

Anatomy & Physiology: Muscles—Scalene, Anterior.

STRUCTURE.

- Origin: transverse processes C3-C6.
- Insertion: Rib 1.

FUNCTION.

- Concentric action: right and left anterior scalene and middle scalene muscles flex head and elevate first ribs in deep inhalation; (acting together) head lateral flexion and contralateral rotation.
- Reverse mover action: elevate first rib.
- Eccentric action: controls/restrains/slows extension, contralateral lateral flexion, and ipsilateral rotation of neck, depression of first rib.
- Isometric action: stabilize neck and first rib.
- Innervation: C5-C6 spinal nerves.
- Arterial supply: ascending cervical artery.

CLINICAL SIGNIFICANCE.

References

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