

Myology of cervical and cephalic posture

Topography of the neck

- Anterior and posterior parts of the neck
 - Separated by
 - the line between transverse processes of the cervical vertebrae
 - The anterior edge of the trapezius laterally



Posterior part of the neck

Deep layer

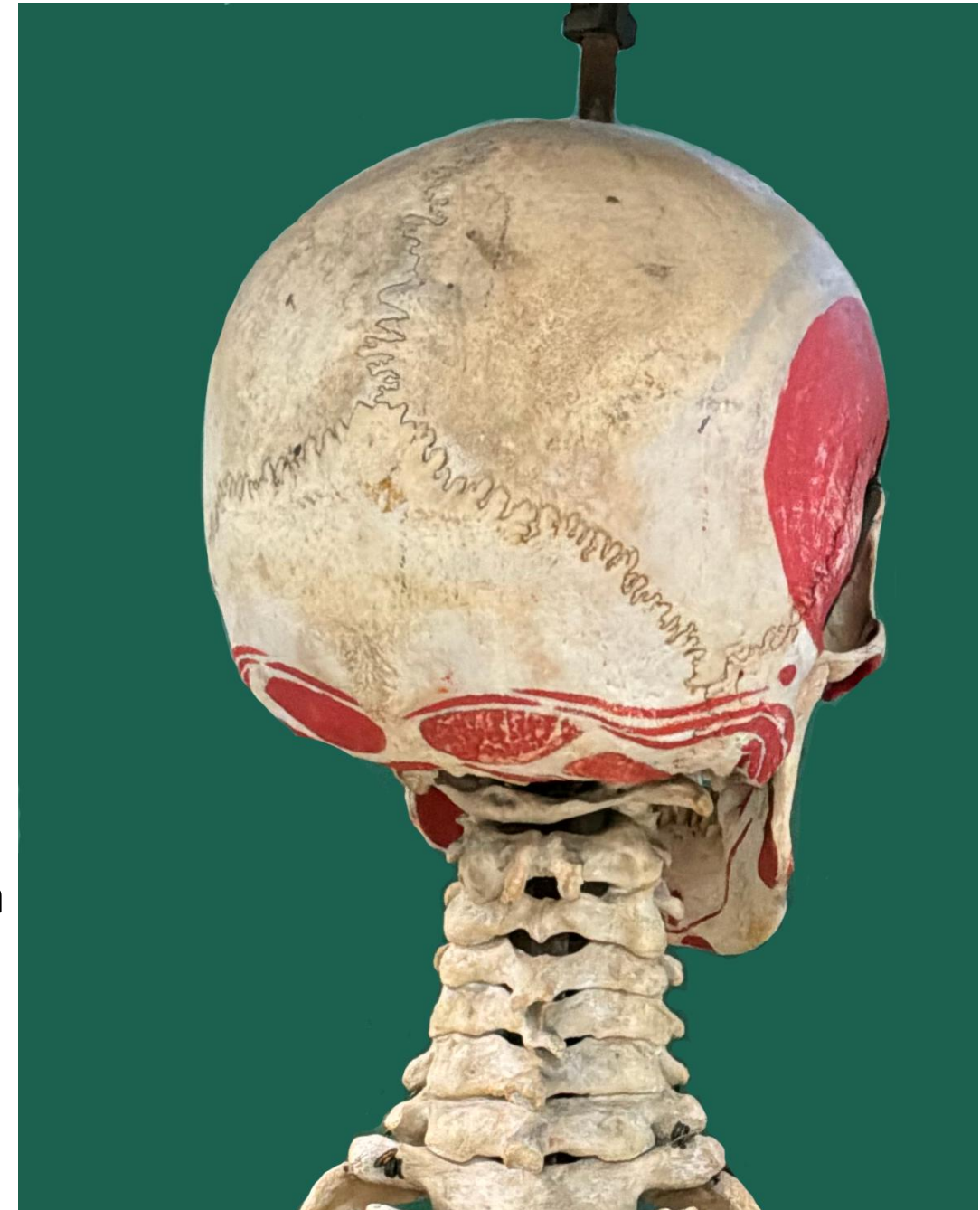
- Sub-occipital group of muscles
 - Posterior rectus capitis major:
 - spine of C2 → mid 1/3 inferior nuchal line of the occiput
 - Posterior Rectus capitis minor:
 - posterior tubercle of C1 → medial 1/3 of inferior nuchal line of the occiput
 - Superior oblique capitis:
 - Transverse process of C1 → above the insertion of the posterior rectus capitis major
 - Inferior oblique capitis:
 - spine of C2 → transverse process of C1



Posterior part of the neck

Deep layer

- Interspinales muscles
 - Run between the spines (most developed in the neck)
 - Spines of T1-T2 → spines of C5-C7
- Intertransversarii muscles
 - Run between transverse processes (most developed in lumbar and cervical region)
- Rotators
 - Long: Transverse process → spine of the vertebra 2 levels above
 - Short: Transverse process → spine of the vertebra above



Posterior part of the neck

Transverso-spinalis group

- Runs superiorly and obliquely medial
- Multifidus muscles
 - Thoracic<lumbar and cervical regions
 - Between spine and the transverse process of vertebra 2-3 levels above
- Semi-spinalis cervicalis
 - Transverse processes T1-T6 → Spines C2-C7
- Semi-spinalis capitis
 - Transverse processes C3-T6 → between the two nuchal lines of the occiput



Posterior part of the neck

Sacro-spinalis group

- Erector spinae
 - Middle layer
- Ilio-costalis muscle (cervical part)
 - Ribs 3-7 → transverse process C4-6
- Longissimus cervicalis
 - Transverse process C7-T5 → Transverse process C2-C6
- Longissimus capitis
 - Transverse process C2-T3..T7 → mastoid process of temporal bone



