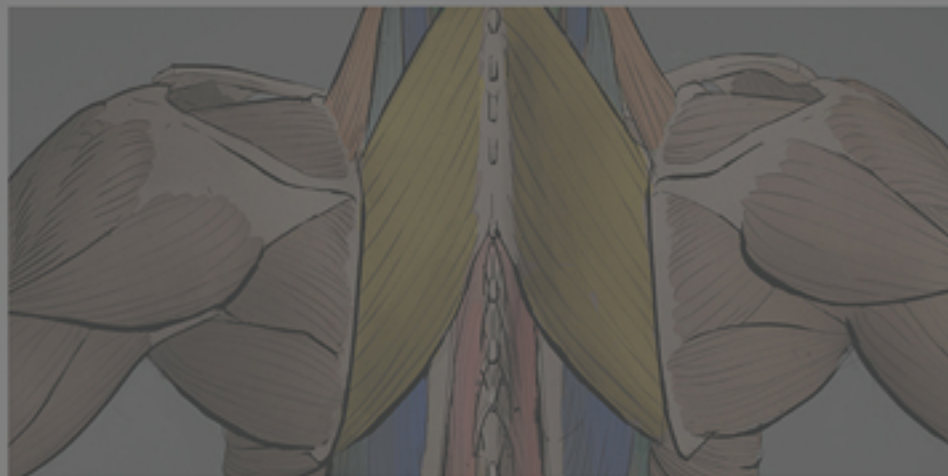


FREE ANATOMY FOR ARTISTS SAMPLE

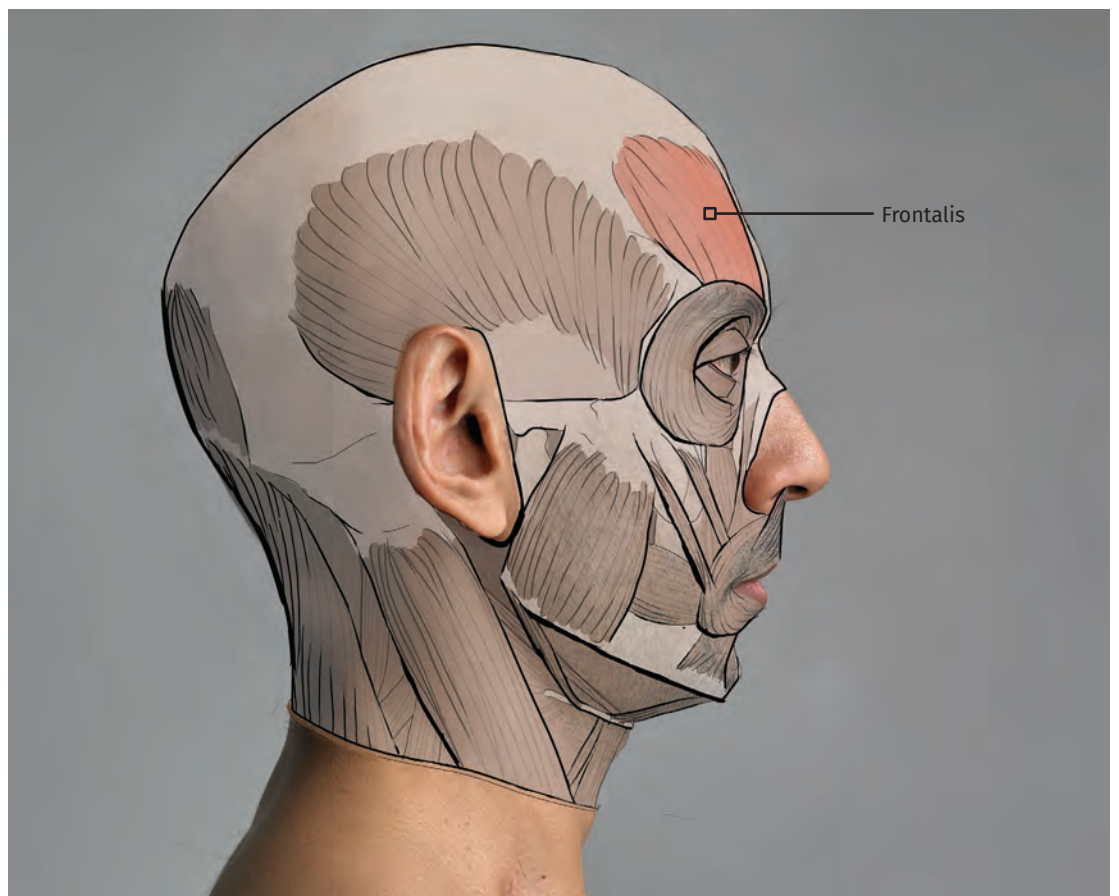


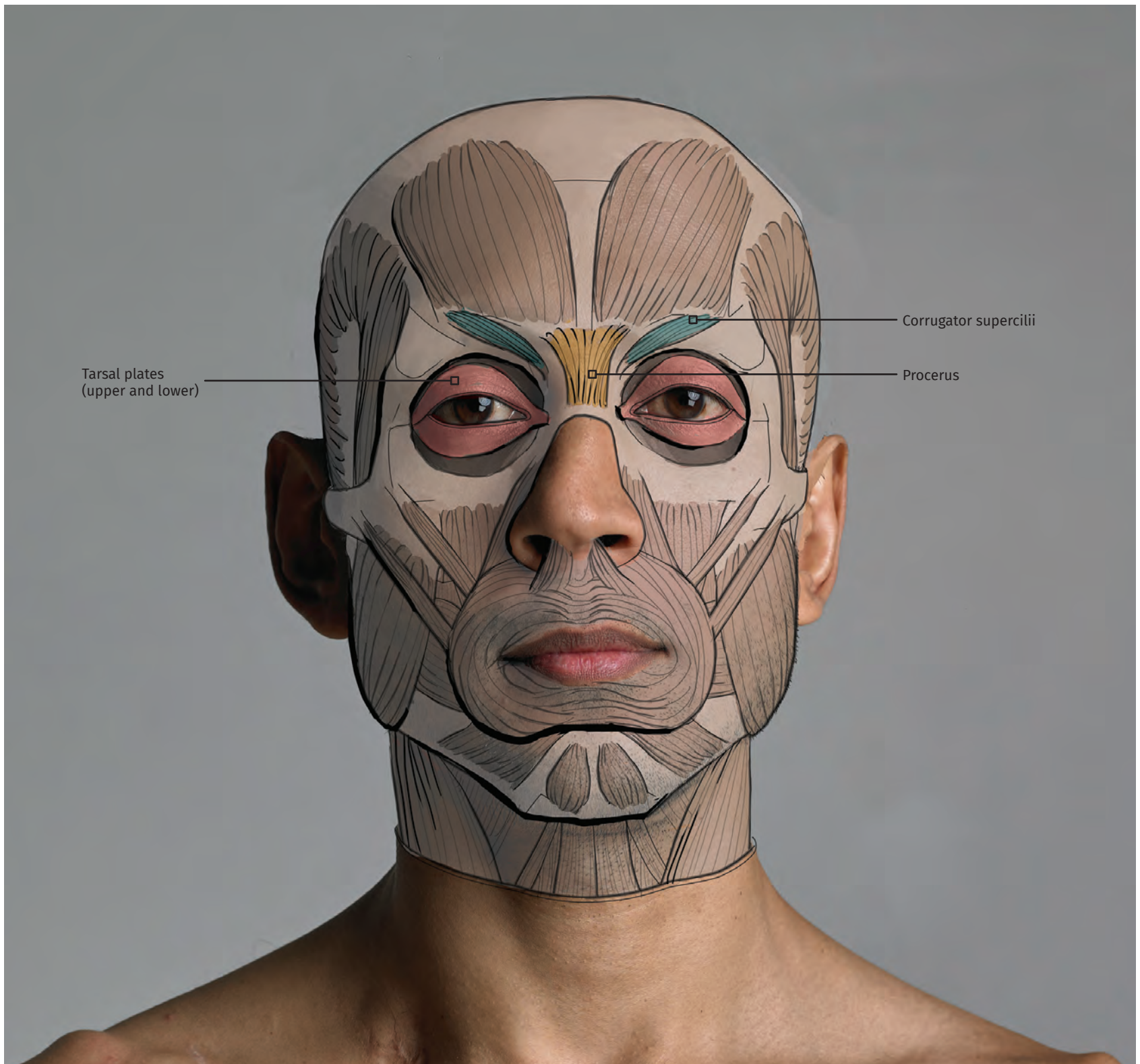
Muscles of the head and neck

The human face is usually made up of forty-three muscles. Facial muscles are flat and intertwined, which can create confusion as to how to label them and what to class as muscle rather than tendons or fascia (a band or sheet of connective tissue beneath the skin that attaches, stabilizes, encloses, and separates muscles and organs). The core muscles are universal; the forehead, eyes, cheeks, mouth, and chin region allow for facial expressions to be a language which transcends words. Interestingly, some research shows that the face is the only part of the body that has a varying number of muscles from person to person. Some people only have sixty percent of the core set of facial muscles, while two thirds of the population are missing the key muscle for expressing fear: the risorius.

Forehead and brow

Let's begin with the **frontalis**, located on the anterior side of the head. The muscle originates at the galea aponeurotica (the tissues of the scalp) and the fibers of its insertion points blend with the procerus, corrugator supercilii, and orbicularis oculi muscles (the muscles of the eye and brows). The function of the frontalis is to raise the brows up, and in doing so, it creates horizontal forehead wrinkles. Place your fingers over the bridge of your nose or on your upper eyelids and raise your brows and you should feel a slight tug of the skin in those regions. The frontalis can be broken into two regions: the **medial** and **lateral**. These two inner and outer parts allow for independent motion along the brow.





