

Anatomy & Physiology: Muscles—Rectus Capitis Posterior Major.

STRUCTURE.

- Origin: spinous process of C2.
- Insertion: lateral 1/2 of inferior nuchal line.

FUNCTION.

- Concentric action: head extension at atlanto-occipital joint (AOJ). Lesser: head lateral flexion; head ipsilateral rotation.
- Reverse mover action: upper cervical spine extension, lateral flexion, contralateral rotation.
- Eccentric action: controls/restrains/slows flexion, contralateral lateral flexion, contralateral rotation of head.
- Isometric action: stabilization of head and AOJ.
- Innervation: suboccipital nerve.
- Arterial supply: occipital artery, deep cervical artery, branches of vertebral artery.

CLINICAL SIGNIFICANCE.

References

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