

Muscles of the Neck

Move the neck at cervical spinal joints

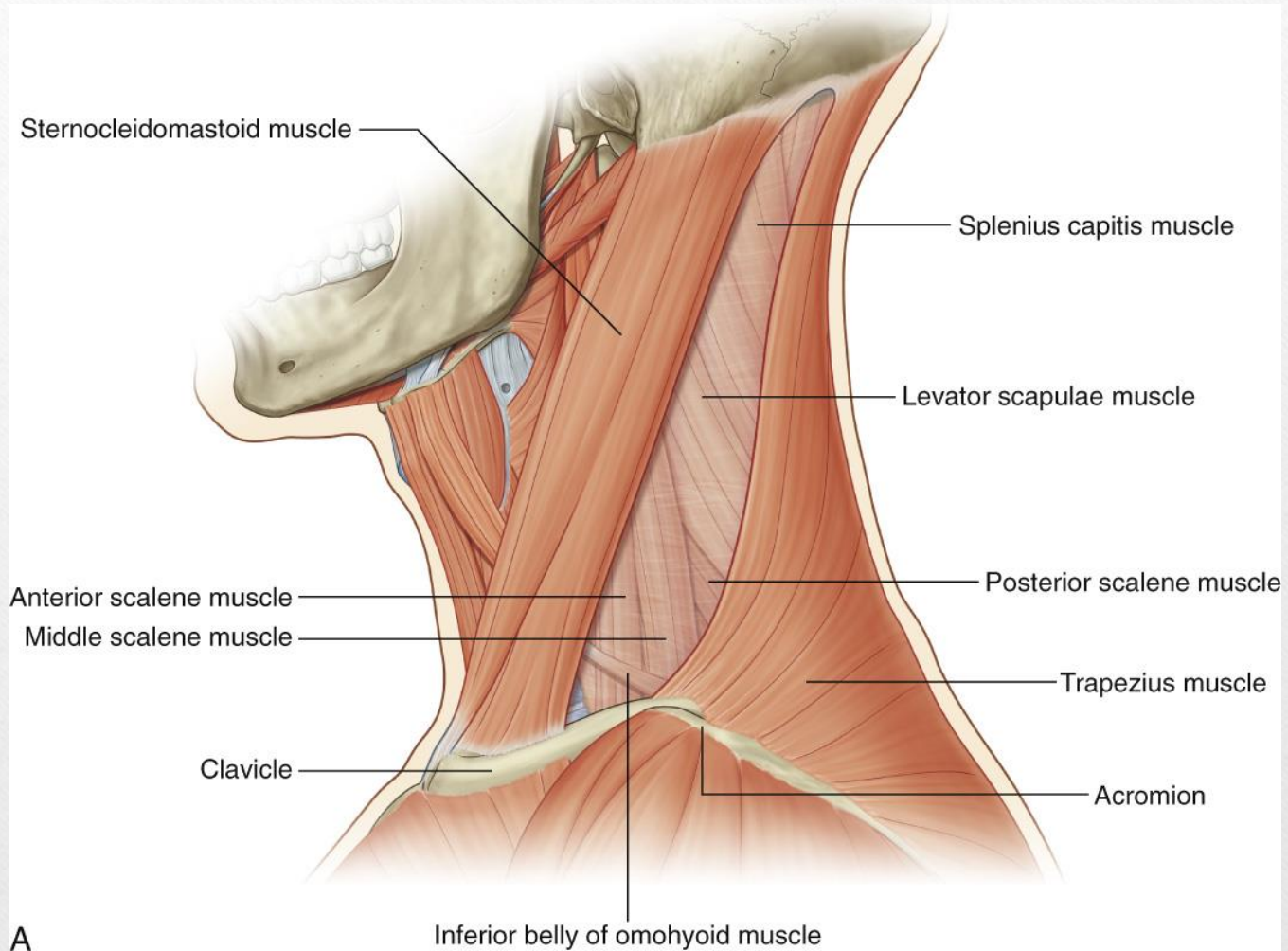
Assist in swallowing

Provide extension of the neck

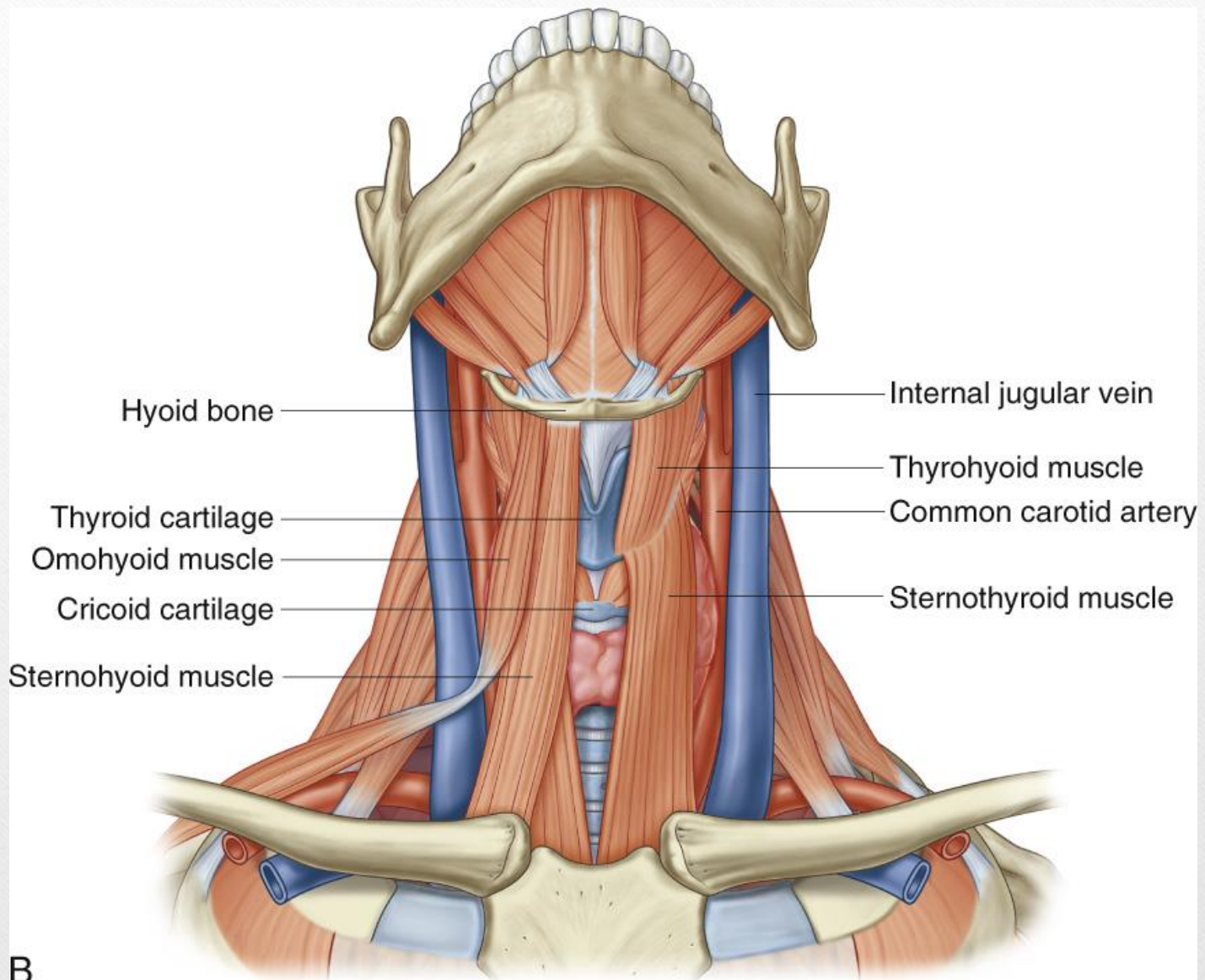
Tension and imbalance are major causes of headaches and arm and shoulder pain.

The muscles of the neck often act in sequence with trunk flexors and extensors. Neck muscle problems can therefore occur with low back pain, as well as hamstring and quadricep dysfunction.

