

ASSIGNED MUSCLE **ACTIONS**

The following is a list of muscles for which you must learn actions. Refer to your lab manual for the action of each of these muscles. For muscles that have more than one listed action, learn the action that pertains to the joint within the parentheses.

Frontalis
Occipitalis
Orbicularis oculi
Orbicularis oris
Platysma
Masseter
Buccinator
Zygomaticus
Sternocleidomastoid (a.k.a. Sternocleidomastoideus)
Pectoralis major
Deltoid (a.k.a. Deltoideus)
Latissimus dorsi
Erector spinae
Rectus abdominis
External intercostals
Biceps brachii
Triceps brachii
Iliopsoas
Gluteus maximus
Tensor fasciae latae
Gracilis
Biceps femoris (knee)
Rectus femoris (knee)
Gastrocnemius (ankle)
Tibialis anterior