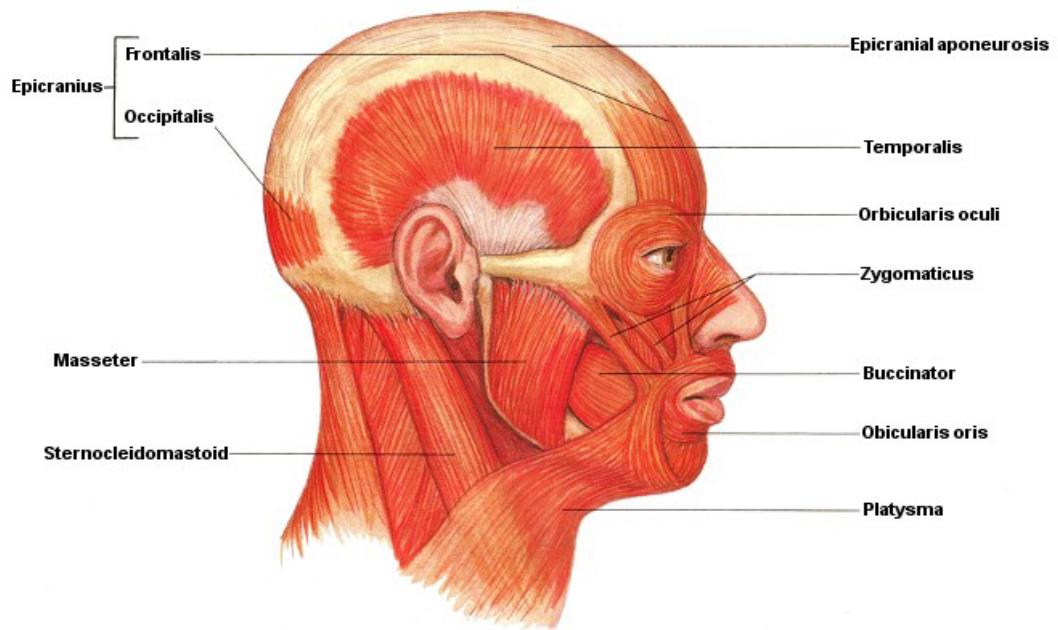


THE MUSCLES OF THE HEAD



These form two groups:

1. **The muscles of expression.** These are attached to the skin rather than the bone and their contractions alter facial expression. Small muscles also move eyeballs.
2. **The muscles of mastication.** These move the jaw up and down, side to side and backwards and forwards.

THE MUSCLES OF THE NECK

The neck contains two large muscles:

1. The **sternocleido mastoid** which runs from the sternum and clavicle at the front of the neck to the temporal bone behind the ear.

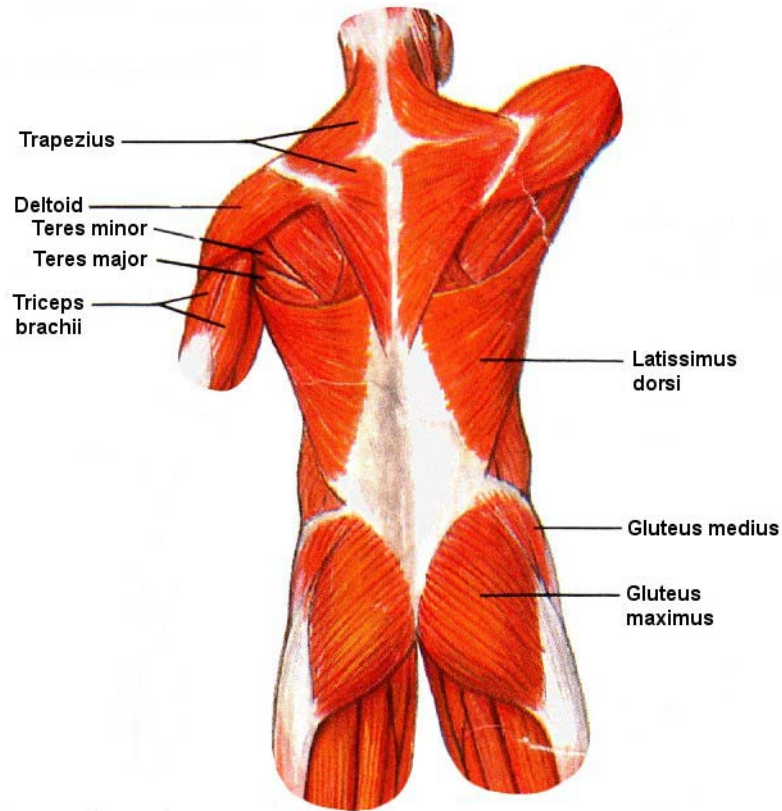
When the sternocleidomastoid on any side contracts, it draws the head towards the shoulder.

When both sides are contracted they flex the neck

2. The **trapezius** lies over the back of the neck and chest. It is roughly triangular in shape, the base joining the spine down the back of the neck and chest. It is the muscle covering the top and back of the shoulder where it is attached to the scapula and clavicle. It draws the scapula (shoulder blade) up and down and the shoulders and back.

THE MUSCLES OF THE TRUNK can be separated into:

- muscles moving the shoulder
- muscles of respiration
- muscles of abdominal wall
- muscles moving the hip
- muscles moving the spine
- muscles of the pelvic floor



TUTOR TALK: Below you will find a list of the most important muscles of the body and the actions that they are responsible for.

MUSCLES OF THE HEAD AND NECK

<i>NAME</i>	<i>ACTION</i>
BUCCINATOR	Compresses the cheeks and retracts the angle of mouth.
FRONTALIS	Elevates eyebrows and draws the scalp forward.
ORBICULARIS OCULI	Responsible for closing the eyelids.
ORBICULARIS ORIS	Puckers the mouth.
MASSETER	Closes the mouth and clenches the teeth.
PLATYSMA	Muscles of facial expression.
STERNOMASTOID	Flexes the head and turns it from side to side.