

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# L1 Facial Muscles

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|--|----------------------------------|
| 1. I am the muscle located in the forehead?                                      | A. Draws eyebrows together       |
| 2. I am the muscle that surround the eye?  | B. Orbicularis Oris              |
| 3. I am the muscle that extends diagonally from the corners of the mouth?        | C. Raises Eyebrows               |
| 4. I am the muscle located around the mouth?                                     | D. Frown                         |
| 5. I am the muscle that is located in-between the eyebrows?                      | E. Smiling/Laughing              |
| 6. I am the muscle that covers the front of the nose and surrounds the nostrils? | F. Lift corners of mouth upwards |
| 7. This Frontalis muscle causes this expression?                                 | G. Opens & closes nasal openings |
| 8. The Zygomaticus muscle causes this expression?                                | H. Facial Exercises              |
| 9. The Corrugator muscle causes this expression?                                 | I. Purse the lips as in kissing  |
| 10. The Orbicularis Oris Muscle causes this expression?                          | J. Surprise                      |
| 11. The Orbicularis Oculi Muscle causes this expression?                         | K. Pout/Kiss                     |
| 12. The Nasalis Muscle causes this expression?                                   | L. Frontalis                     |
| 13. The action of the Frontalis muscle is?                                       | M. Closes eyelids                |
| 14. The action of the Corrugator muscle is?                                      | N. Corrugator                    |
| 15. The action of the Orbicularis Oculi muscle is?                               | O. Orbicularis Oculi             |
| 16. The action of the Orbicularis Oris muscle is?                                | P. Flare Nostrils/Anger          |
| 17. The action of the Zygomaticus muscle is?                                     | Q. Nasalis                       |
| 18. The action of the Nasalis muscle is?   | R. Winking                       |
| 19. These will help your client to strengthen their facial muscles?              | S. Zygomaticus                   |
| 20. You can cause this when you overstretch a muscle?                            | T. Muscle Strain                 |