

Deep Muscles of the Back and Posterior Neck

Responsible for neck and head extension, lateral flexion, and rotation

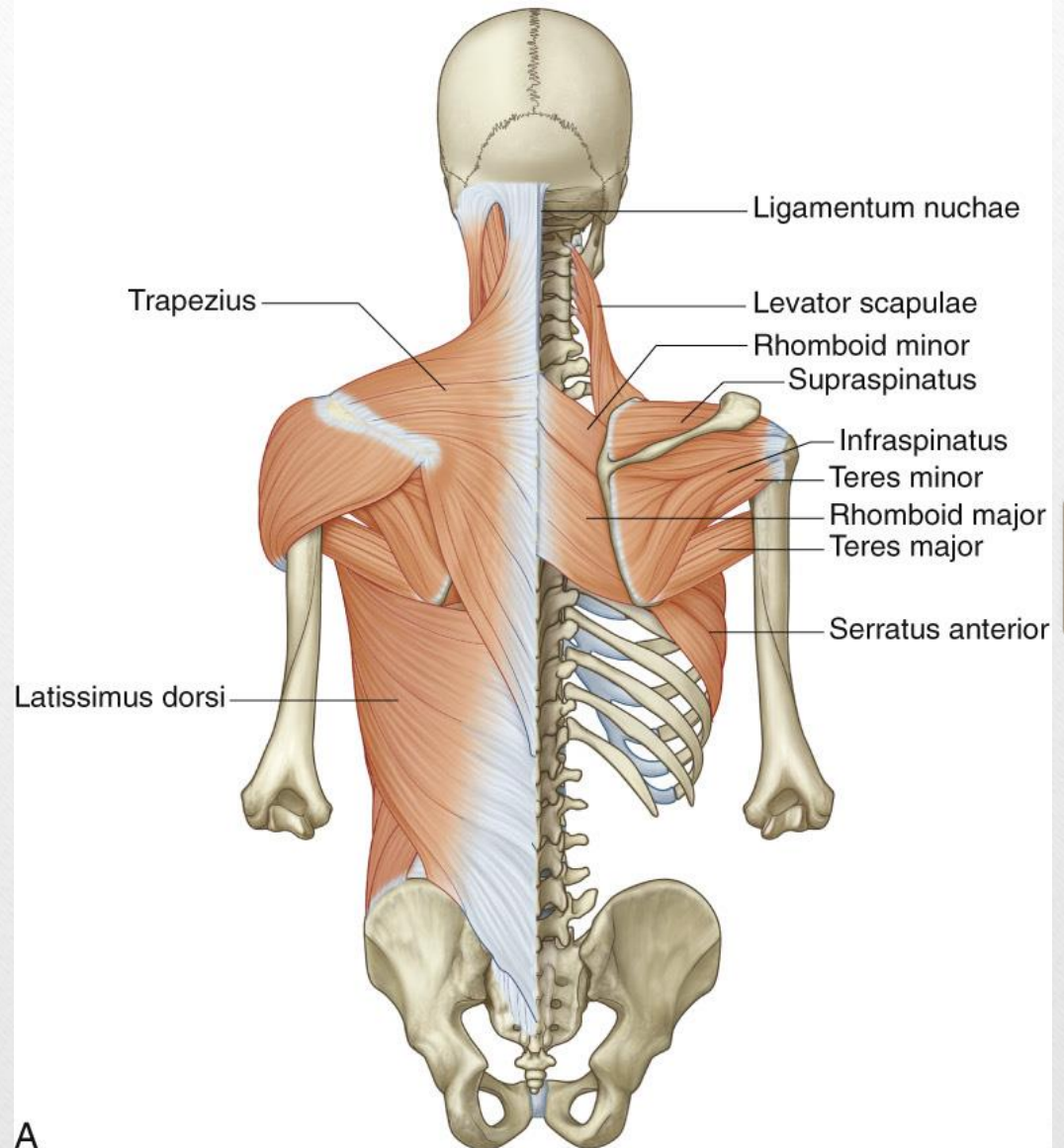
Affect trunk movements

Play a role in maintaining proper spinal curve

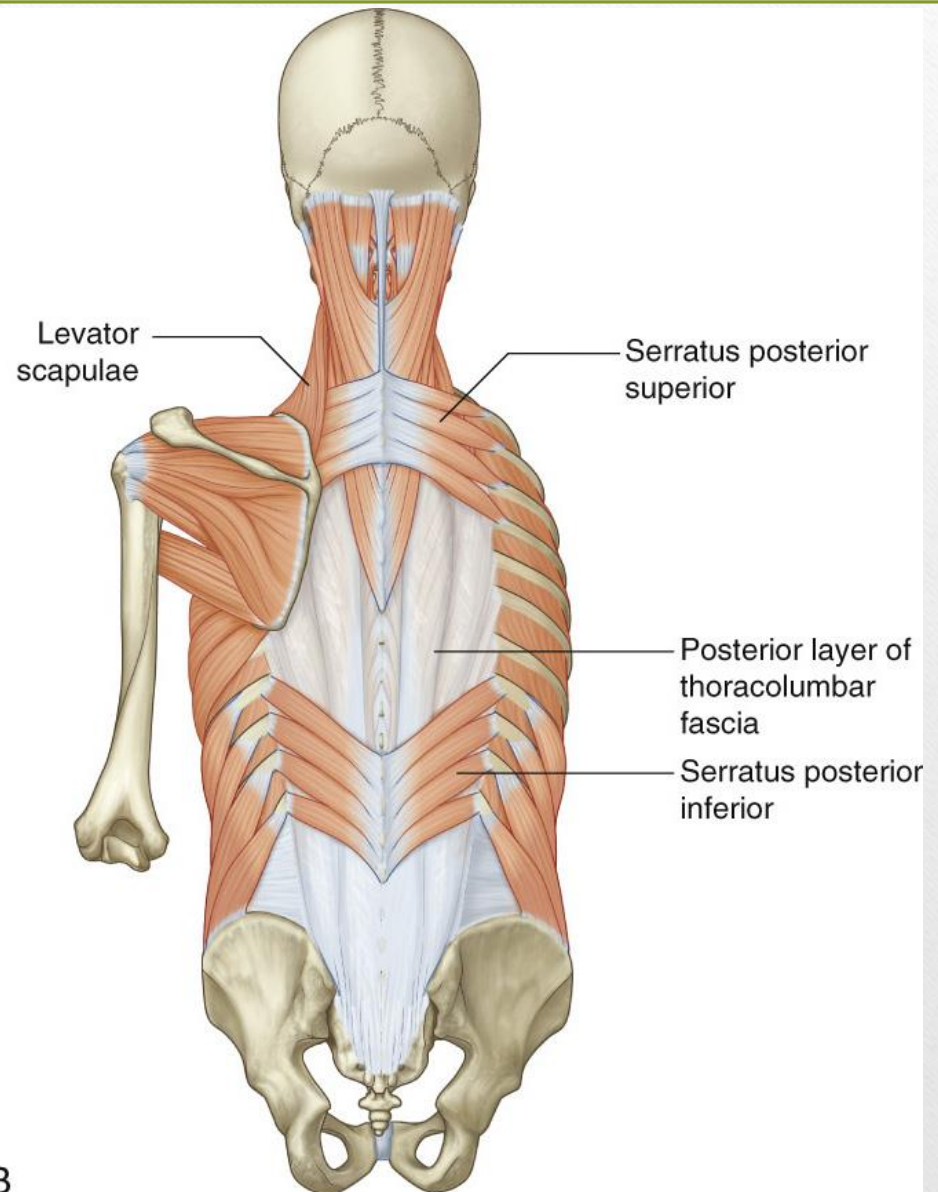
Complex column extending from sacrum to skull

