

Basics in anatomy of the cervical and cephalic posture

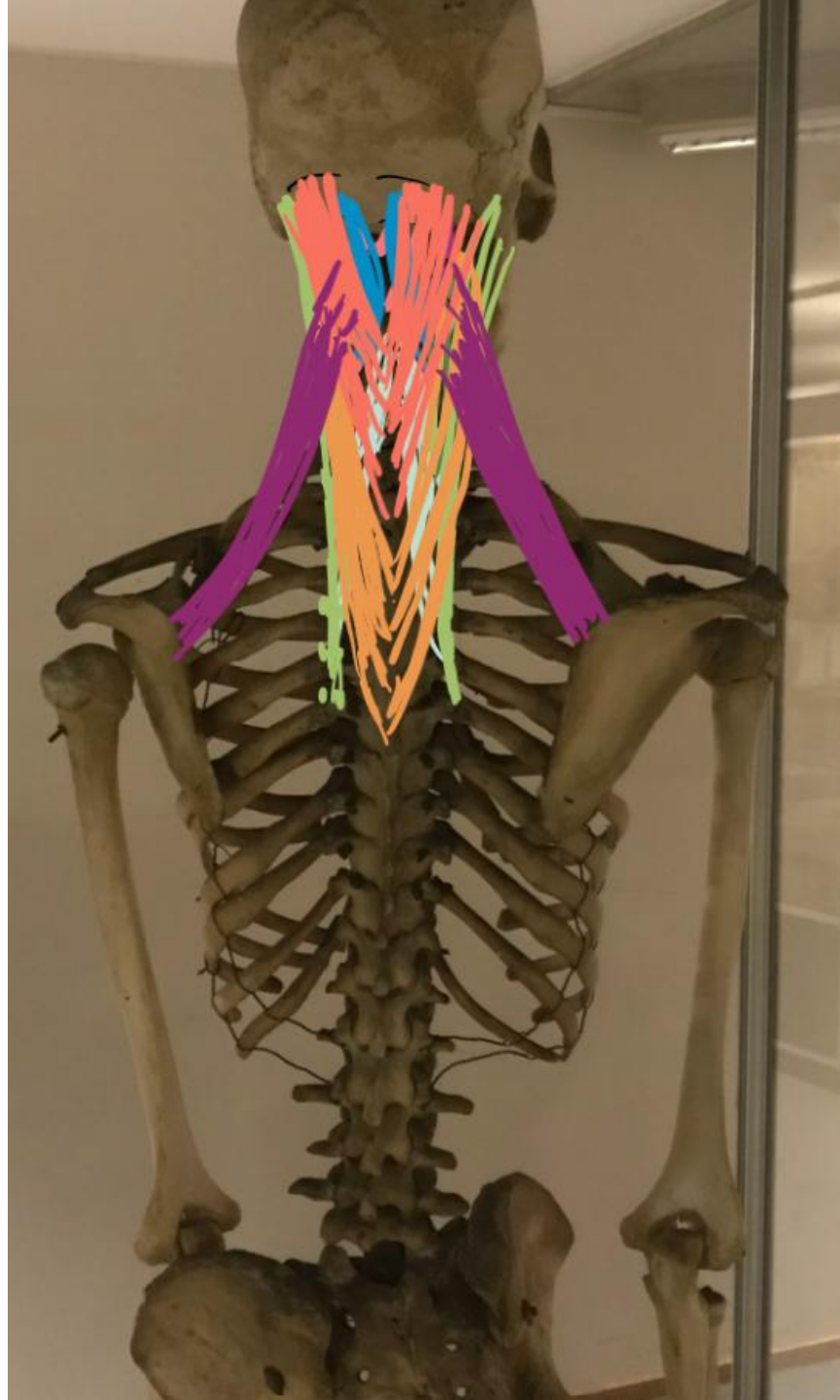
- Deepest muscles:
