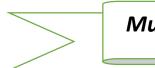
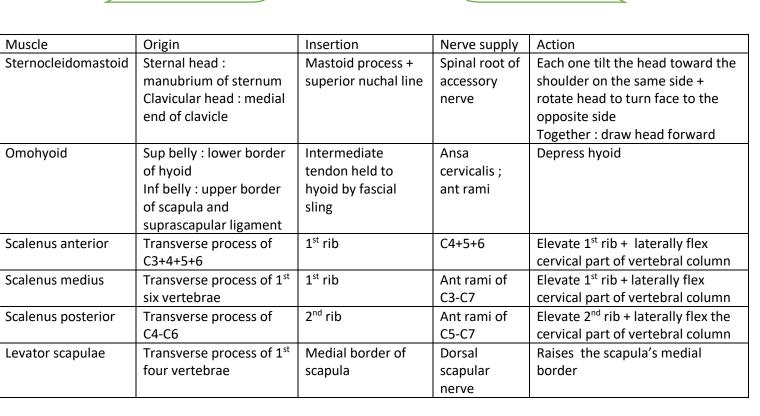


## Anterior triangle muscles

Muscle	Origin	Insertion	Nerve supply	Action	
Digastric	Post belly : mastoid process	Intermediate tendon	Ant : N to	Depress mandible	
	Ant belly : digastric fossa on	is held to hyoid by	mylohyoid	Elevate hyoid	
	lower inside of mandible	facial sling	Post : facial N		
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	ervicalis C Depress hyoid	
Sternothyroid	Manubrium sterni	Oblique line of thyroid's lamina	Ansa cervicalisDepress the larynxC1+2+3		
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



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

Best of luck !!

Farah Saadeh