



**platysma** (plah-TIZ-mah)

Found just under the skin. Elevates and creases neck; depression of lower lip and angle of mouth.



**sternocleidomastoid** (STIR-no-CLY-do-MAST-oyd)

Found underneath the platysma. Goes from sternum, to clavicle, to the mastoid process of the temporal bone (hence the name).

Action of Muscle

**\*Rotates and flexes head**



**levator scapulae** (leh-VAY-tur SCAP-you-lee)

Found underneath sternocleidomastoid muscle. Lateral to the splenius capitus muscle and posterior to the scalenes.

Action of Muscle

**\*Elevates scapula; lateral flexion of neck**



**scalenes** (SKAY-leens)

Found anterior to the levator scapulae and underneath the sternocleidomastoid. Group of three muscles.

Action of Muscle

**\*Lateral flexion and rotation of neck**



**trapezius** (tra-PEE-zee-us)

Diamond shaped muscle from base of skull to mid-back.  
Just under skin.

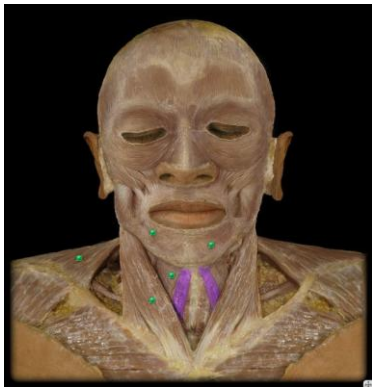
Action of muscle

**\*Elevation, medial rotation, adduction and depression of scapula.**



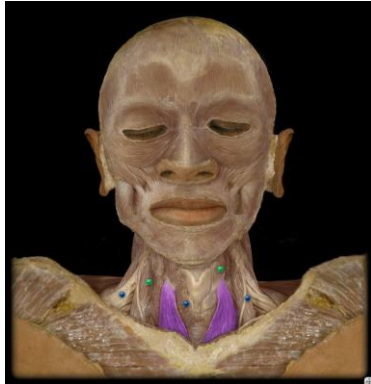
**splenius capitus** (SPLEE-nee-us CAP-ih-tiss)

Found underneath trapezius. “V” shaped muscle literally meaning “head bandage”. Think of it as holding up the cap (your head).



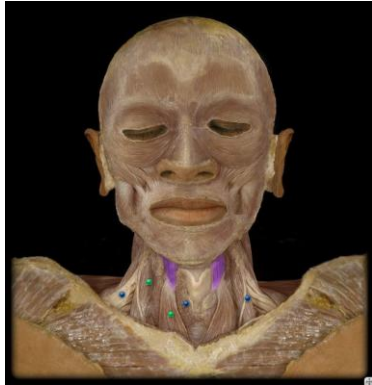
**sternohyoid** (STIR-no-HY-oyd)

Found underneath the sternocleidomastoid running from the sternum to the hyoid bone. The innermost muscles by the trachea.



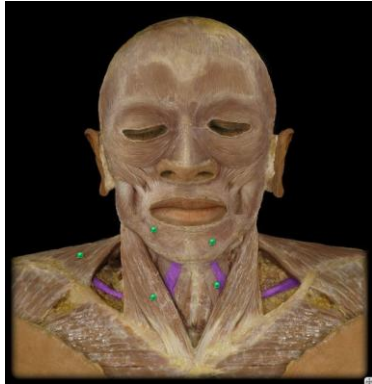
**sternothyroid** (STIR-no-THY-royd)

Underneath the sternohyoid muscle. Runs from sternum to thyroid.



**thyrohyoid** (THY-ro-HY-oyd)

Underneath the sternohyoid muscle. Runs from thyroid to the hyoid bone.



**omohyoid** (OH-mo-HY-oyd)

“Omo” means shoulder. This muscle runs from the hyoid bone to the shoulder or “omo”. It is the second muscle by the trachea.



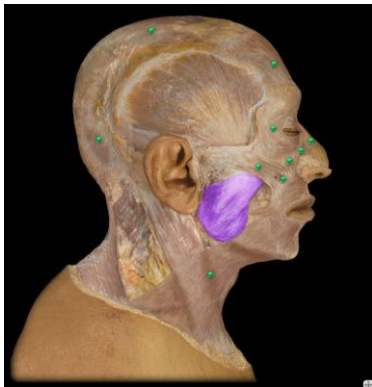
**mylohyoid** (MY-low-HY-oid)

Spans mandible from side to side and forms floor of mouth.