 - Sub-occipitals



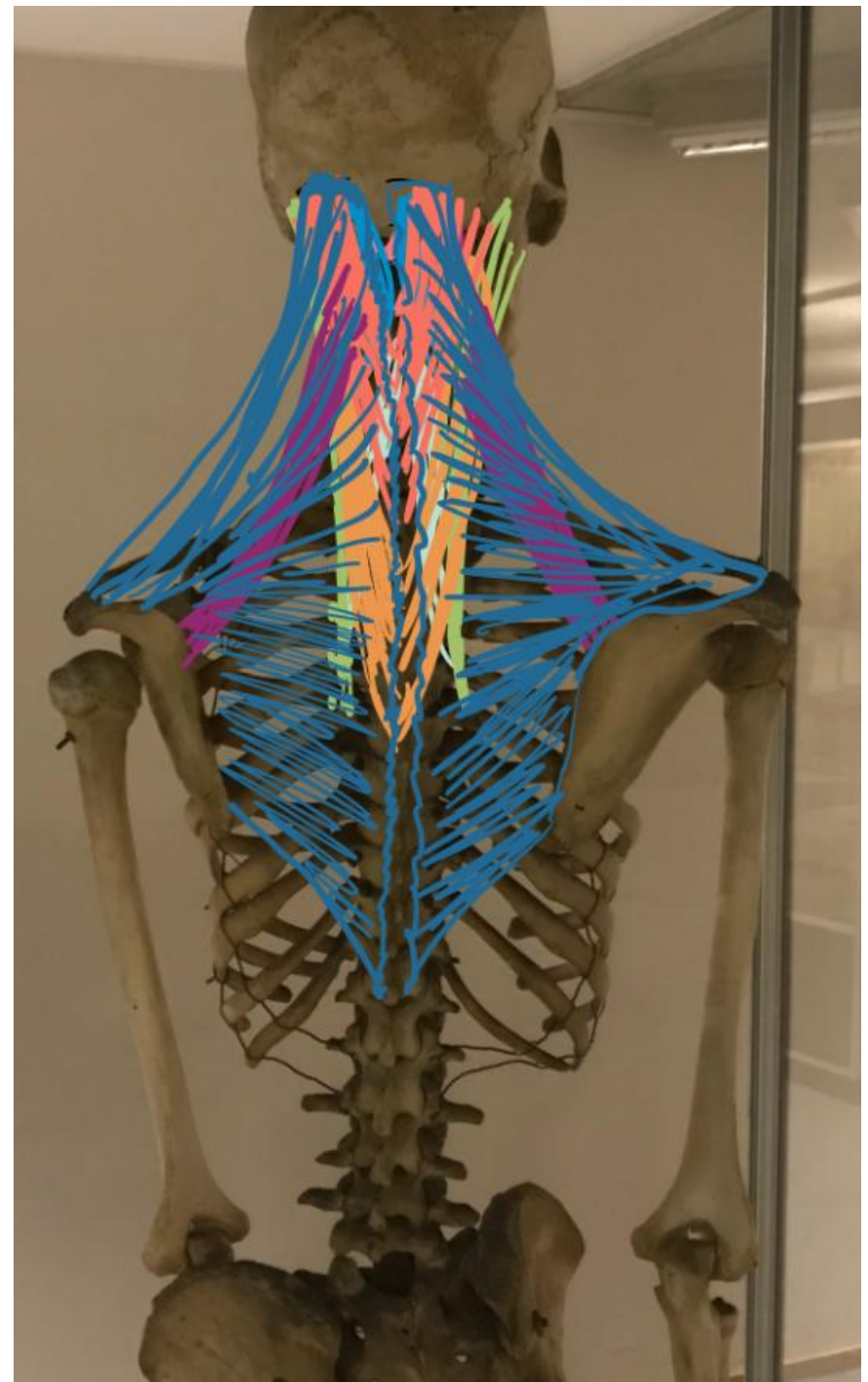
- Semi-spinalis of the neck
- Semi-spinalis capitis
- longissimus



