

Anatomy & Physiology: Muscles—Trapezius, Lower.

STRUCTURE.

- Origin: superior nuchal line, ligamentum nuchae; spinous process of C7, T1-T12.
- Insertion: spine of scapula.

FUNCTION.

- Concentric action: scapular depression at scapulocostal joint (ScC). Retracts scapula at ScC. Upwardly rotates the scapula at the ScC.
- Reverse mover actions: extends trunk at spinal joints; contralateral rotation of the trunk at spinal joints; lateral flexion of the trunk at the spinal joints.
- Eccentric action: controls/restrains/slows scapular elevation, protraction, and downward rotation at the ScC. Controls/restrains/slows flexion, ipsilateral rotation, and contralateral flexion of trunk at spinal joints.
- Isometric action: stabilization of the scapula and clavicle. Stabilizes head, neck, trunk at the spinal joints.
- Innervation: accessory XI nerve; cervical spinal nerves C3-C5.
- Arterial supply: transverse cervical artery (branch from thyrocervical trunk), dorsal scapular artery (branch from subclavian artery).

CLINICAL SIGNIFICANCE.

References

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