In these areas, massage is most effective when applied with a slow, sustained, broad-based compressive force.

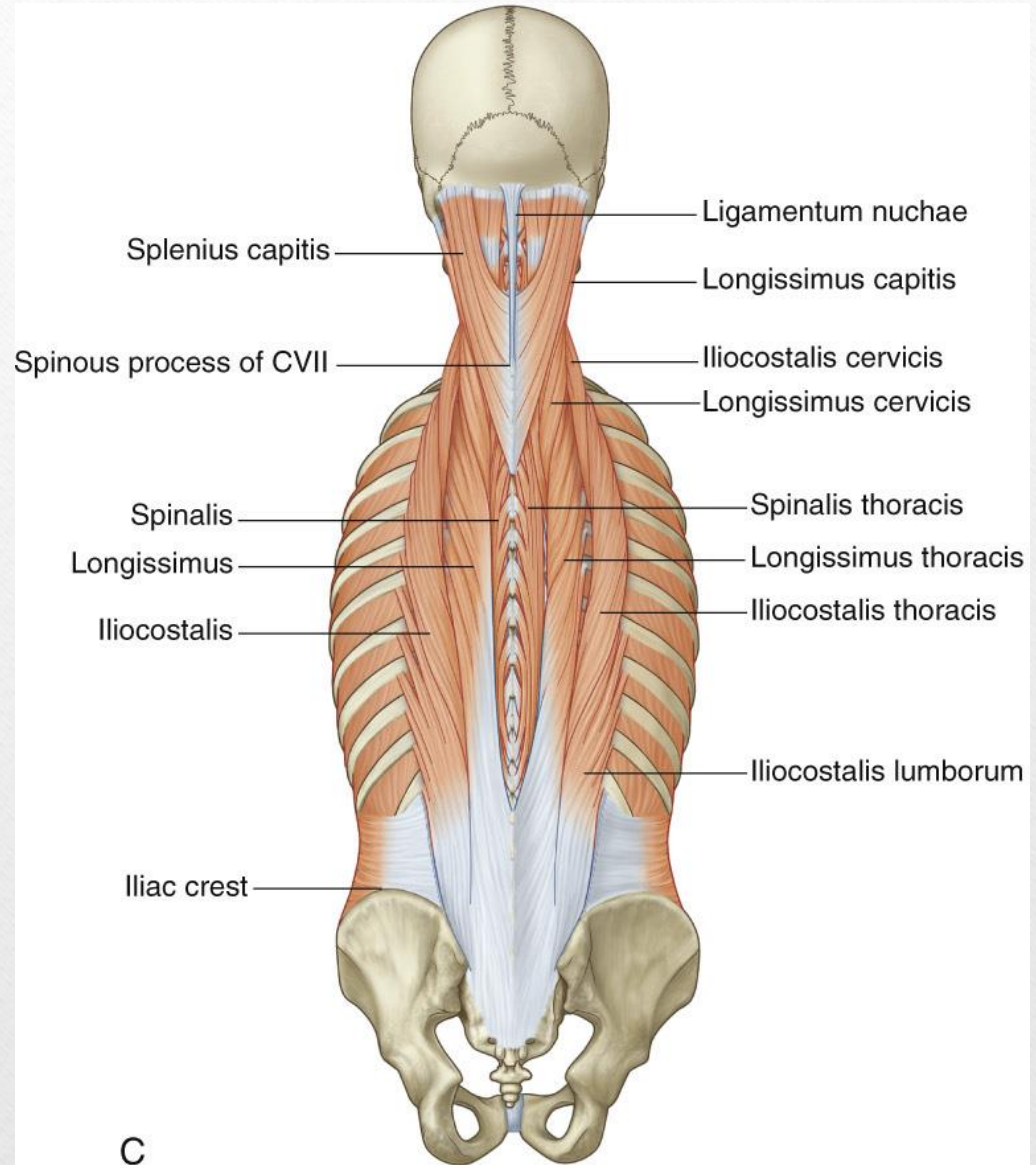
Superficial group of back muscles



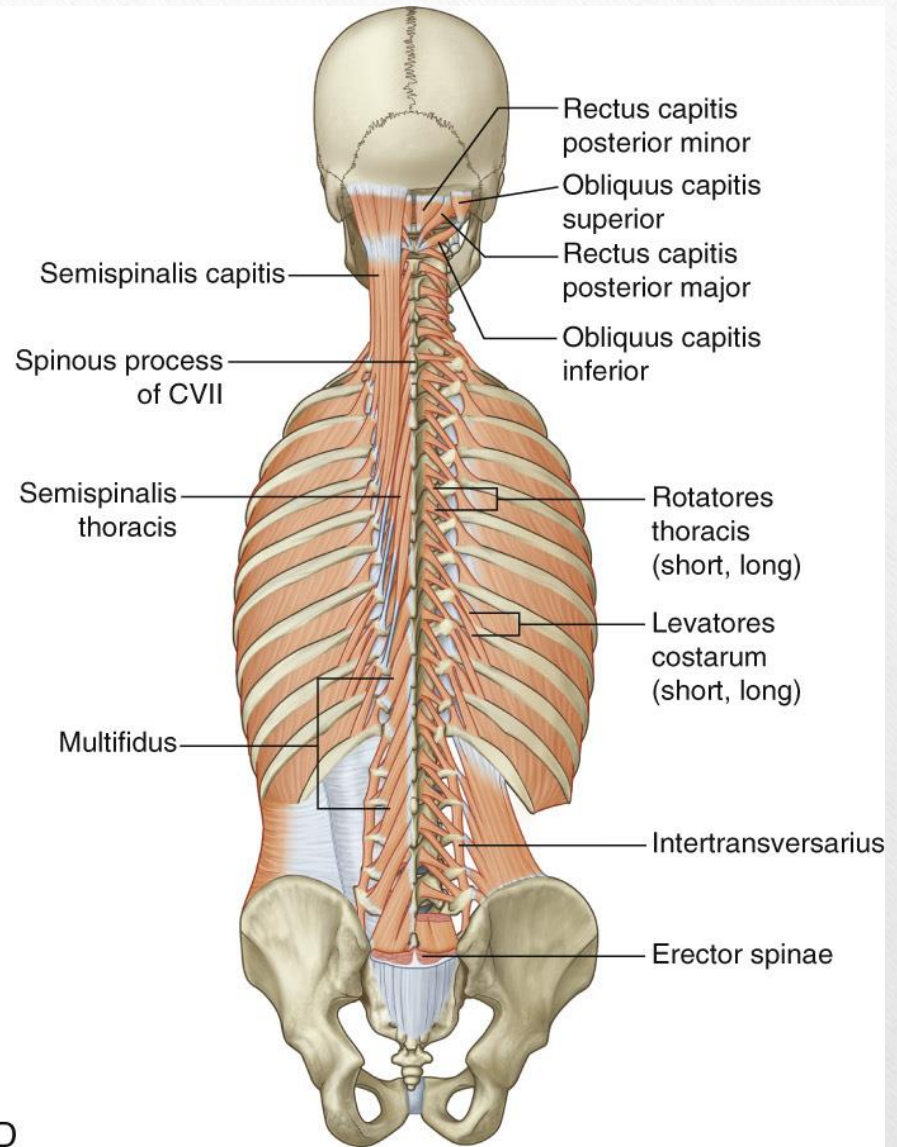
Intermediate group
