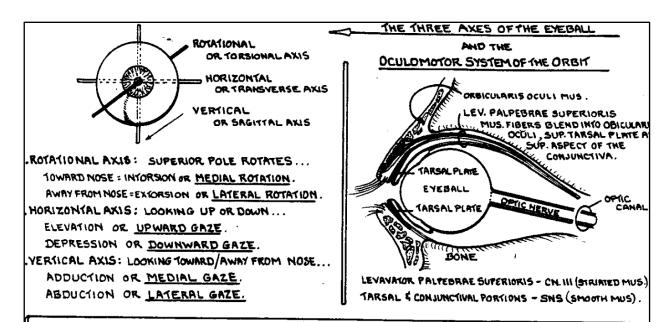
Source: Illustration Provided Courtesy of Josephine C. Moore OT, PhD Illustration 7: Muscle Actions of the Extraocular Muscles (see section 4.2.1.9)



INDIVIDUAL MUSCLE ACTIONS OF THE EXTRAOCULAR MUSCLES FROM THE 1° POSITION (1° = PRIMARY OR NEUTRAL POSITION : LOOKING STRAIGHT AHEAD INTO THE DISTANCE)

MUSCLE	1º ACTION	20 4 30 ACTIONS *1 ,	4° ACTION
MEDIAL RECTUS " MR	ADDUCTION OR MEDIALGAZE	NONE	<u> </u>
LATERAL RECTUS: LR	ABDUCTION OR LATERAL GAZE	NONE	RETRACTION
SUPERIOR RECTUS : SR	ELEVATION OR UPWARD (VERTICAL) GAZE	ADDUCTION & INTORSION	OF THE EYE #2
INFERIOR RECTUS : IR	DEPRESSION OR DOWNWARD (VERTICAL) GAZE	ADDUCTION & EXTORSION	
SUPERIOR OBLIQUE : SO	MEDIAL ROTATION OR INTORSION	ABDUCTION & DEPRESSION	PROTRACTION
INFERIOR OBLIQUE = 10	LATERAL ROTATION OR EXTORSION	ABDUCTION & ELEVATION	OF THE EYE # 2

- * REFERENCES DO NOT AGREE ENTIRELY AS TO WHICH ACTION IS 2° AND WHICH IS 3°. THIS IS NOT UNUSUAL NOR SURPRISING AS ALL AGREE THAT THE EYE MUSCLES DO NOT FUNCTION INDIVIDUALLY. THEY FUNCTION IN YOKE PAIRS OR TRIADS BUT WITH ALL SIX MUSCLE PAIRS BEING INVOLVED IN EVERY EYE MOVEMENT COUPLED WITH HEAD-NECK MOVEMENTS.
- * 2 IN NORMAL EYE MOVEMENTS THESE TWO ACTIONS CANCEL OUT EACH OTHER, YET THESE ACTIONS ASSIST IN HOLDING THE EYE IN PLACE IN THE ORBIT ALONG WITH THE MEDIAL AND LATERAL CHECK LIGAMENTS AND THE BULBAR SLING.

NOTE: IN NORMAL VISUAL MOVEMENTS THE SIX PAIRS OF EXTRINSIC (EXTRAOCULAR) EYE MUSCLES AND THE LEVATOR PALPEBRAE SUPERIORIUS MUSCLES FUNCTION IN CONSERT. THESE COMBINED MUSCLE ACTIONS INVOLVE ALL THREE AXES THUS ALL MOVEMENTS ARE EXTREMELY COMPLEX. TO SIMPLIFY THESE ACTIONS REMEMBER THE.....

CONVERGENCE TRIAD = MEDIAL RECTI, SUPERIOR RECTI, AND INFERIOR RECTI, NEAR VISION;
DIVERGENCE TRIAD = LATERAL RECTUS, SUP. OBLIQUE & INF. OBLIQUE FOR FAR VISION.

SEE PAGE ILLUSTRATING THE FUNCTIONAL TRIADS AND EXAMPLES OF THESE MOVEMENTS