

## Anatomy & Physiology: Muscles—Rectus Capitis Anterior.

### STRUCTURE.

- Origin: anterior surface of base of transverse process.
- Insertion: inferior surface of basilar occipital, anterior to foramen magnum.

### FUNCTION.

- Concentric action: head flexion.
- Reverse mover action: atlas flexion.
- Eccentric action: controls/restrains/slows head extension.
- Isometric action: stabilization of head.
- Innervation: cervical spinal nerves.
- Arterial supply: vertebral artery.

### CLINICAL SIGNIFICANCE.

## References

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