Staying with the brows, there is another important muscle: the **corrugator supercilii**. This is a small muscle that sits beneath the frontalis and slightly above the orbicularis oculi. It pulls downward on the brow, resulting in wrinkle lines around the bridge of the nose as the muscles come together and have nowhere else to go. The relationship between this muscle and the

orbicularis oris (the mouth) is important, as they are connected through other muscles. Pulling the brows down will automatically lift the upper lip up. Try it yourself. The **procerus** also helps to pull the brows down and is one of the key muscles used to express anger. It originates at the lower part of the nasal bone, its fibers merging with the frontalis muscle.

Eyes

Next are the eyes and the ring-like sphincter muscle (a circular muscle which normally maintains constriction): the **orbicularis oculi**. This muscle is comprised of three parts: the **palpebral**, **orbital**, and **lacrimal**. The function of this muscle that is of interest to us is its ability to close the eyelid. It originates at the frontal and maxilla bones (upper jaw) and surrounds the orbit of the eye, as well as the temple and part of the cheek. In addition to closing the eyelids, the muscle pulls on the forehead, cheek, and temple when in action.

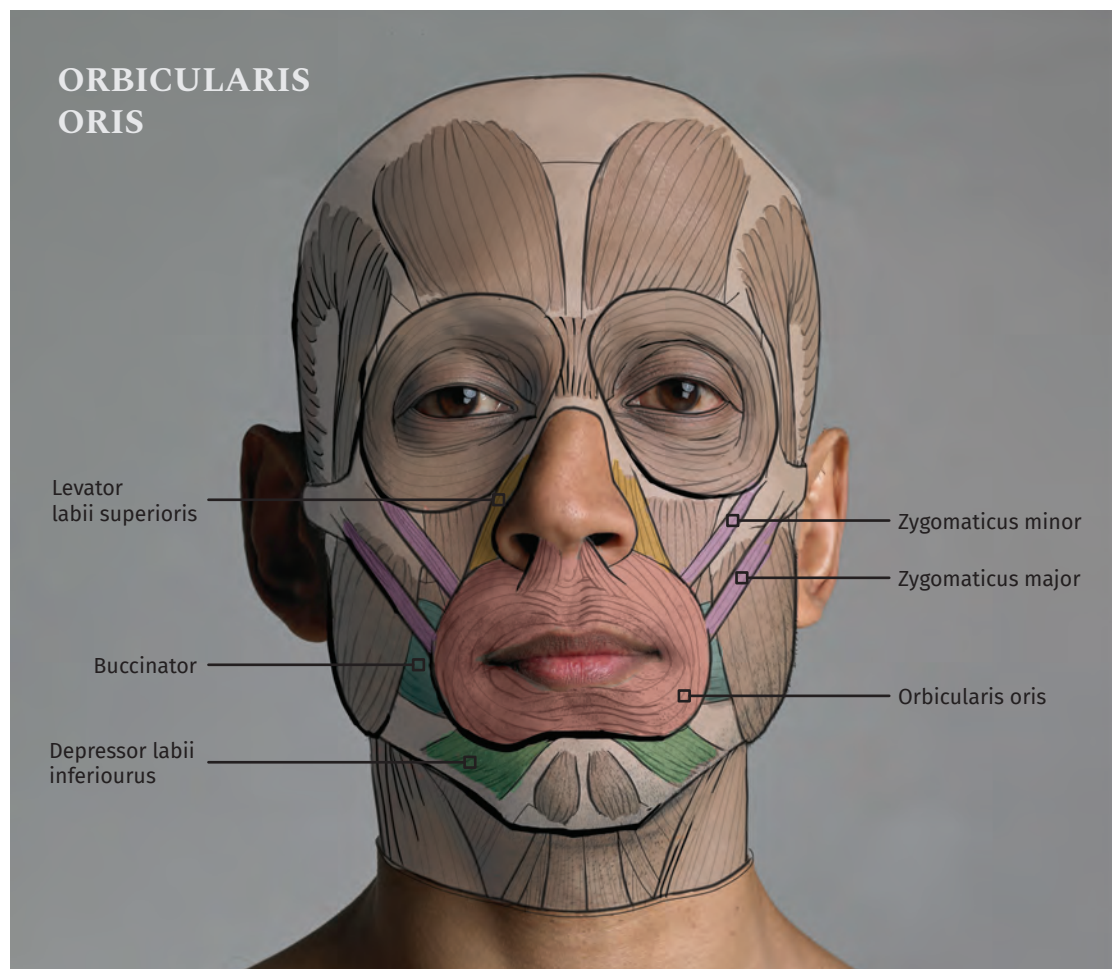
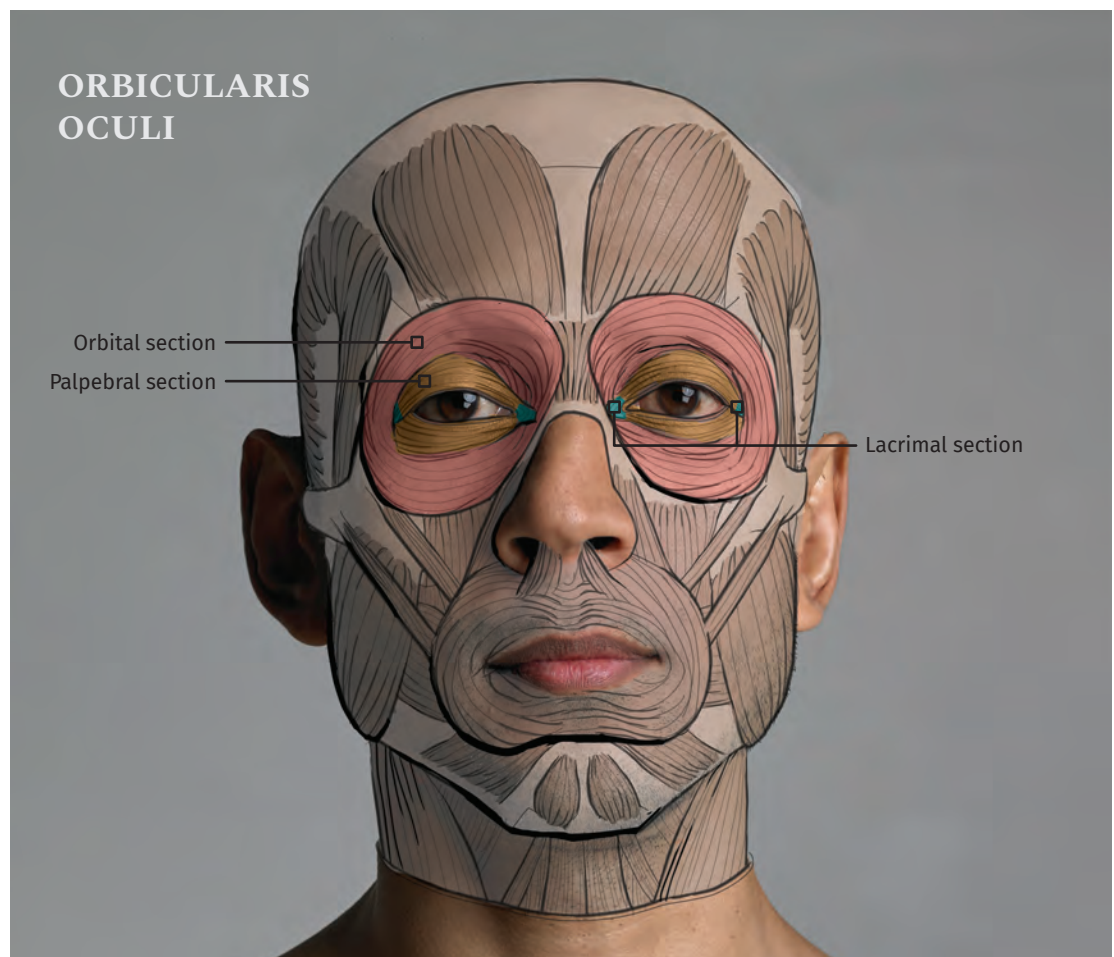
Mouth and lips