**digastric** (dye-GAS-trik)

Has an anterior belly and posterior belly. Anterior belly runs from the mandible body to the hyoid, the posterior belly runs from the hyoid to the mastoid of the temporal bone.

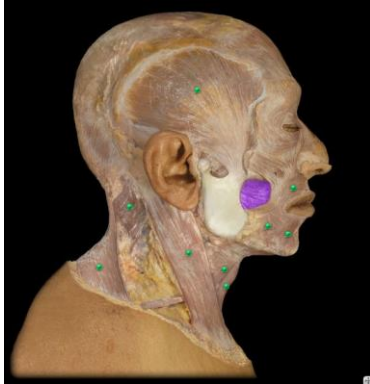


**masseter** (ma-SEE-tur)

This is the muscle that covers the ramus of the mandible. It is one of the chewing muscles. The process of chewing is called “mastication” hence the name of the muscle.

Action of muscle

**\*Elevates mandible**

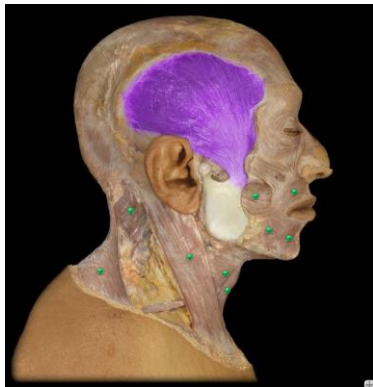


**buccinator** (BUK-sin-AY-tur)

Compresses cheek against teeth and gums, retracts cheek from teeth when mouth is closing to prevent biting. Lateral to orbicularis oris and anterior to masseter.

Action of muscle

**\*Compression of cheek.**

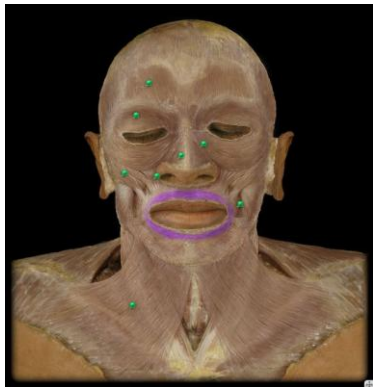


**temporalis** (TEM-po-RAY-liss)

Covers the temporal bone of the skull. Helps with chewing and elevation of mandible.

Action of muscle

**\*Elevation of mandible.**

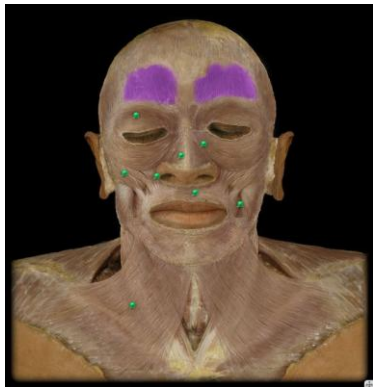


**orbicularis oris** (or-BIC-you-LERR-iss OR-iss)

Muscle that encircles or “orbits” the mouth.

Action of muscle

**\*Closes the mouth; puckers lips**



**frontalis** (frun-TAY-lis)

Muscle that covers the frontal bone of the skull. Helps to elevate eyebrows and draw scalp forward.

Action of muscle

**\*Elevation of eyebrows**



**orbicularis oculi** (or-BIC-you-LERR-is OC-you-lye)

Muscle that encircles or “orbits” the eyes.

Action of muscle

**\*Closes eyelids**



**spinalis** (spin-AL-is)

Most medial column of the erector spinae. Next to spinal column.

Action of muscle

**\*Lateral flexion and extension of vertebral column.**



**longissimus** (lawn-GISS-ih-MUS)

The middle muscle of the erector spinae. In between the spinalis and iliocostalis.

Action of muscle

**\*Lateral flexion and extension of vertebral column.**



**iliocostalis** (IL-ee-OH-cost-AL-is)

The outermost (most lateral) muscle of the erector spinae. Attaches to ribs.

Action of muscle

**\*Lateral flexion and extension of vertebral column.**