of back muscles –
serratus posterior
muscles

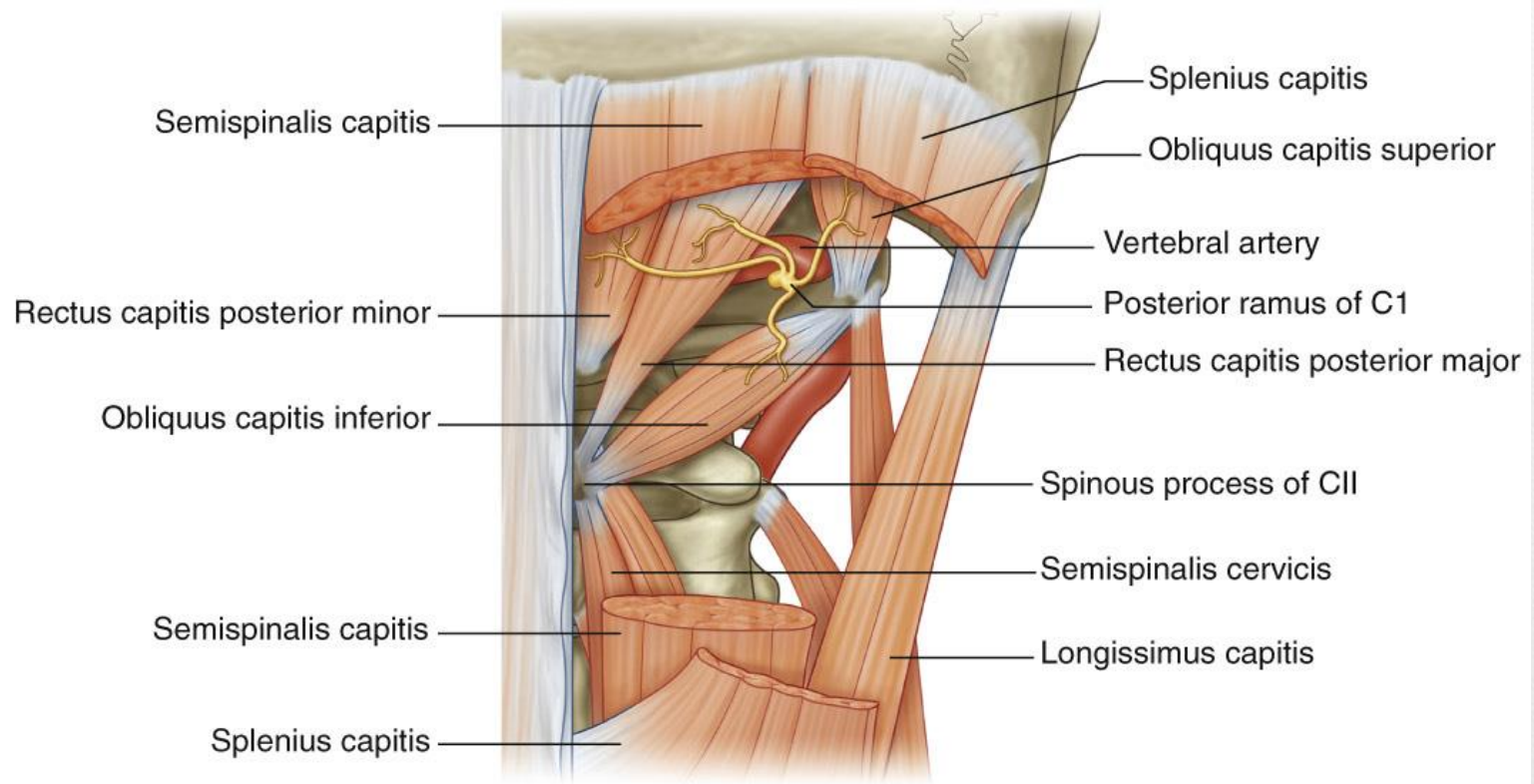


Deep group of
back muscles –
erector spinae
muscles



Deep group of back muscles – transversospinales and segmental muscles and suboccipital muscles





