

Muscle	Origin	Insertion	Action	Notes
<b>Sternocleidomastoid</b>	sternal head: anterior surface of manubrium, clavicular head: superior surface of medial 1/3 of clavicle	lateral surface of mastoid and lateral 1/2 of superior nuchal line	1. ipsilateral lateral flexion, 2. contralateral rotation, 3. forward flexion	Synergist with scalenes
<b>Trapezius (upper division)</b>	medial 1/3 of superior nuchal line, nuchal ligament & spinous process of C-7	lateral 1/3 of clavicle & acromion	1. extension, 2. contralateral rotation, 3. ipsilateral lateral flexion, 4. elevate scapula, upwardly rotate scapula	1. most superficial of group (trapezius-semispinalis-multifidi), 2. antagonist to Lev Scap in scapular rotation
<b>Scalenes</b>	TVP C-2 through C-7	superior surface of 1st & 2nd ribs	1. ipsilateral lateral flexion, 2. contralateral rotation, 3. forward flexion	Synergist with SCM
<b>Levator Scapulae</b>	TVP C-1 through C-4	medial border of scapula, between superior angle & scapular spine	1. elevate scapula, 2. downward rotation of scapula, 3. lateral flexion of neck, 4. ipsilateral neck rotation	antagonist to Trapezius in scapular rotation
<b>Splenius capitus</b>	inferior 1/2 of nuchal ligament and spinous process C-7 through T-4	mastoid process and lateral 1/3 of superior nuchal line	1. ipsilateral rotation, 2. ipsilateral lateral flexion, 3. extension	
<b>Splenius cervicus</b>	spinous process T-3 through T-6	TVP C-1 through C-3		difficult to palpate
<b>Semispinalis capitus</b>	TVP C-4 through T-5	between superior and inferior nuchal lines	1. neck extension	deeper than trapezius, more superficial than multifidi
<b>Multifidi &amp; Rotatores</b>	TVP C-1 through L-5	TVP C-1 through L-5	1. contralateral rotation, 2. extension of neck	deep layer, difficult to palpate between spinous process and TVP in laminar groove
<b>Suboccipitals</b>	spinous process C-1 (atlas) & C-2 (axis)	inferior nuchal line & TVP C-1	1. extension, 2. ipsilateral rotation, 3. ipsilateral lateral flexion	