

Anatomy & Physiology: Muscles—Splenius Capitis.

STRUCTURE.

- Origin: ligamentum nuchae and spinous processes of C7-T4.
- Insertion: occipital and mastoid process.

FUNCTION.

- Concentric action: extend head and neck; laterally flex and rotate head to same side as contracting muscle.
- Reverse mover action: cervical and thoracic spinal extension; lateral flexion of lower cervical and upper thoracic spine; contralateral rotation of lower cervical and upper thoracic spine.
- Eccentric action: controls/restrains/slows flexion, contralateral lateral flexion, contralateral rotation of head and neck.
- Isometric action: stabilize head and neck.
- Innervation: middle cervical spinal nerves.
- Arterial supply: occipital artery.

CLINICAL SIGNIFICANCE.

References

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