Semispinalis capitis

Rectus capitis posterior minor

Obliquus capitis inferior

Semispinalis capitis

Splenius capitis

Splenius capitis

Obliquus capitis superior

Vertebral artery

Posterior ramus of C1

Rectus capitis posterior major

Spinous process of CII

Semispinalis cervicis

Longissimus capitis

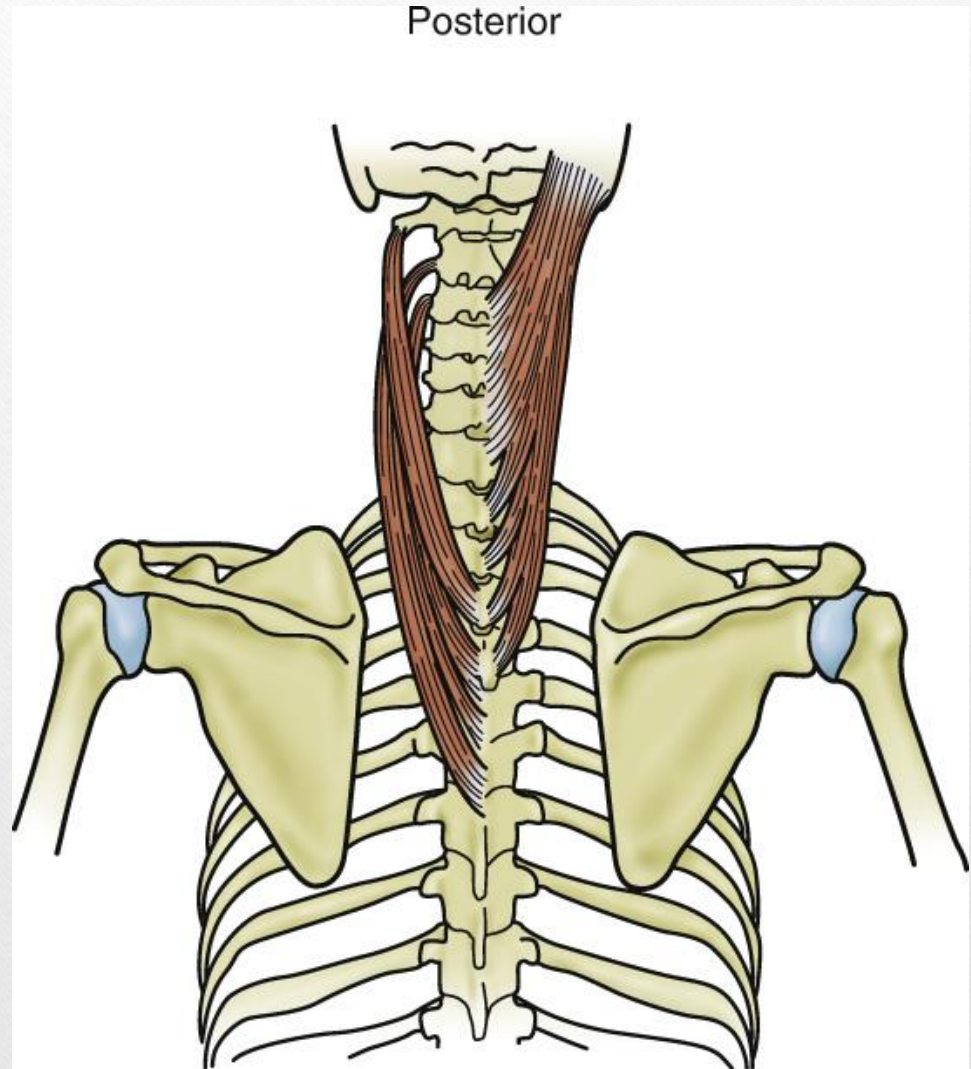
E

Deep Posterior Cervical Muscles

Splenius capitis
and splenius
cervicis

*What is the referred
pain pattern of the
splenius capitis and
splenius cervicis?*

*To the top of the
skull, the eye, and the
shoulder.*

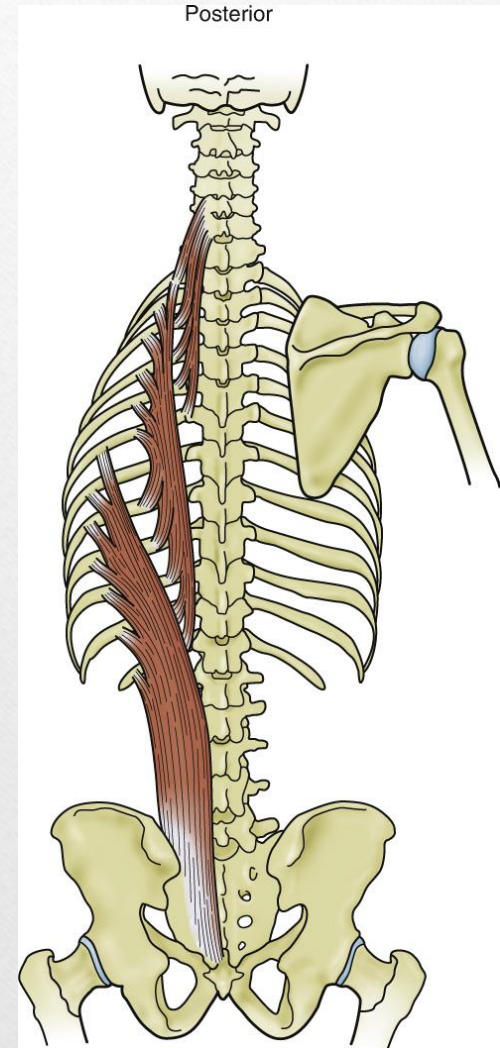


Vertical Muscles Erector Spinae Group I

Iliocostalis lumborum,
iliocostalis thoracis, and
iliocostalis cervicis

*What is the isometric function of the
iliocostalis lumborum, iliocostalis thoracis,
and iliocostalis cervicis?*

These muscles stabilize the spine and pelvis.

