Actions of the Muscles of the Head, Face and Neck

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  | 1L |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  E |  |  |  |  |  |  | 2M |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  V |  |  |  |  | 3P |  |  E |  | 4L |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | 5T |  E |  M |  P |  O |  R |  A |  L |  I |  S |  |  L |  |  N |  |  E |  | 6R |  I |  S |  O |  R |  I |  U |  S |  |  | 7D |
|  |  |  |  |  |  |  |  |  T |  |  |  |  |  A |  |  T |  |  V |  |  |  |  |  |  |  |  |  |  |  |  E |
|  | 8I |  N |  F |  R |  A |  H |  Y |  O |  I |  D |  S |  |  T |  |  A |  |  A |  |  |  |  |  |  |  |  |  |  |  |  P |
| 9A |  |  |  |  |  |  |  |  R |  |  |  |  |  Y |  |  L |  |  T |  |  |  |  | 10C |  |  |  |  |  |  |  R |
|  U |  |  | 11Z |  Y |  G | 12O |  M |  A |  T |  I |  C |  U |  S |  M |  I |  N |  O |  R |  | 13L |  |  O |  |  |  |  |  |  |  E |
|  R |  | 14M |  |  |  |  R |  |  N |  |  |  |  |  M |  |  S |  |  R |  |  |  O |  |  R |  |  | 15L |  |  |  |  S |
|  I |  |  E |  | 16O |  |  B |  |  G |  |  |  |  |  A |  |  | 17L |  L |  S |  A |  N |  |  R |  |  |  A |  | 18D |  |  S |
|  C |  |  D |  |  R |  |  I |  |  U |  |  |  |  |  |  |  |  |  A |  |  |  G |  |  U |  |  |  T |  |  E |  |  O |
|  U |  |  I |  |  B |  |  C |  |  L |  |  |  |  |  |  | 19M |  |  B |  |  |  U |  |  G |  |  |  E |  |  P |  |  R |
|  L |  |  A |  |  I |  |  U |  |  I |  | 20Z |  Y |  G |  O |  M |  A |  T |  I |  C |  U |  S |  M |  A |  J |  O |  R |  |  R |  |  L |
|  A |  |  L |  |  C |  |  L |  |  O |  |  |  |  |  |  |  S |  |  I |  |  |  C |  |  T |  |  |  A |  |  E |  |  A |
|  R |  |  P |  |  U |  |  A |  |  R |  |  |  |  |  |  |  S |  |  S |  |  |  A |  |  O |  |  |  L |  |  S |  |  B |
|  I |  |  T |  |  L |  |  R |  |  I |  |  | 21P |  R |  O |  C |  E |  R |  U |  S |  |  P |  |  R |  |  |  P |  |  S |  |  I |
|  S |  |  E |  |  A |  |  I |  |  S |  |  |  |  |  |  |  T |  |  P |  |  |  I |  |  S |  |  |  T |  |  O |  |  I |
|  M |  |  R |  |  R |  |  S |  |  |  |  | 22S |  C |  A |  L |  E |  N |  E |  S |  |  T |  |  U |  |  |  E |  |  R |  |  I |
|  U |  |  Y |  |  I |  |  O |  |  |  |  |  |  |  |  |  R |  |  R |  |  |  I |  |  P |  |  |  R |  |  A |  |  N |
|  S |  |  G |  |  S |  |  R |  |  |  |  |  |  | 23D |  |  |  |  I |  |  |  S |  |  E |  |  |  Y |  |  N |  |  F |
|  C |  |  O |  |  O |  |  I |  |  | 24B |  U |  C |  C |  I |  N |  A |  T |  O |  R |  |  |  |  R |  |  |  G |  |  G |  |  E |
|  L |  |  I |  |  C |  |  S |  |  |  |  |  |  |  G |  |  |  |  R |  |  |  |  |  C |  |  |  O |  |  U |  |  R |
|  E |  |  D |  |  U |  |  |  |  |  |  |  | 25N |  A |  S |  A |  L |  I |  S |  |  |  |  I |  |  |  I |  |  L |  |  I |
|  S |  |  |  |  L |  |  |  |  |  |  |  |  |  S |  |  |  |  S |  |  |  |  |  L |  |  |  D |  |  I |  |  O |
|  |  |  |  |  I |  |  |  |  |  |  |  |  |  T |  |  |  |  |  |  |  |  |  I |  |  |  |  |  O |  |  R |
|  |  |  |  |  |  |  |  |  |  | 26S |  U |  P |  R |  A |  H |  Y |  O |  I |  D |  S |  |  I |  |  |  |  |  R |  |  I |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  I |  |  |  |  |  |  |  |  |  |  |  |  |  |  I |  |  S |
|  |  |  |  |  |  |  |  |  |  |  | 27O |  C |  C |  I |  P |  I |  T |  O |  F |  R |  O |  N |  T |  A |  L |  I |  S |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  | 28S |  T |  E |  R |  N |  O |  C |  L |  E |  I |  D |  O |  M |  A |  S |  T |  O |  I |  D |  |  |  |  |  |