Posterior part of the neck

Spino-transverse group

- Superficial layer
- Splenius cervicalis
 - Spines T3-T6 → transverse processes C1-C2
- Splenius capitis
 - Spines C3-T3 → superior nuchal line and mastoid process



Posterior part of the neck

Lateral group

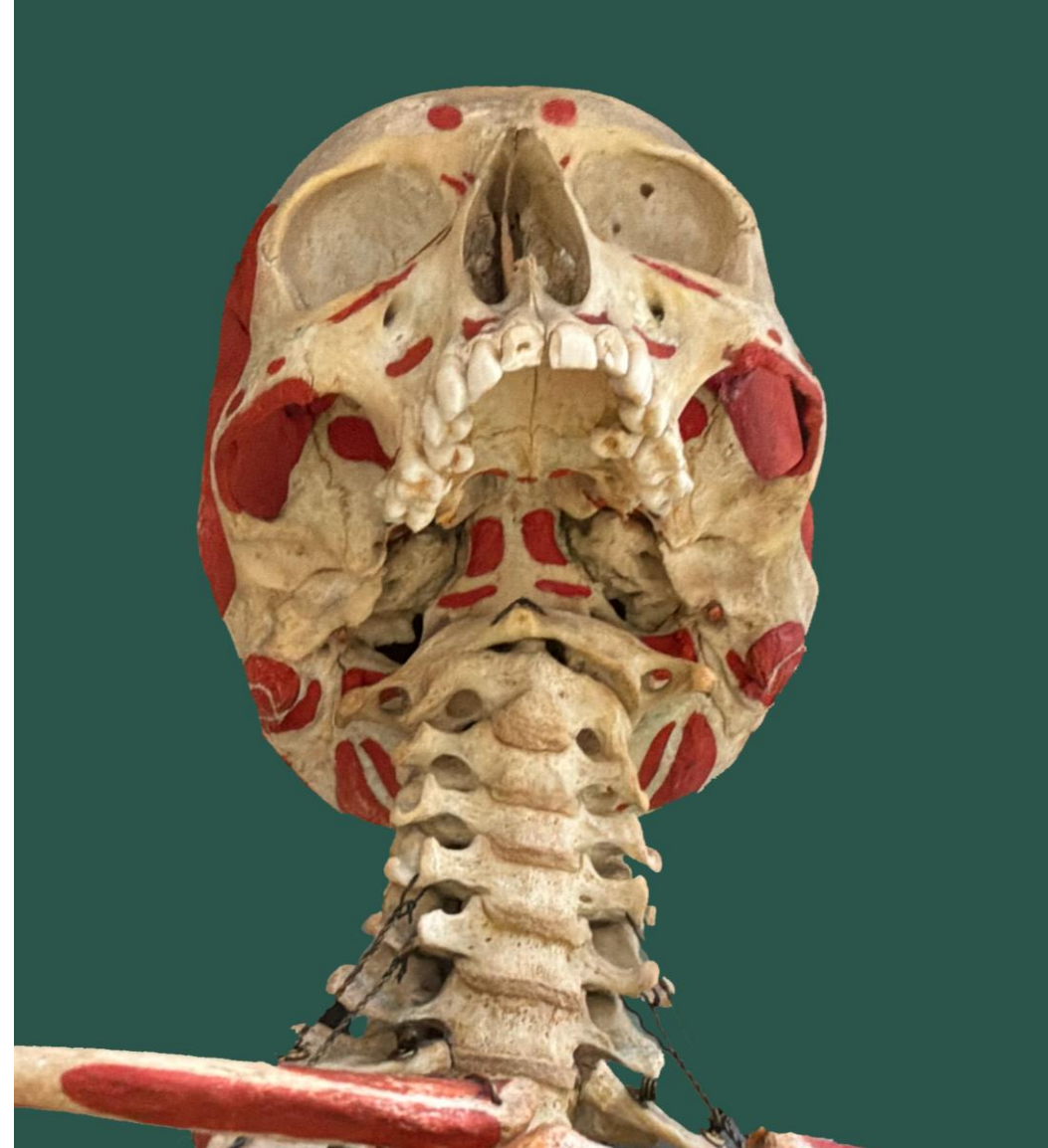
- Levator scapulae
 - Transverse processes C1-C4 → Superior angle of the scapula
- Rhomboid muscles
 - Minor: transverse processes C6-C7 → medial edge of the scapula
 - Major: Transverse processes T1-T4 → medial edge of the scapula
- Trapezius muscle
 - Superior nuchal line + spines and ligament C1-T12 → lateral 1/3, acromion and spine of the scapula



Anterior part of the neck

Pre-vertebral muscles

- Longus colli
 - Sup. oblique :anterior tubercle C3-C6→anterior tubercle of C1
 - Vertical: anterior aspects of T1-T3 + their transverse processes→anterior aspect of bodies C2-C4
 - Inf. oblique: anterior aspects of T1-T3 + their transverse processes→transverse processes of C5-C6
- Longus capitis
 - Transverse processes C3-C6→anterior to the foramen magnum
- Anterior rectus capitis
 - C1→anterior to foramen magnum
- Lateral rectus capitis
 - C1→jugular process of occiput



Anterior part of the neck

Lateral group

- Anterior scalene
 - Anterior tubercle of transverse process C3-C6 → Rib 1
- Middle scalene
 - Posterior tubercle C3-C7 → rib 1
- Posterior scalene
 - Posterior tubercle C5-C7 → Rib 2
- Sterno-cleido-mastoid
 - Mastoid + superior nuchal line → manubrium + medial 1/3 of clavicle

