

Anatomy & Physiology: Muscles—Sternocleidomastoid.

STRUCTURE.

- Origin: sternal head—top of manubrium; clavicular head—medial 1/3 of clavicle.
- Insertion: mastoid process, lateral superior nuchal line of occipital.

FUNCTION.

- Concentric action: cervical flexion, rotation, and lateral flexion.
- Reverse mover action: elevate sternum and clavicle; ipsilateral rotation of trunk.
- Eccentric action: controls/restrains/slows cervical extension, rotation, and lateral flexion.
- Isometric action: stabilization of the cervical spine and acromioclavicular joint.
- Innervation: cranial nerve XI (accessory).
- Arterial supply: occipital and posterior auricular arteries, superior thyroid artery.

CLINICAL SIGNIFICANCE.

References

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