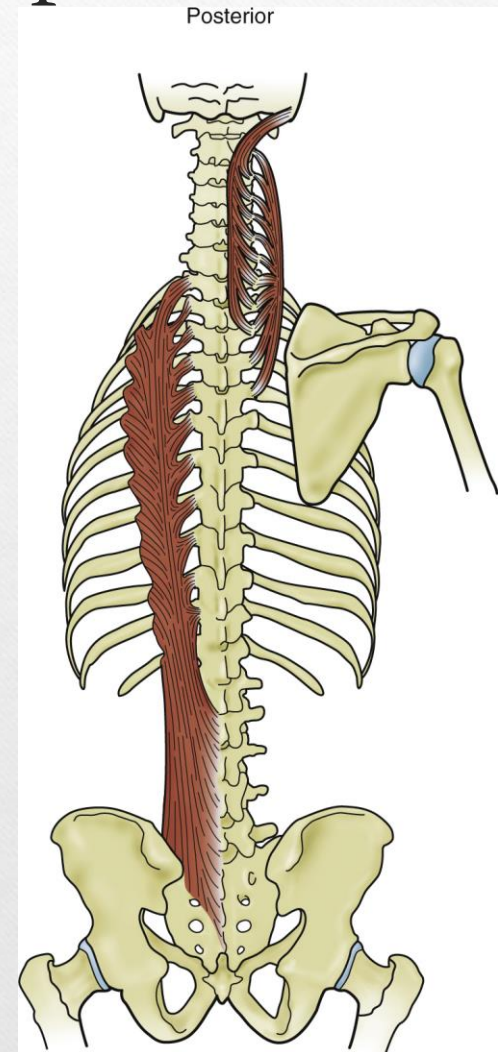


Vertical Muscles Erector Spinae Group

II

Longissimus thoracis, longissimus cervicis, and longissimus capitis

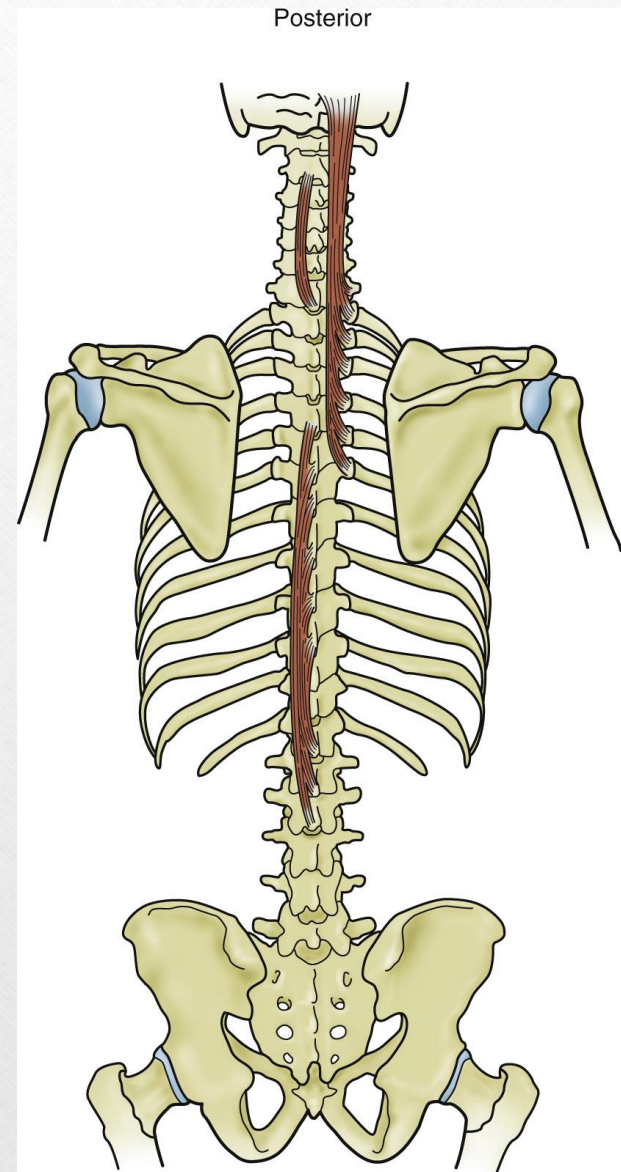
Longissimus means “the longest”; the muscles pictured on the left relate to the thorax, neck, and head, respectively.



Spinalis thoracis,
spinalis cervicis, and
spinalis capitis

*What are the referred pain
patterns of the spinalis thoracis,
spinalis cervicis, and spinalis
capitis?*

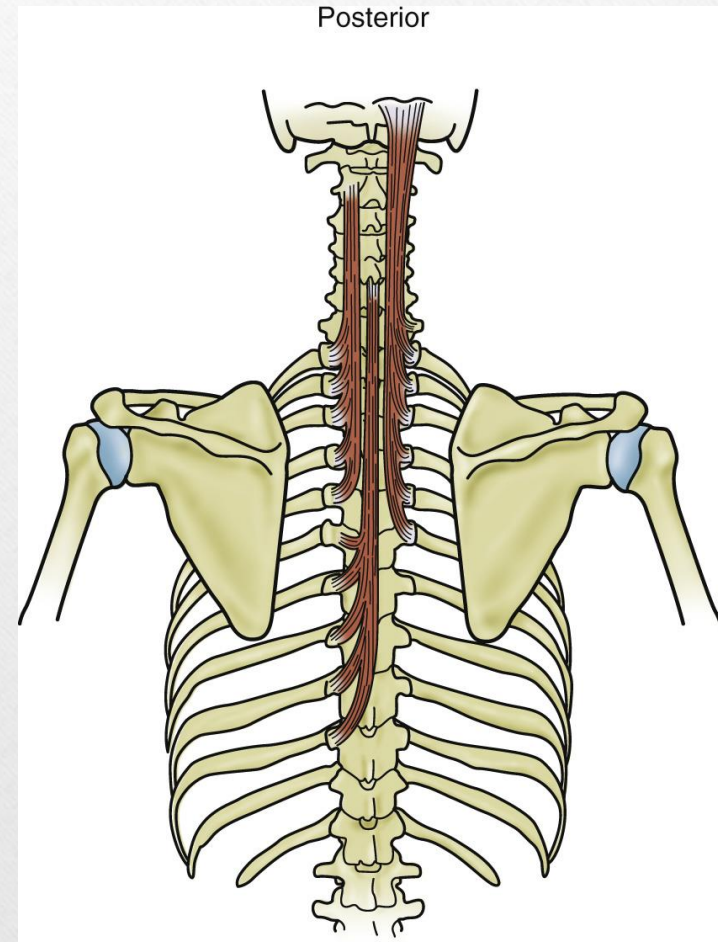
*The scapular, lumbar,
abdominal, and gluteal areas.*



Oblique Muscles

Transversospinales Group I

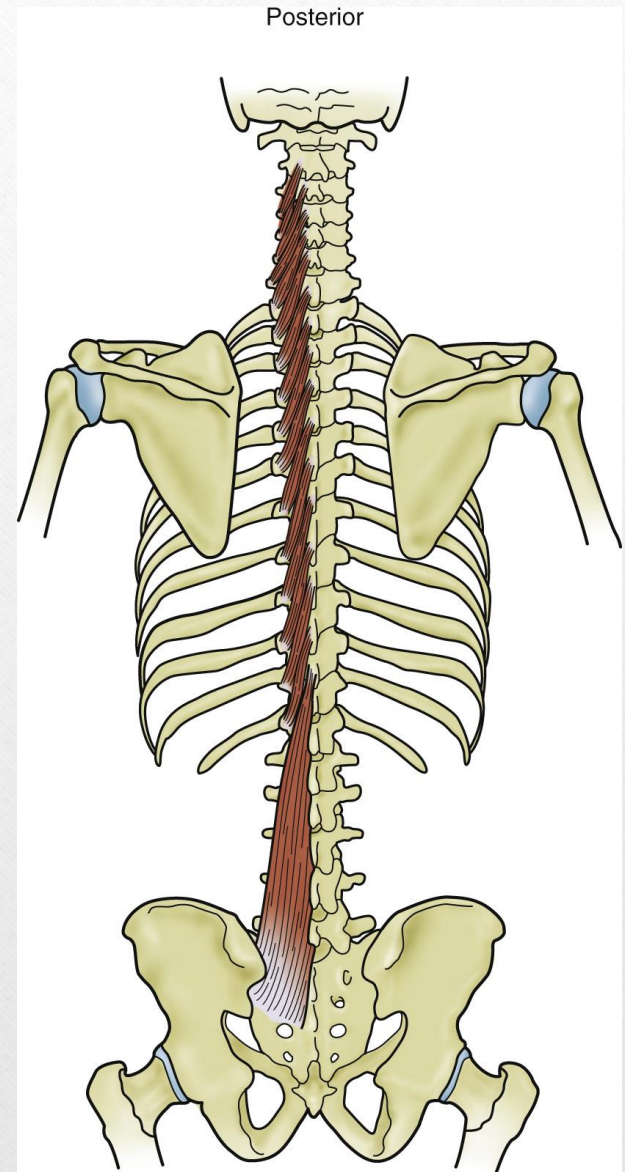
Semispinalis thoracis,
semispinalis cervicis,
and semispinalis capitis