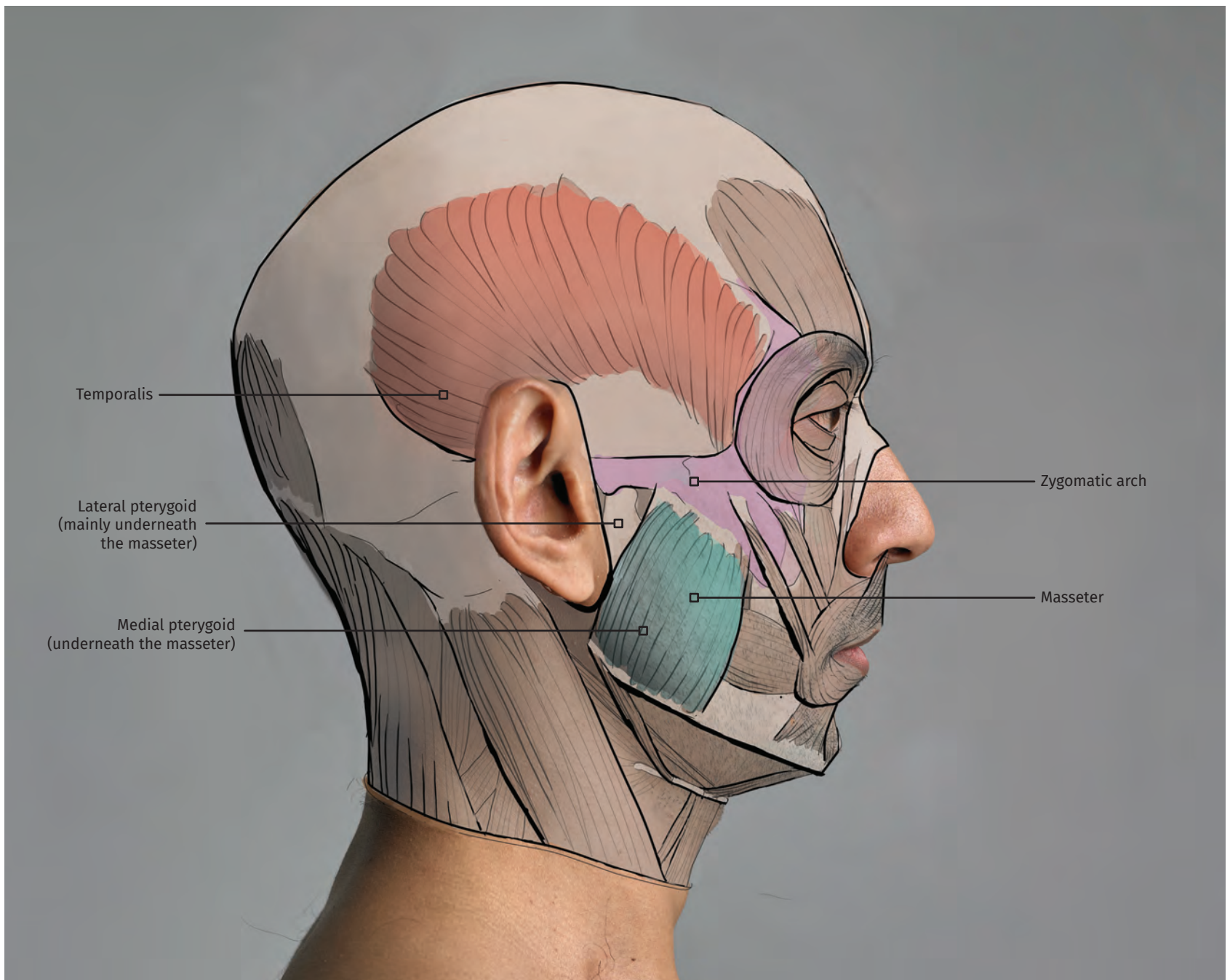
Moving downward, you come to the **orbicularis oris** muscle. Although this muscle is treated like a sphincter muscle, much like the orbicularis oculi, new studies reveal that it is actually comprised of four separate muscles that interlace to create the look of a sphincter.