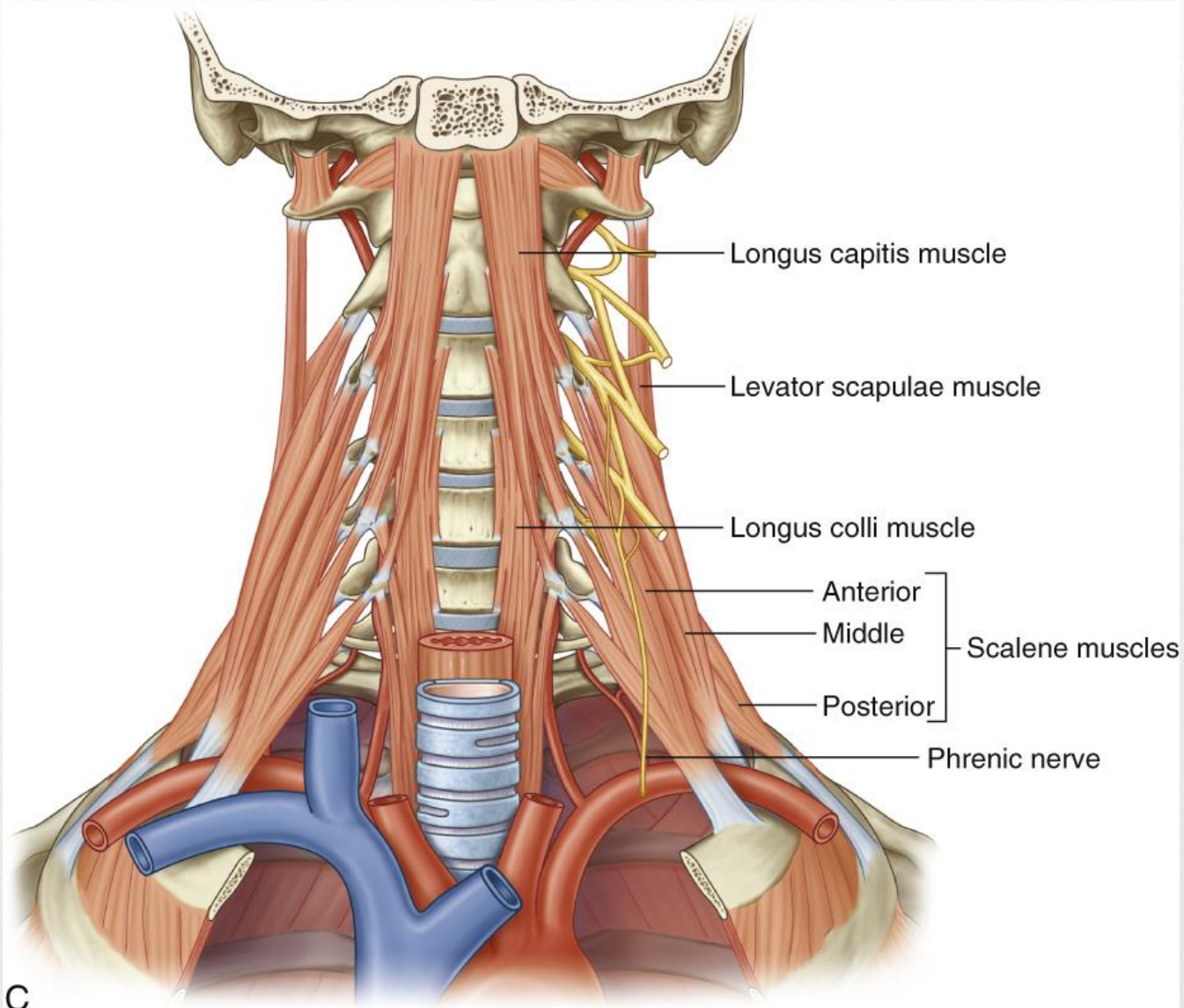
Muscles of the Neck I



A



B



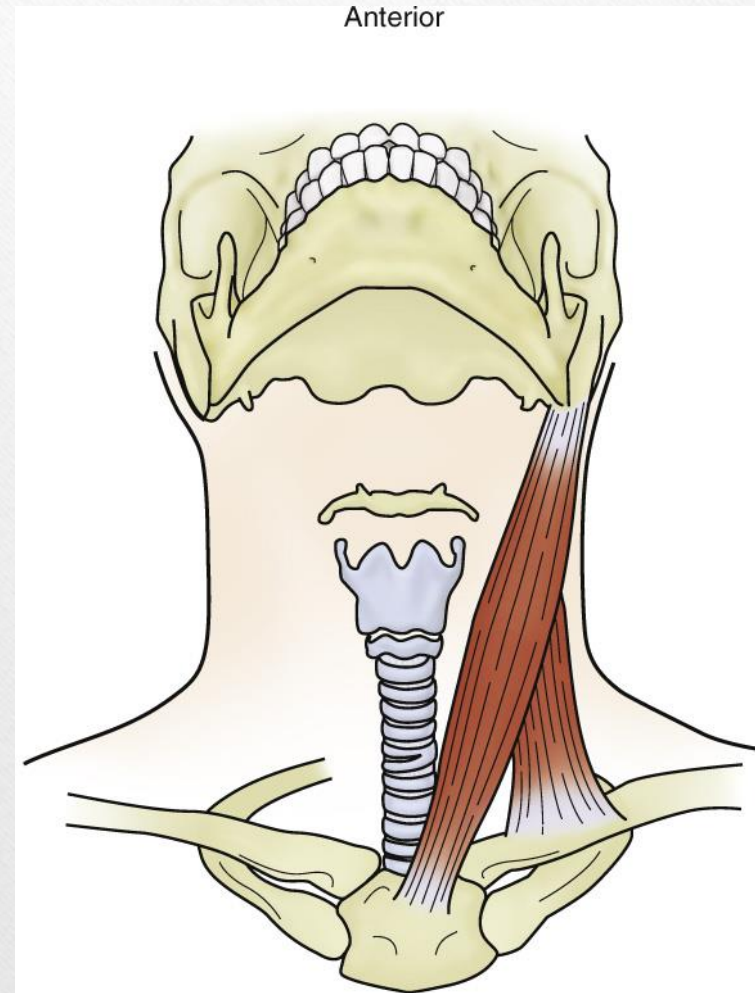
Many of these muscles attach to the upper ribs; they function as accessory breathing muscles.