Multifidus

What does multifidus mean?

Many split parts.



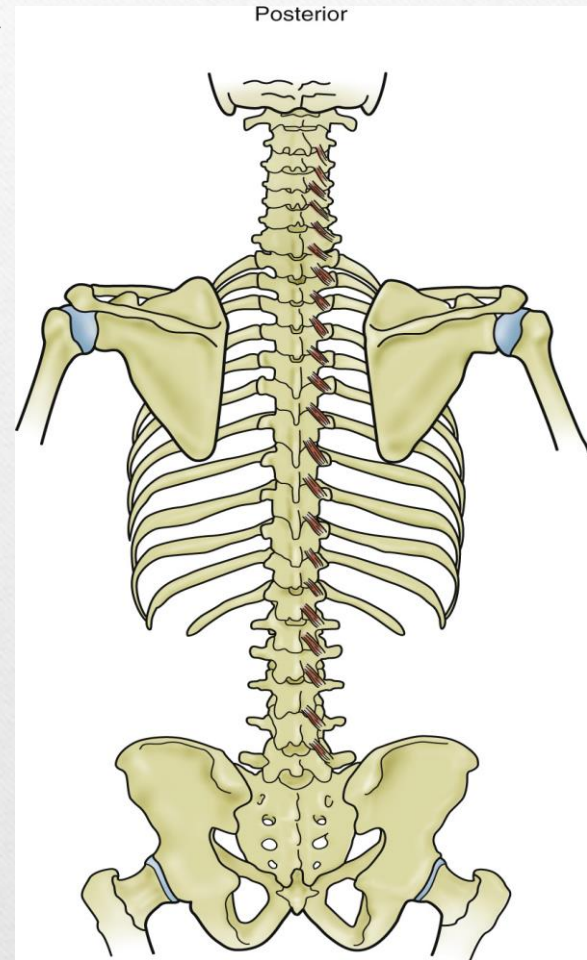
What is the eccentric function of the semispinalis thoracis, semispinalis cervicis, and semispinalis capitis?

These muscles engage in flexion and contralateral lateral flexion of the trunk, neck, and head.

Oblique Muscles Transversospinales Group II

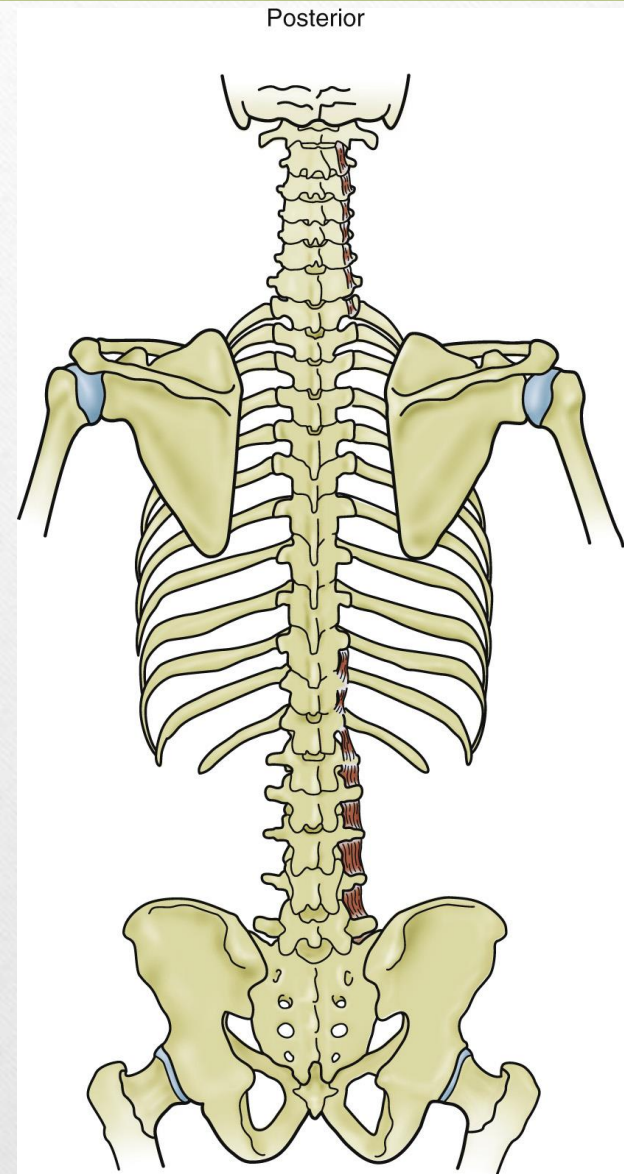
Rotatores

The referred pain area of the rotatores is local.



Intertransversarii lumborum,
intertransversarii thoracis,
and intertransversarii cervicis

*These muscles allow
lateral flexion of the
trunk and neck at the
spinal joints.*

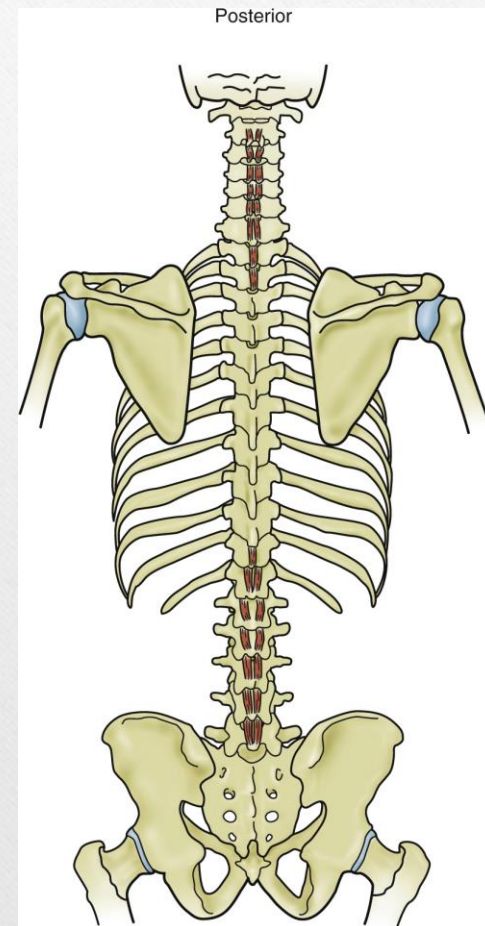


Oblique Muscles

Transversospinales Group III

Interspinalis
lumborum,
interspinalis
thoracis, and
interspinalis
cervicis

Interspinalis means between or among the parts of the spine.

