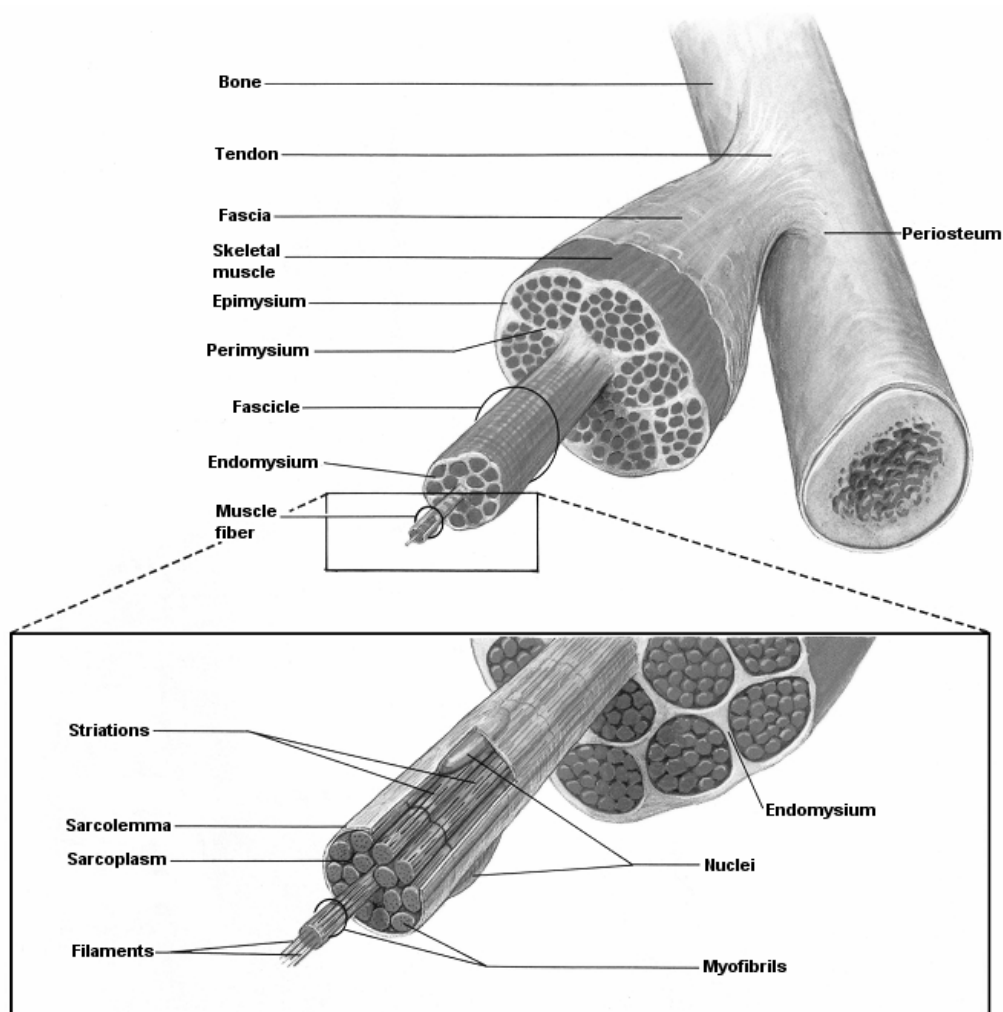


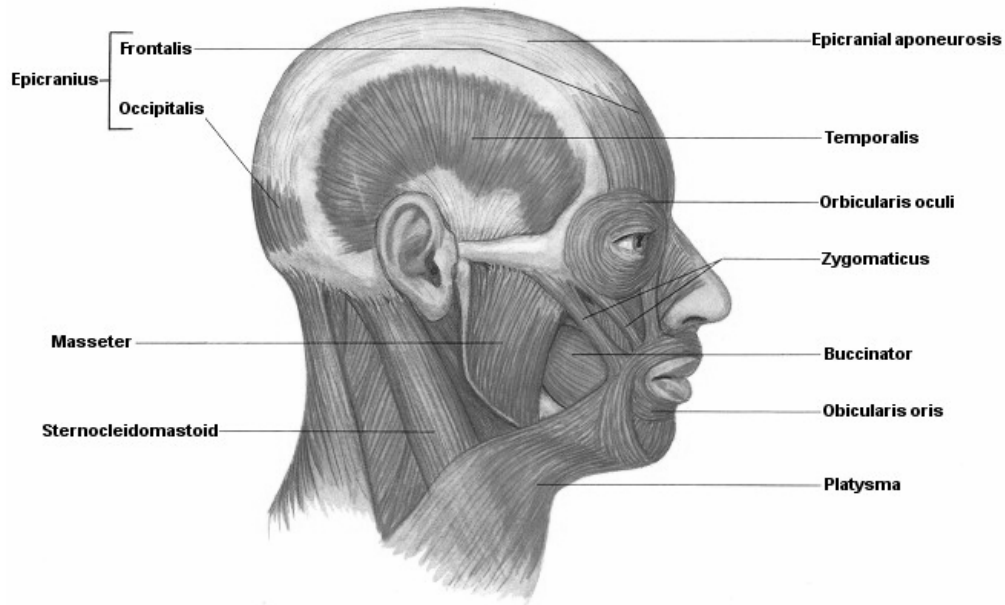
The waste products produced by muscle action are carbon dioxide and water. Waste products are conveyed by the blood and are excreted through the lungs, kidneys, skin and bowels. Care must be taken not to impede the blood or nerve supply to muscles, e.g. constricting bandages, tight clothing, etc.



FACT FILE: When a person gets chilled or frightened and has what are known as ‘goose pimples’ – the little lumps on the skin are due to the tiny muscles of the skin pulling the hair erect.



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.

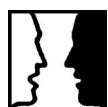
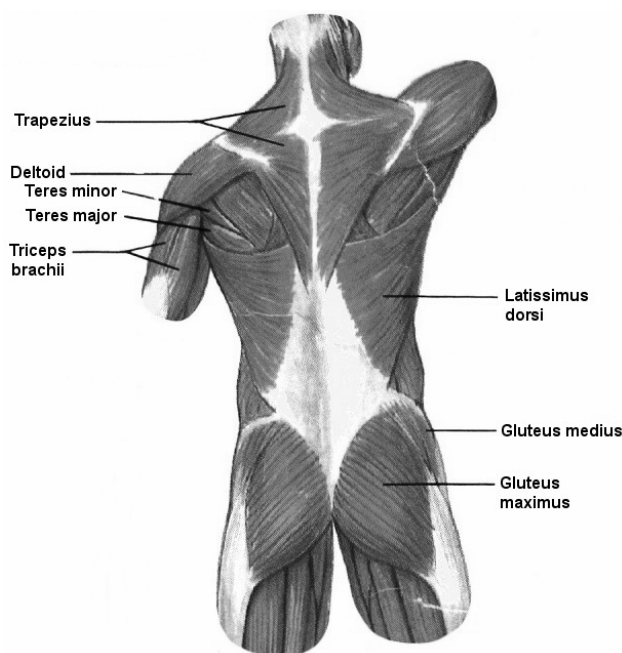
When the sternocleidomastoid on any side contracts, it draws the head towards the shoulder.

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

NAME

ACTION

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.