Muscles of the Neck II

Sternocleidomastoid

What is the referred pain pattern for the sternocleidomastoid?

The head and face, particularly the occipital region, ear, and forehead.

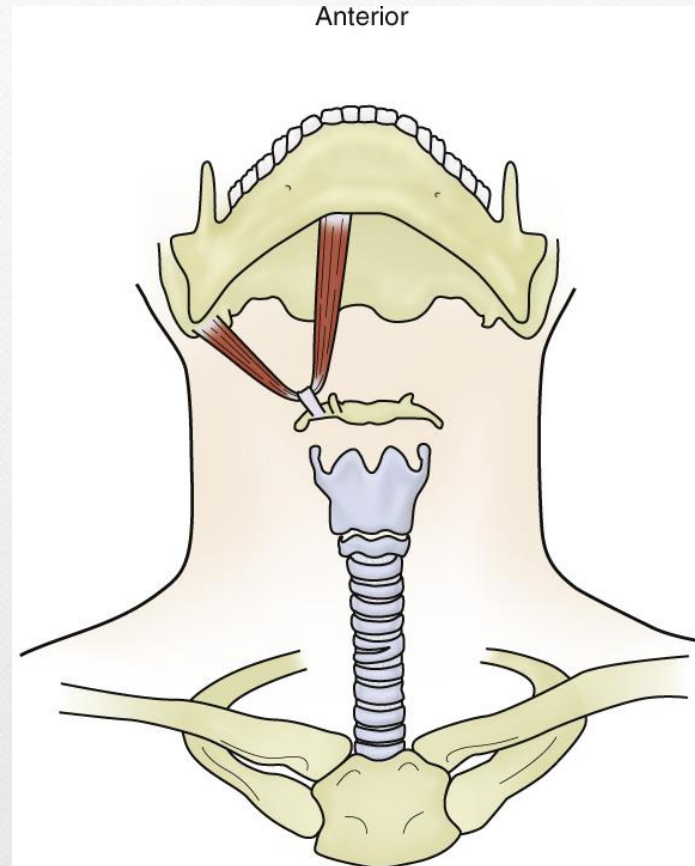


Suprahyoid Muscles I

Digastric

What does the digastric do?

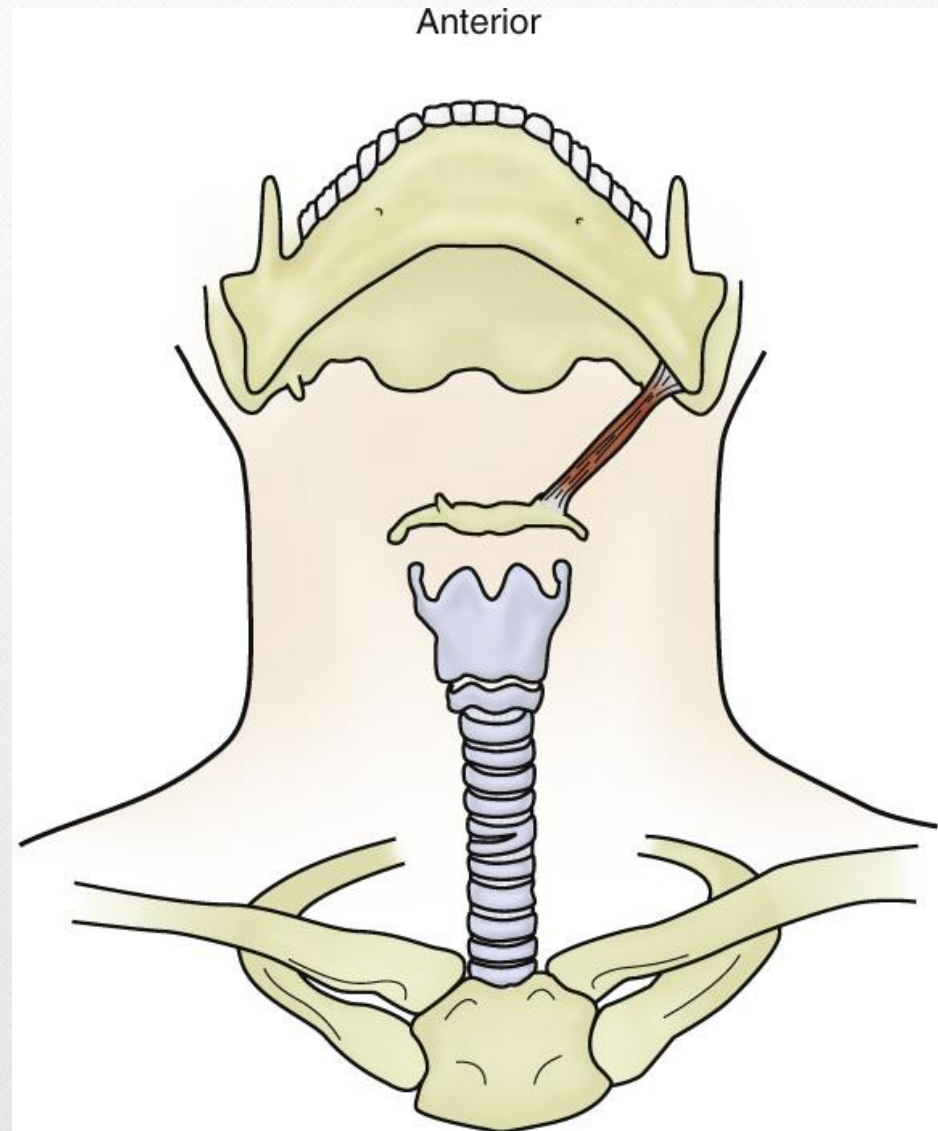
*It elevates the hyoid and
depresses the mandible at the
TMJ.*