The muscle can be divided up into two portions: the upper and lower. Those parts can then be divided into two more portions into the marginal (red lip) and peripheral (outer) portions. In total, there are four elongated muscular bands covering an area that reaches up to the base of the nose and down to the tip of the chin. The fibers of the muscle originate from the surrounding muscles, as shown in the images to the right, and the corners of the lips, called **nodes**, and insert into the mucous membrane of the lips.

The orbicularis oris plays a huge role in the expressions created by the mouth. There are four main types of movement that are created with this muscle:

- The pressing together of the lips
- The tightening and thinning of the lips
- Being able to roll the lips inward and beneath the teeth
- Thrusting the lips forward





There are also the muscles of mastication: the **masseter**, the **temporalis**, and the **medial** and **lateral pterygoid**. These muscles provide movement to the **mandible** (jawbone), as well as being the core muscles responsible for chewing and clenching the jaw. The pterygoid muscles provide the side-to-side movement of the jaw and the lateral pterygoid is the only muscle out of the four that helps in the lowering of the jaw.

The two of most interest when drawing the human form are the temporalis and the masseter,

which create the majority of the surface change (the lateral and medial pterygoids sit deeper, away from the surface). The **temporalis** covers the temporal bone, originating at the temporal fascia, and travels through the **zygomatic arch** (commonly referred to as the cheekbone), inserting into the coronoid process of the mandible. Place your fingers against your temple and you should feel the temporalis in action when you clench your jaw or chew your food. The **masseter** is a major muscle in the aid of chewing and, again, you can feel this muscle

with your fingers pressed against the side of your jaw. This muscle originates at the zygomatic process (a triangular process projecting from the lower part of the zygomatic arch) of the maxilla (upper jaw) and inserts into the mandible. The temporalis and masseter, along with the medial pterygoid, aid in closing the jaw, and the digastic, geniohyoid, and mylohyoid (muscles of the neck) help in lowering the jaw.

