

## Anatomy & Physiology: Muscles—Trapezius, Upper.

### STRUCTURE.

- Origin: superior nuchal line, ligamentum nuchae; spinous process of C7, T1-T12.
- Insertion: lateral 1/3 of clavicle; acromion process of scapula.

### FUNCTION.

- Concentric action: cervical extension, lateral flexion and rotation; scapular elevation at scapulocostal joint (ScC); scapular retraction at ScC; upward rotation of the scapula at the ScC.
- Reverse mover actions: head and neck extension at spinal joints; contralateral rotation of the head and neck at spinal joints; lateral flexion of the head and neck at spinal joints.
- Eccentric action: cervical flexion, lateral flexion, and rotation; scapular depression. Controls/restrains/slows scapular protraction at ScC and ipsilateral rotation of the trunk at the spinal joints.
- Isometric action: stabilization of the medial border of scapula and cervical spine.
- 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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