

## ***Anterior triangle muscles***

Muscle	Origin	Insertion	Nerve supply	Action
Digastric	Post belly : mastoid process Ant belly : digastric fossa on lower inside of mandible	Intermediate tendon is held to hyoid by facial sling	Ant : N to mylohyoid Post : facial N	Depress mandible Elevate hyoid
Stylohyoid	Styloid process	Lateral area on the hyoid body	Facial N	Elevate hyoid
Mylohyoid	Mylohyoid line on the body of mandible	Body of hyoid	Inf alveolar N	Depress mandible + elevate hyoid and oral floor
Geniohyoid	Inf mental spines	Body of hyoid	1 <sup>st</sup> cervical	Elevate hyoid + depress mandible
Sternohyoid	Manubrium sterni + clavicle	Hyoid body	Ansa cervicalis C 1+2+3	Depress hyoid
Sternothyroid	Manubrium sterni	Oblique line of thyroid's lamina	Ansa cervicalis C1+2+3	Depress the larynx
Thyrohyoid	Oblique line of thyroid's lamina	Lower border of hyoid body	1 <sup>st</sup> cervical	Depress hyoid + elevate larynx

## ***Muscles of posterior triangle***

Muscle	Origin	Insertion	Nerve supply	Action
Sternocleidomastoid	Sternal head : manubrium of sternum Clavicular head : medial end of clavicle	Mastoid process + superior nuchal line	Spinal root of accessory nerve	Each one tilt the head toward the shoulder on the same side + rotate head to turn face to the opposite side Together : draw head forward
Omohyoid	Sup belly : lower border of hyoid Inf belly : upper border of scapula and suprascapular ligament	Intermediate tendon held to hyoid by fascial sling	Ansa cervicalis ; ant rami	Depress hyoid
Scalenus anterior	Transverse process of C3+4+5+6	1 <sup>st</sup> rib	C4+5+6	Elevate 1 <sup>st</sup> rib + laterally flex cervical part of vertebral column
Scalenus medius	Transverse process of 1 <sup>st</sup> six vertebrae	1 <sup>st</sup> rib	Ant rami of C3-C7	Elevate 1 <sup>st</sup> rib + laterally flex cervical part of vertebral column
Scalenus posterior	Transverse process of C4-C6	2 <sup>nd</sup> rib	Ant rami of C5-C7	Elevate 2 <sup>nd</sup> rib + laterally flex the cervical part of vertebral column
Levator scapulae	Transverse process of 1 <sup>st</sup> four vertebrae	Medial border of scapula	Dorsal scapular nerve	Raises the scapula's medial border

Trapezius	Occipital bone + ligamentum nuchae + 7 <sup>th</sup> cervical vertebra's spine + spines of all thoracic vertebrae	Upper fibers: lateral 3 <sup>rd</sup> of clavicle Middle and lower fibers on the acromion and spine of scapula	Spinal root of accessory nerve	Upper : elevate the scapula Middle : pulls the scapula medially Lower : pull the medial border of scapula downward
Splenius capitis	Spine of C7-T4 + lower half ligamentum nuchae	Mastoid process + sup nuchal line	Post rami of middle cervical nerves	Together pull the head backward Individually : draw and rotate the head to one side (same side )

***Best of luck !!***

***Farah Saadeh***