|  |  |
| --- | --- |
| **Across****5.** Elevates and retracts the mandible **6.** Retracts the corner of the mouth laterally (forms an insincere smile)**8.** Depress the hyoid and thyroid cartilage**11.** Elevates and protrudes the upper lip (deepens nasolabial furrow and puffs out top of cheek)**17.** Elevates the nasal ala (flares nostril) and elevates and protrudes the upper lip while deepening the nasolabial folds and creating diagonal wrinkles along the bridge of the nose (expression of disgust) [Acronym]**20.** Bilaterally draws the corners of the mouth laterally and upward (when combined with squinting orbiculares oculi, results in authentic smile)**21.** Wrinkles up the skin of the nose and draws down the skin between the eyebrows to create horizontal creases over the bridge of the nose (acts with corrugated supercilii to produce expressions of concentration or perplexity**22.** Laterally flexes neck to same side and rotates head and neck to opposite side; Bilaterally elevates the ribs during inhalation and flexes the head and neck**24.** Tightens the corner of the lip and presses the cheek firmly against the teeth; Can bilaterally create a look of contempt**25.** Transverse portion constricts the nostril and draws down the tip of the nose; Alar portion flares the nostril during forced respiration**26.** Elevate hyoid and tongue**27.** (Anterior) Raises the eyebrows and wrinkles the forehead; (Posterior) Anchors and retracts the galea posteriorly**28.** Laterally flexes neck to same side and rotates head and neck to opposite side; Bilaterally flexes the neck and assists with elevating the ribcage during inhalation | **Down****1.** Bilaterally assists in smiling; Unilaterally elevates the corners of the mouth (gives the impression of self-confidence)**2.** Bilaterally elevates the skin of the chin and protrudes the lower lip (pout or sign of anguish)**3.** Assists in depressing the mandible, tightens fascia of the neck and draws down the corner of the mouth**4.** Bilaterally elevates and protrudes the upper lip (like when trying to get food out of teeth); Unilateral contraction produces lip curl and/or creates one-sided snarl**7.** Depresses the corner of the mouth while protruding and drawing the lower lip laterally (bares the lower teeth)**9.** Alternating contractions of the anterior and posterior muscles can produce a wiggling of the ear**10.** Draws the eyebrow medially and inferiorly; Bilaterally forms wrinkles between the eyebrows (creating expression of worry, anger or of being perplexed)**12.** Can both narrow and protrude the lips (responsible for closing the mouth and shaping the lips during eating and speech)**13.** Laterally flexes the neck and head to the same side, rotates the head and neck to the same side and bilaterally flexes the head and neck**14.** (Medial) Laterally deviates the mandible to the opposite side and bilaterally elevates and protracts the mandible**15.** (Lateral) Laterally deviates the mandible to the opposite side and bilaterally protracts the mandible**16.** Closes the eyelid, either fully or partially (squint)**18.** Pulls the corner of the mouth inferiorly and laterally (involuntary signal of sadness and associated with frowning)**19.** Elevates the mandible and may assist in protracting the mandible**23.** Depresses and retracts the mandible and elevates the hyoid |

   LLSAN       Risorius       Auricularis Muscles       Levator Anguli Oris       Depressor Labii Inferioris       Temporalis       Mentalis       Procerus       Suprahyoids       Sternocleidomastoid       Zygomaticus Major       Scalenes       Levator Labii Superioris       Platysma       Orbicularis Oculi       Occipitofrontalis       Zygomaticus Minor       Corrugator Supercilii       Orbicularis Oris       Medial Pterygoid       Masseter       Longus Capitis       Lateral Pterygoid       Infrahyoids       Digastric       Depressor Anguli Oris       Buccinator       Nasalis