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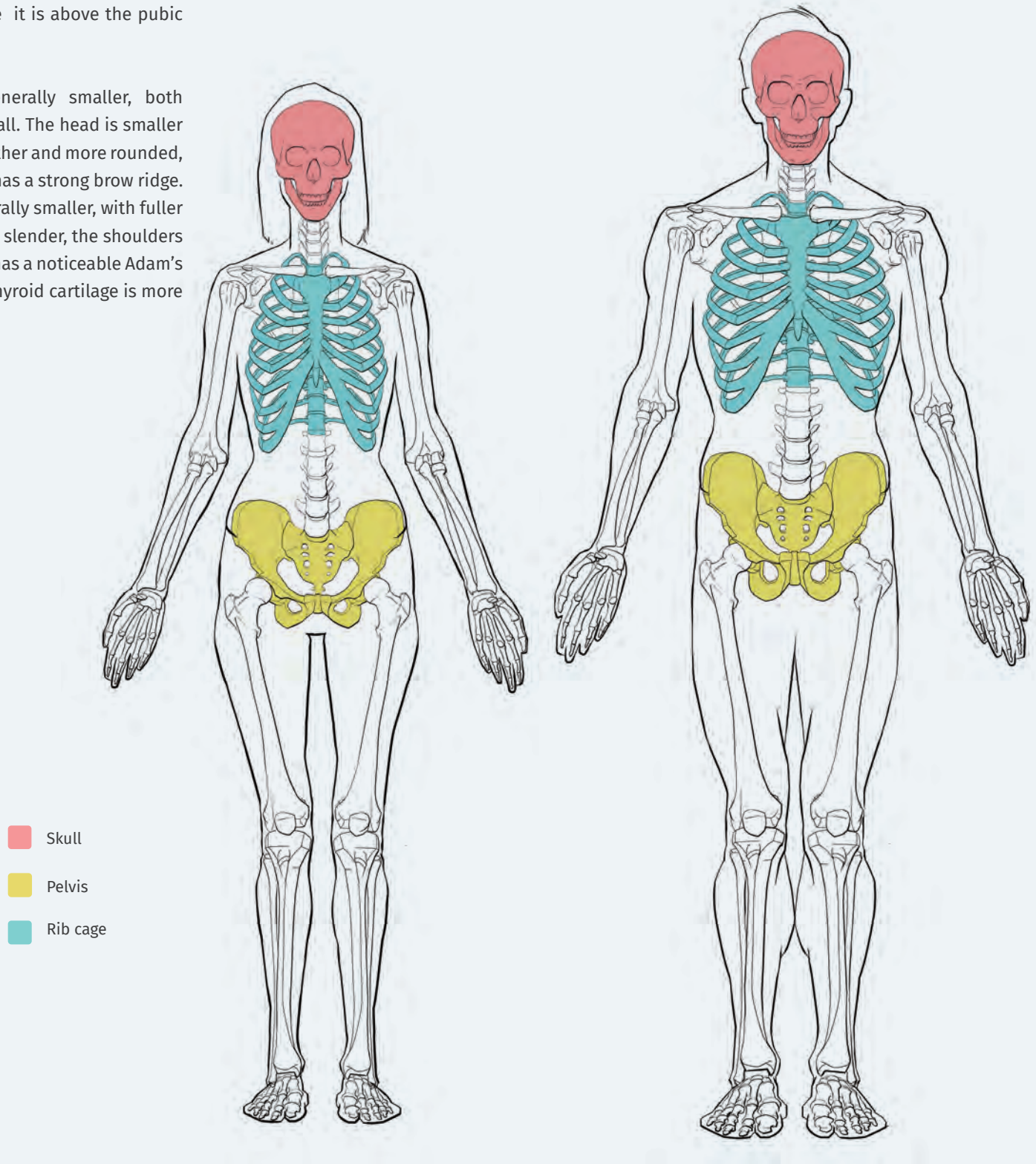
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