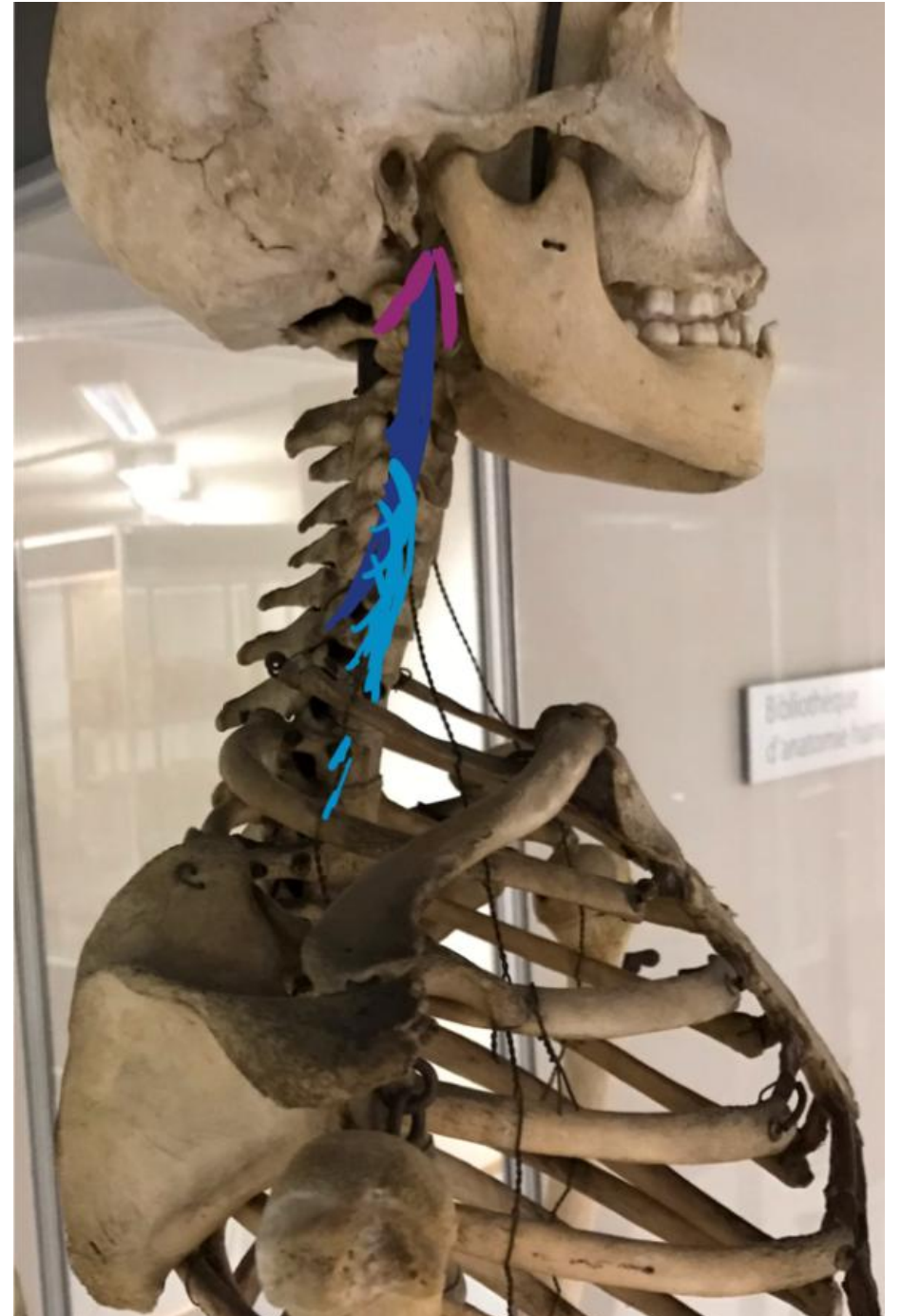
- Splenius cervicis
- Splenius capitis
- Levator scapulae



- The most superficial
 - Trapezius



- Pre-vertebral muscles
 - Longus cervicis
 - Longus capitis
 - Anterior rectus capitis



- Antero-lateral muscles
 - Scalenes (ant, med, post)
 - Sterno-cléido-mastoïd