Stylohyoid

What does stylohyoid mean?

Pen and U-shaped.

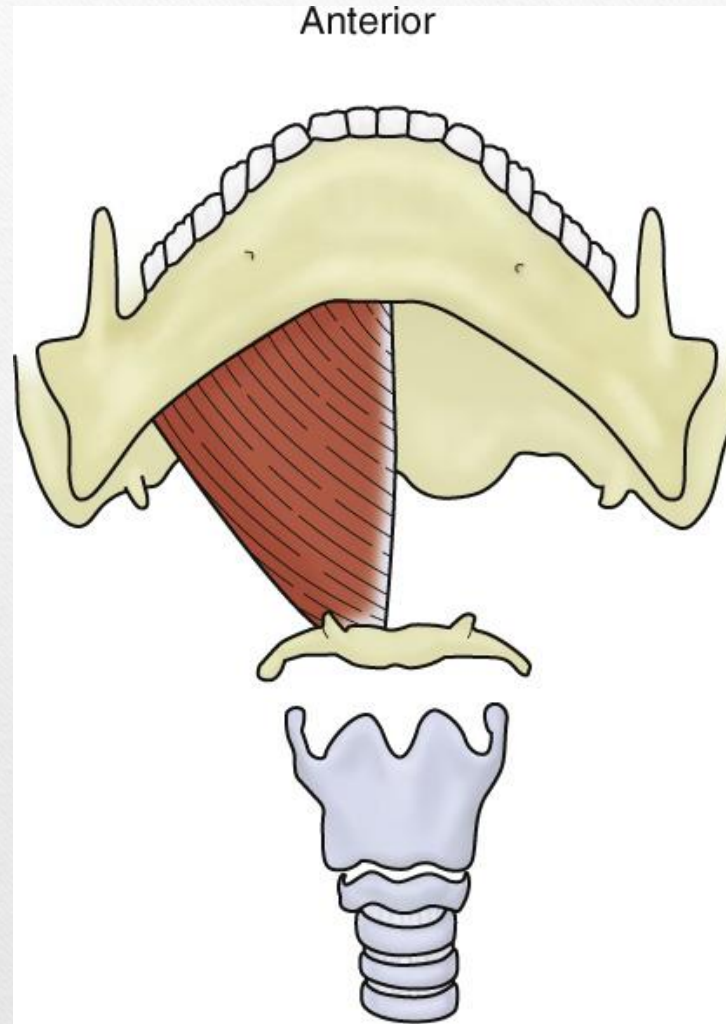


Suprahyoid Muscles II

Mylohyoid

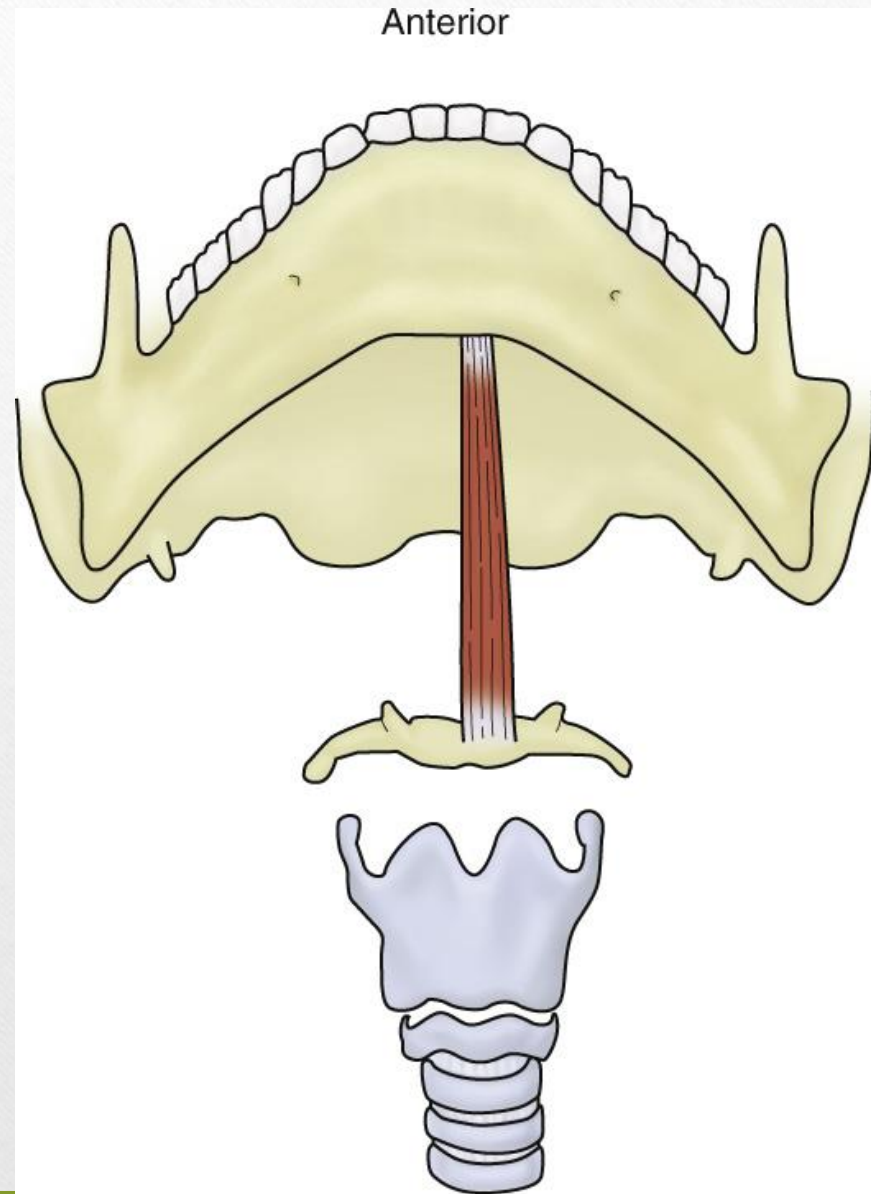
What is the mylohyoid's primary concentric function?

