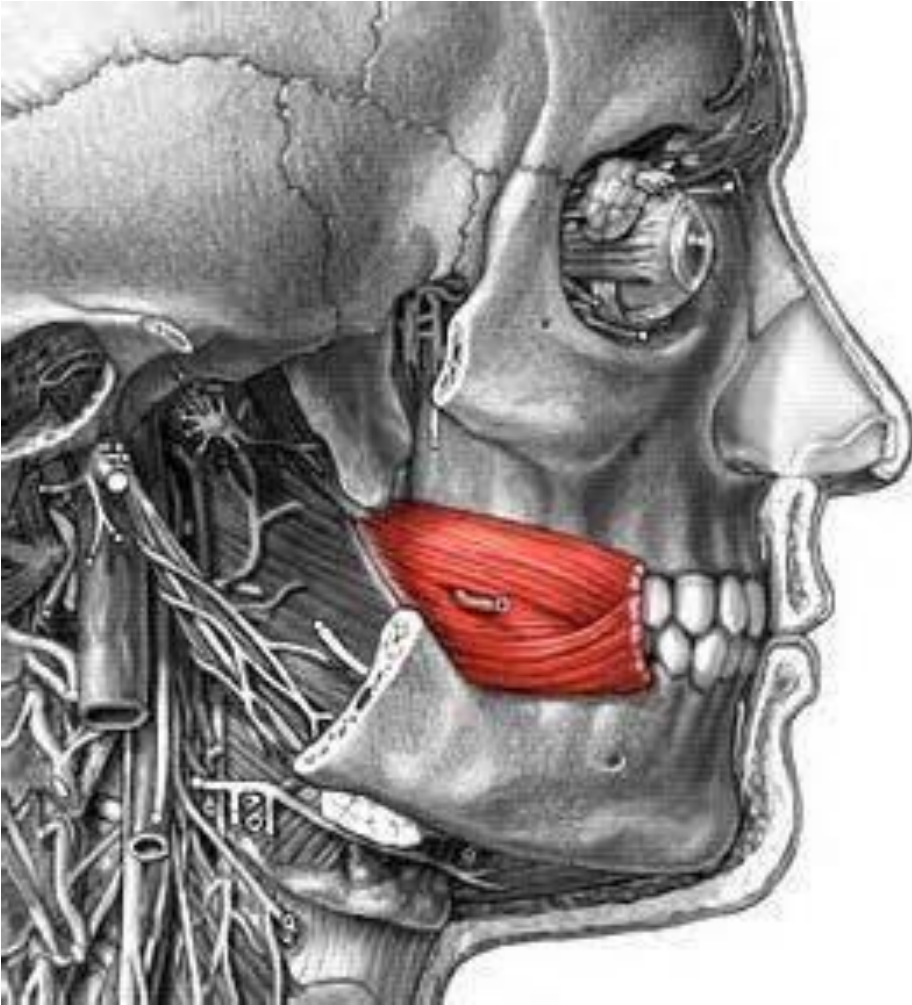


MUSCLES YOU MUST KNOW

HEAD MUSCLES

Buccinator



- O-**Maxillary bone and Mandible
- I-** Blend into the orbicularis oris
- A-** Compresses lips

Frontalis



- **O**- Epicranial aponeurosis
- **I**- Skin eyebrow and bridge of nose
- **A**- Raises eyebrows and wrinkles

Frontalis

Orbicularis oculi



Orbicularis oculi

- O-** Medial margin of orbit
- I-** Skin around eyes
- A-** Closes eyes

Zygomaticus



- **O**- Zygomatic bone
- **I**- Angle of mouth; upper lip
- **A**- Draws corner of mouth up and back

Orbicularis oris



Orbicularis oris

- **O-** Maxillary bone and mandible
- **I-** Lips
- **A-** Compresses, purses lips

Masseter

- **O-** Zygomatic arch
- **I-** Lateral surface of mandible
- **A-** Elevates mandible



Temporalis



- **O**- Temporal lines of skull
- **I**- Coronoid process of mandible
- **A**- Elevates mandible

