

Anatomy & Physiology: Muscles—Rectus Capitis Lateralis.

STRUCTURE.

- Origin: superior surface of transverse process.
- Insertion: inferior surface of jugular process of occipital.

FUNCTION.

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

CLINICAL SIGNIFICANCE.

References

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