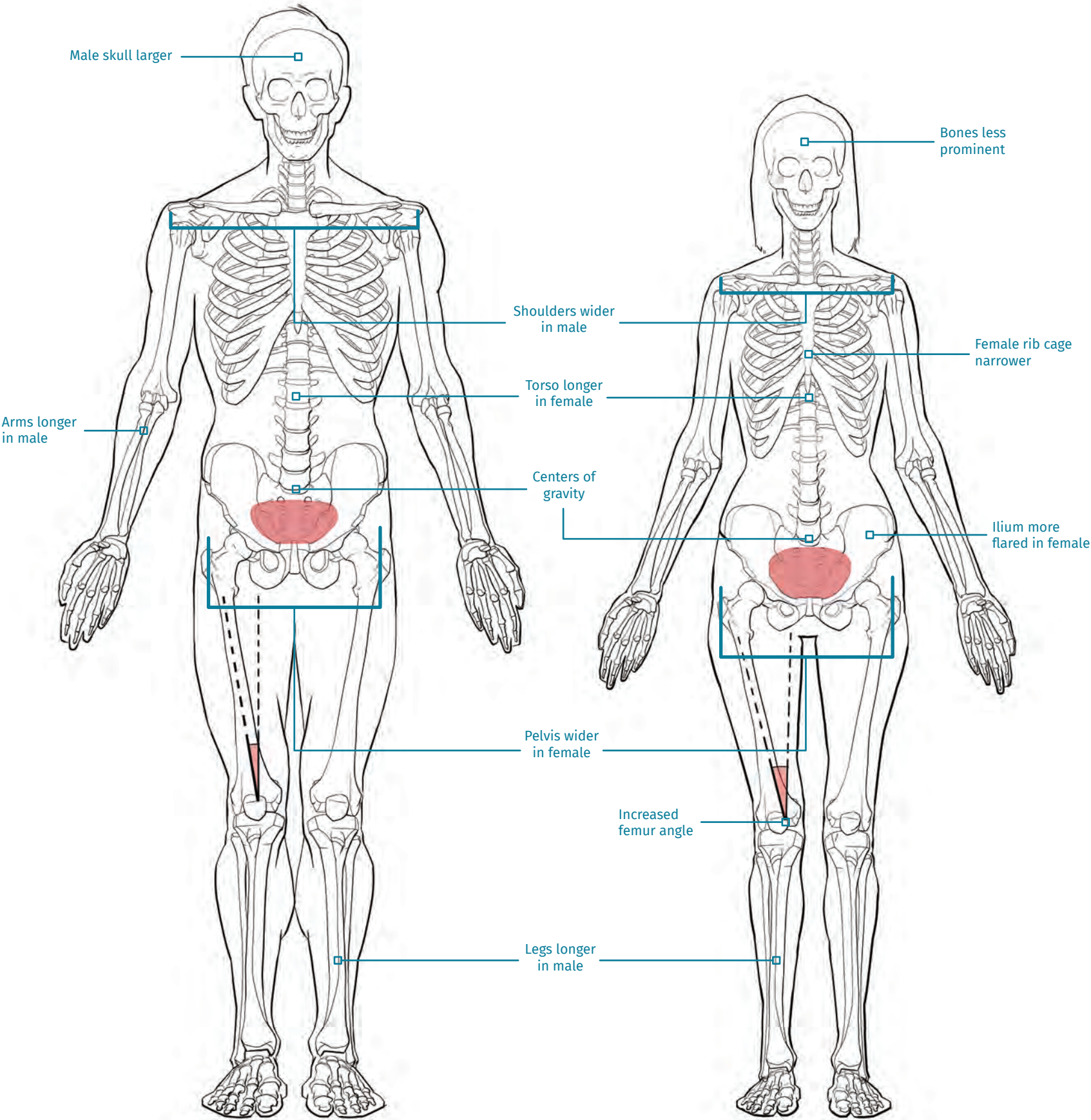
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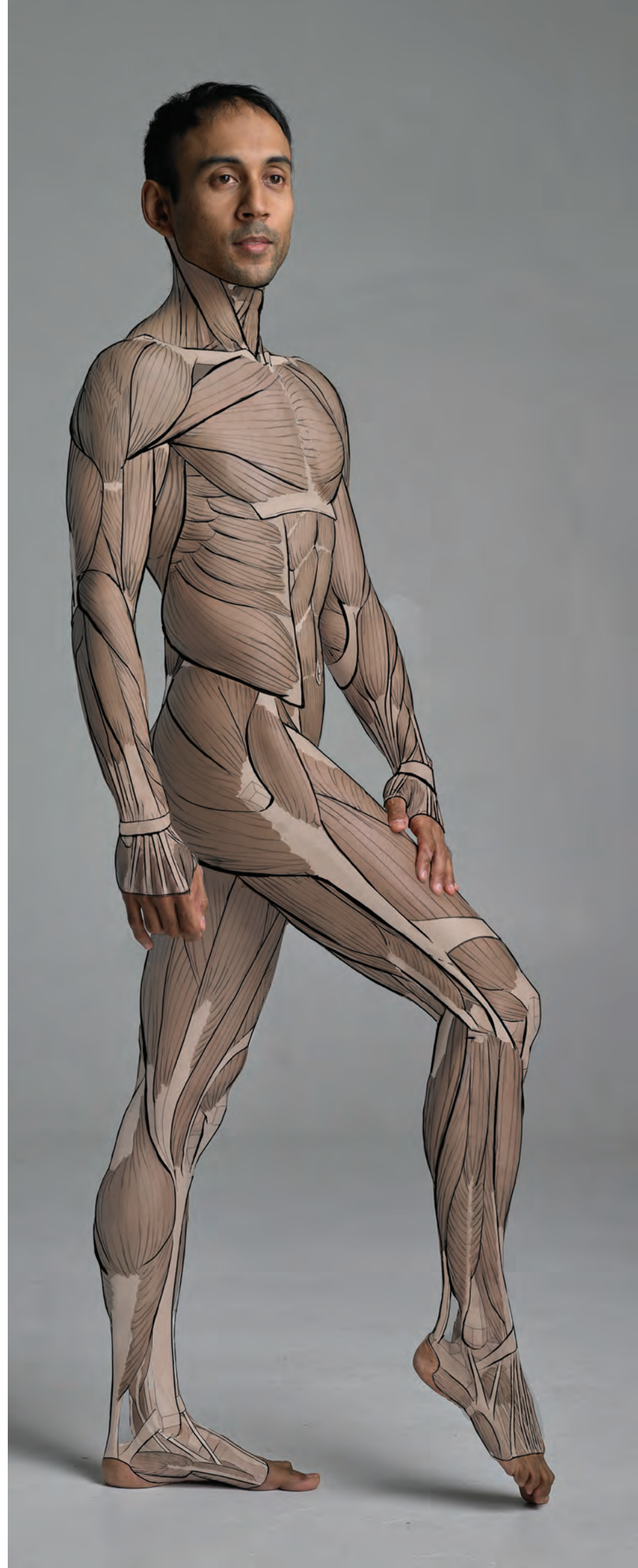