It elevates the hyoid and depresses the mandible (important during the first stage of swallowing).



Geniohyoid

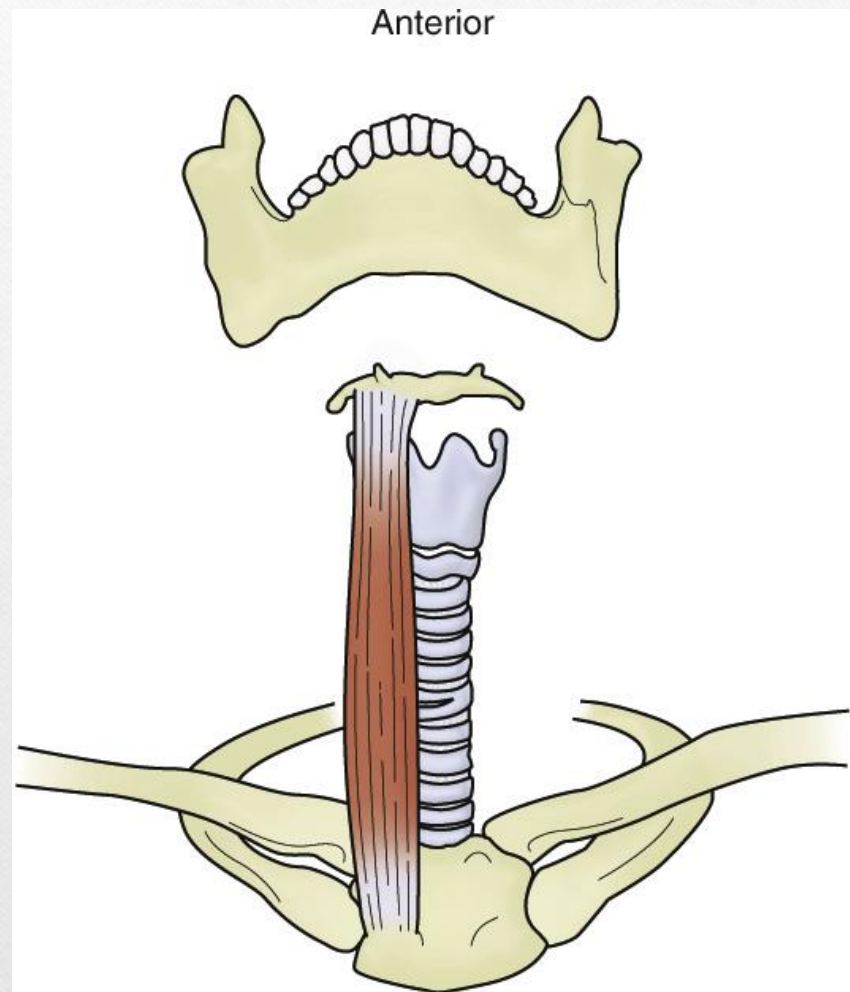
The geniohyoid elevates the hyoid and depresses the mandible at the TMJ.



