

## Anatomy & Physiology: Muscles—Rectus Capitis Posterior Minor.

### STRUCTURE.

- Origin: posterior tubercle of C1.
- Insertion: medial 1/2 of inferior nuchal line.

### FUNCTION.

- Concentric action: head protraction at AOJ (atlanto-occipital joint). Lesser: head extension, lateral flexion of head.
- Reverse mover action: C1 retraction, C1 extension, lateral flexion of C1.
- Eccentric action: controls/restrains/slows retraction, flexion, and lateral flexion 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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