UPPER EXTREMITY

Biceps brachii

- **O**- Short head on the corocoid process, and long head supraglenoid tubercle of scapula
- **I**- Tuberosity of radius
- **A**- Flexion of shoulder and elbow, supination of wrist

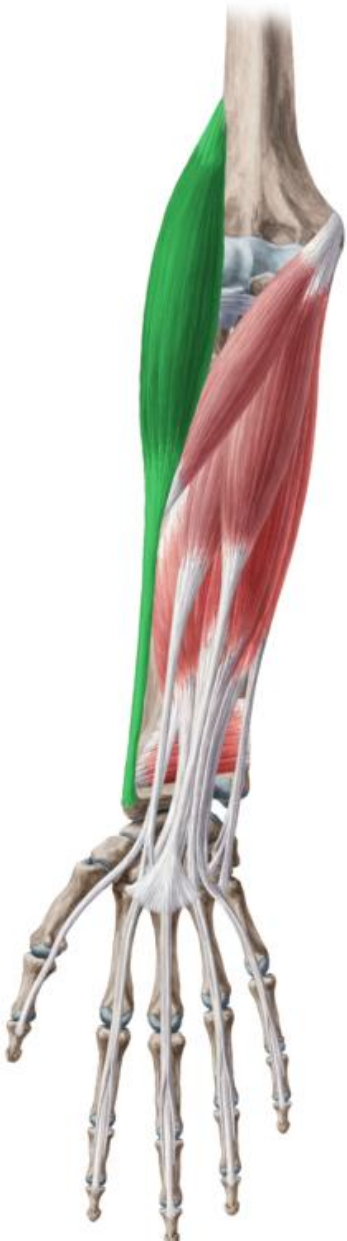


Brachialis



- **O-** Anterior surface of the humerus
- **I-** Tuberosity of ulna
- **A-** Flexion at elbow

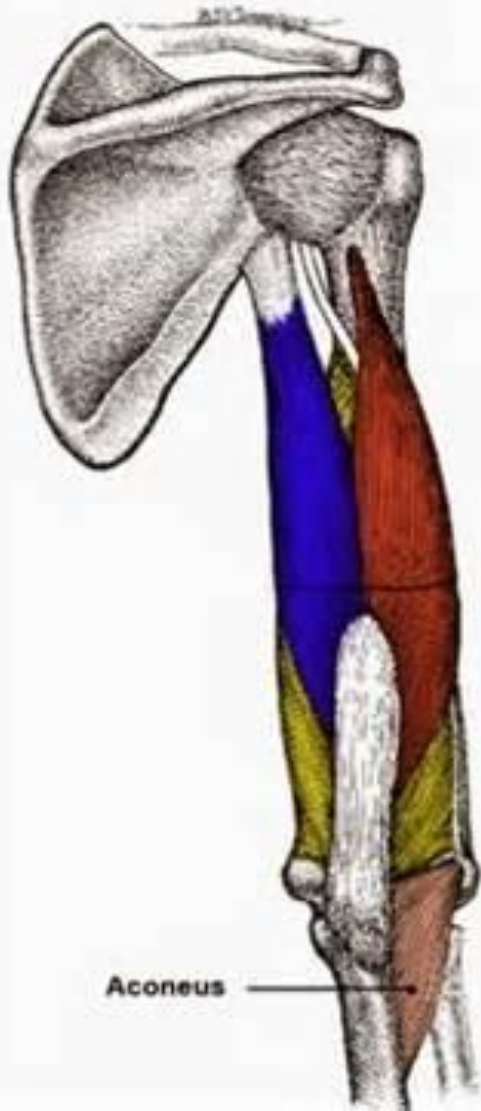
Brachioradialis



- **O-** Lateral epicondyle of humerus
- **I-** Styloid process of radius
- **A-** Flexion at elbow

TRICEPS BRACHII

Long Head
Lateral Head
Medial Head



Triceps brachii

- **O**- Superior, lateral and posterior margins of humerus and scapula
- **I**- Olecranon of ulna
- **A**- Extension of elbow