Infrahyoid Muscles I

Sternohyoid

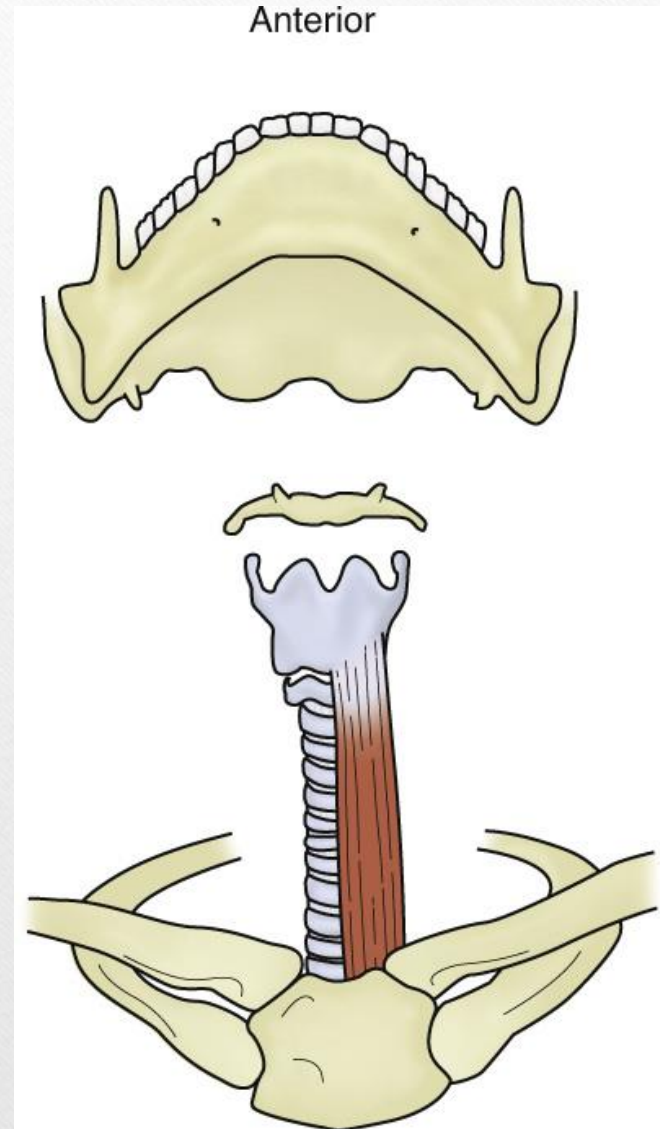
The sternohyoid plays a part in speech and mastication.



Sternothyroid

What is the concentric function of the sternothyroid?

It depresses the thyroid cartilage.