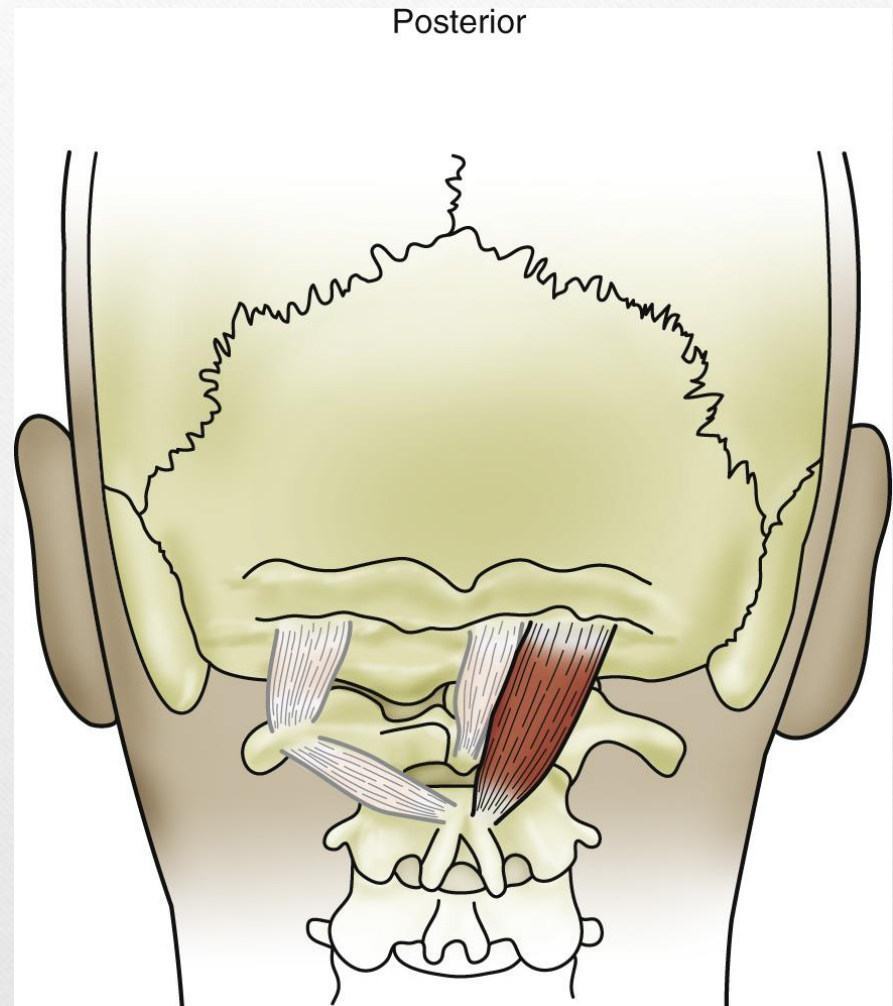


Suboccipital Muscles I

Rectus capitis
posterior major

*What is the referred pain
pattern of the rectus capitis
posterior major?*

*Around the ear on the same-
side, sensation of compressed
junction of skull and neck,
and bandlike headache.*