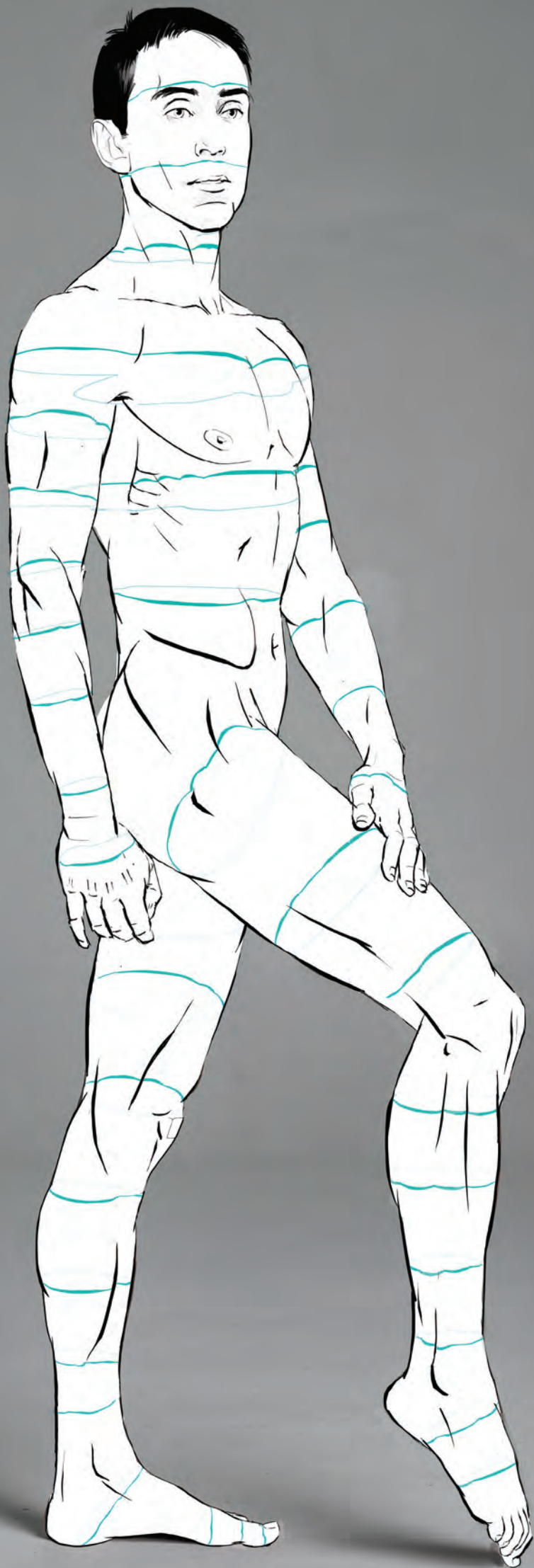
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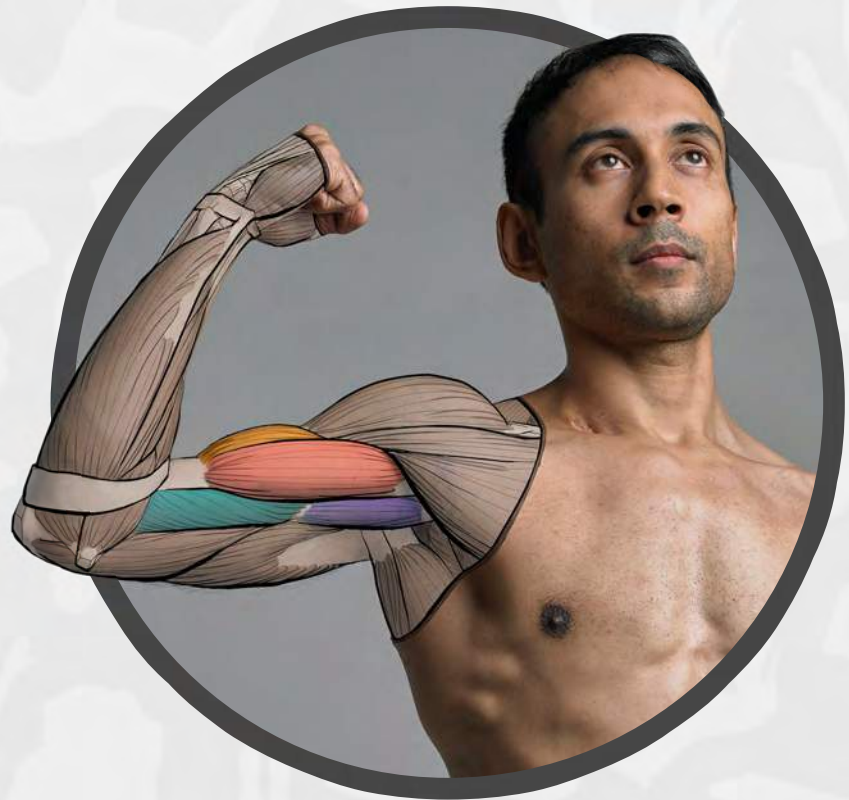
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