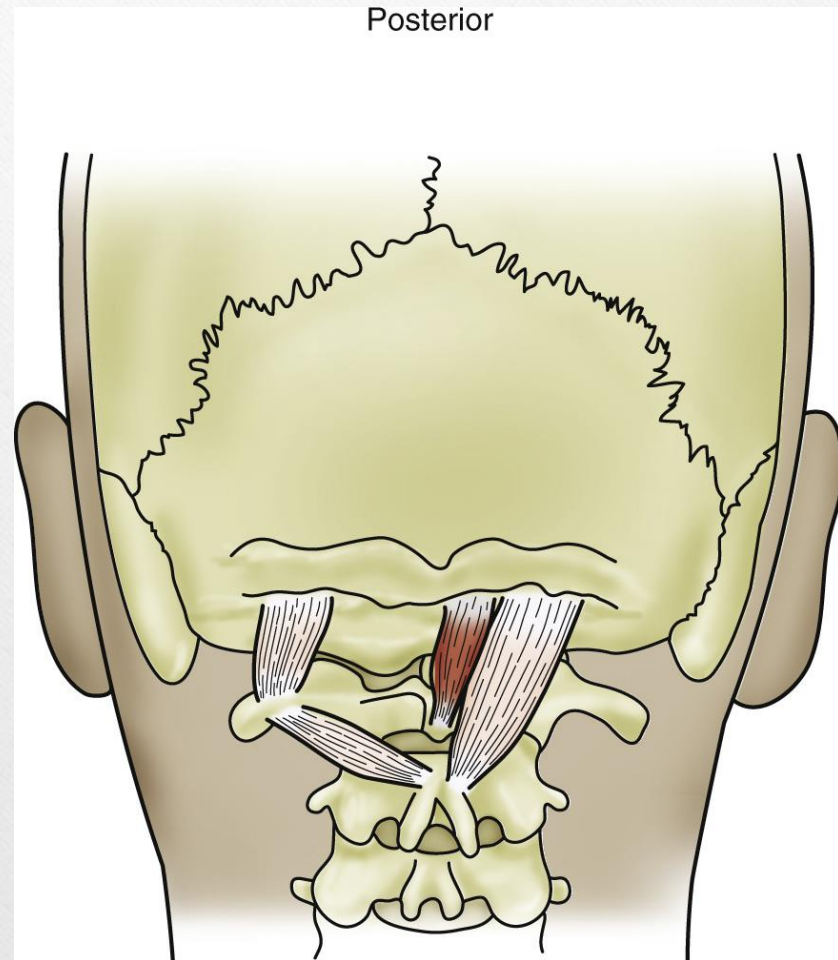


Suboccipital Muscles II

Rectus capitis posterior
minor

*What is the eccentric function
of the rectus capitis posterior
minor?*

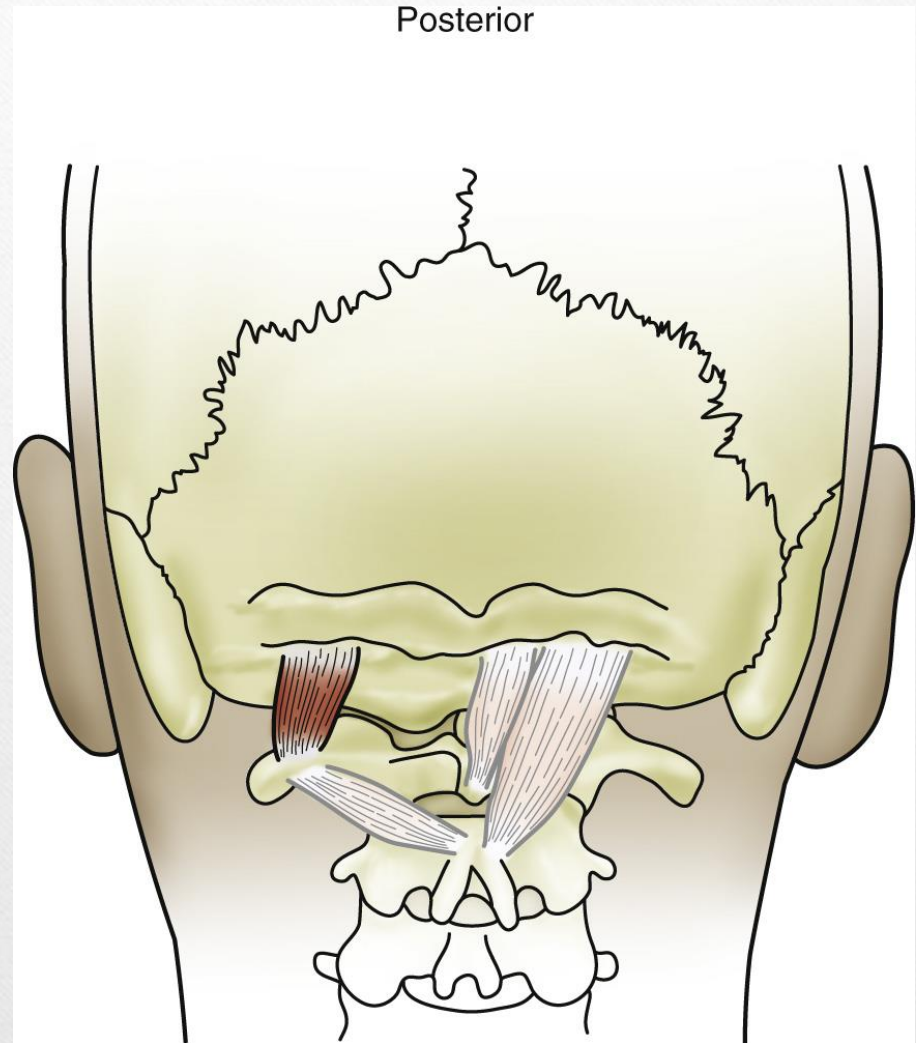
*It restrains flexion of the
head.*



Obliquus capitis superior

What does obliquus mean?

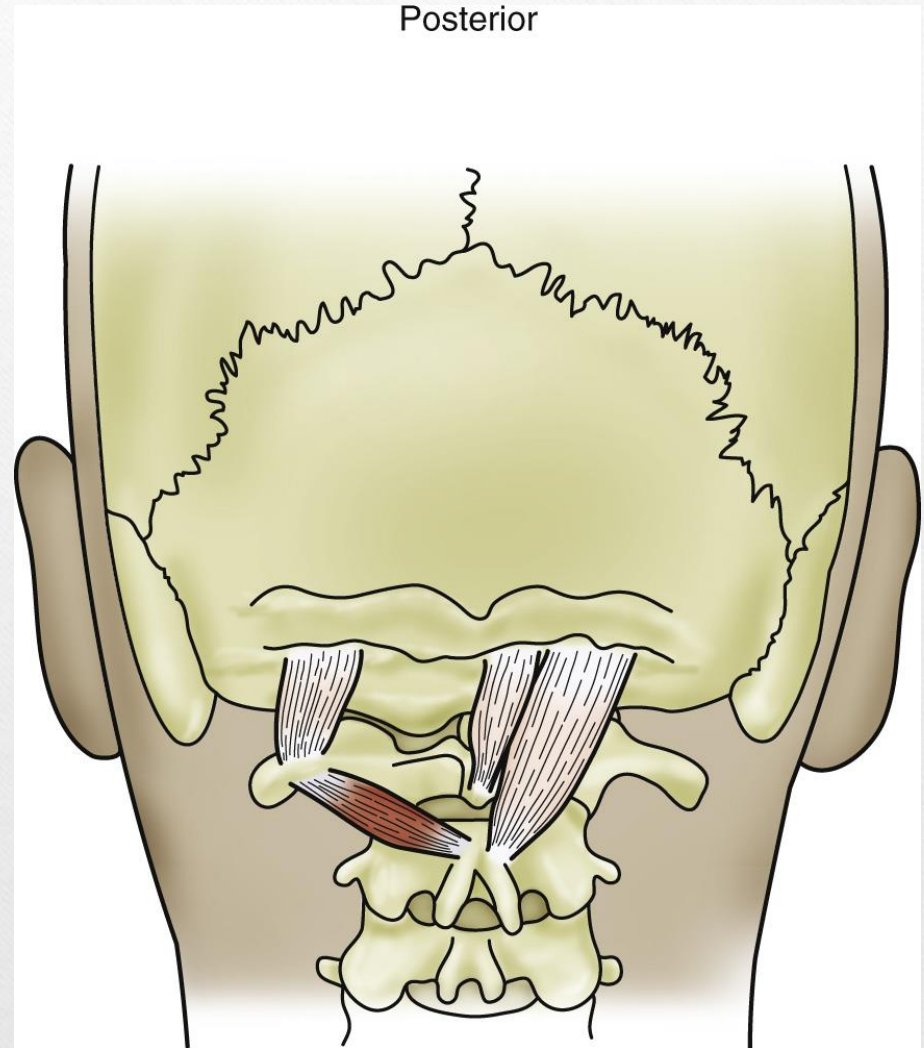
Slanting.



Suboccipital Muscles III

Obliquus capitis inferior

In its isometric function, the obliquus capitis inferior stabilizes the upper cervical spine.



To Test

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Once you have successfully passed the test (70% correct), please email Kim Jackson at kim_hotschool@yahoo.com. We will email you your CE certificate within 7 business days.