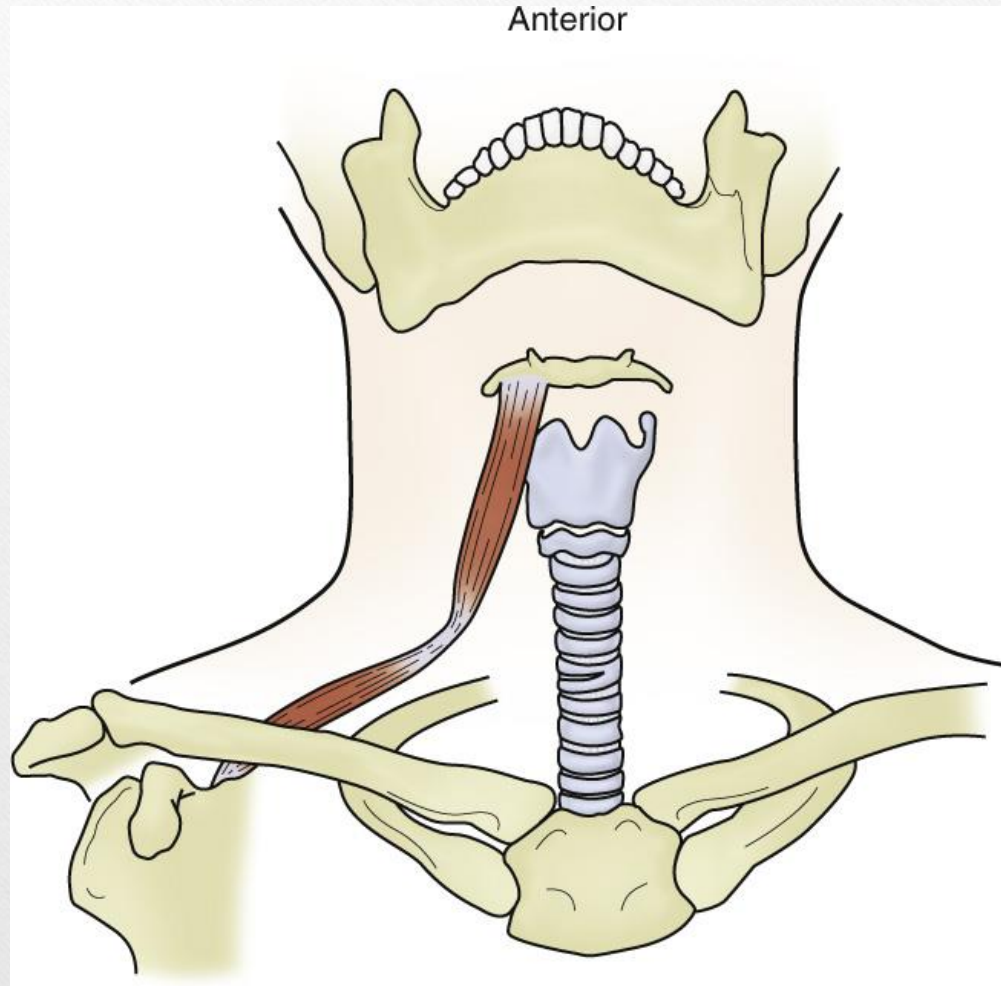


Infrahyoid Muscles II

Omohyoid

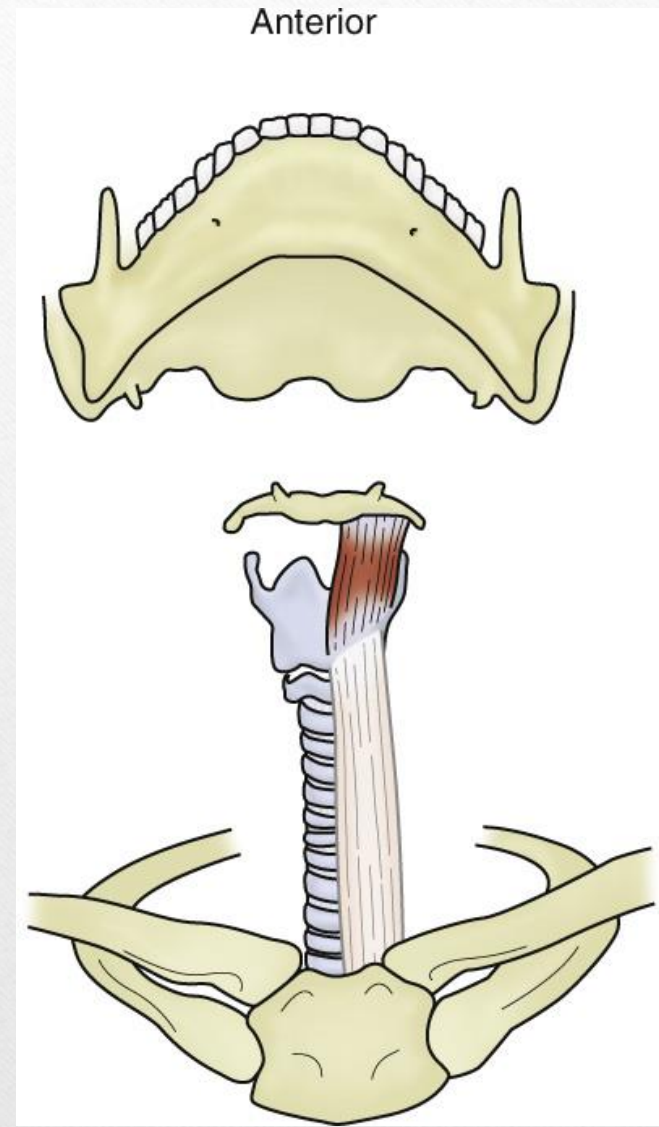
*What does
omohyoid mean?*

*Shoulder and
U-shaped.*



Thyrohyoid

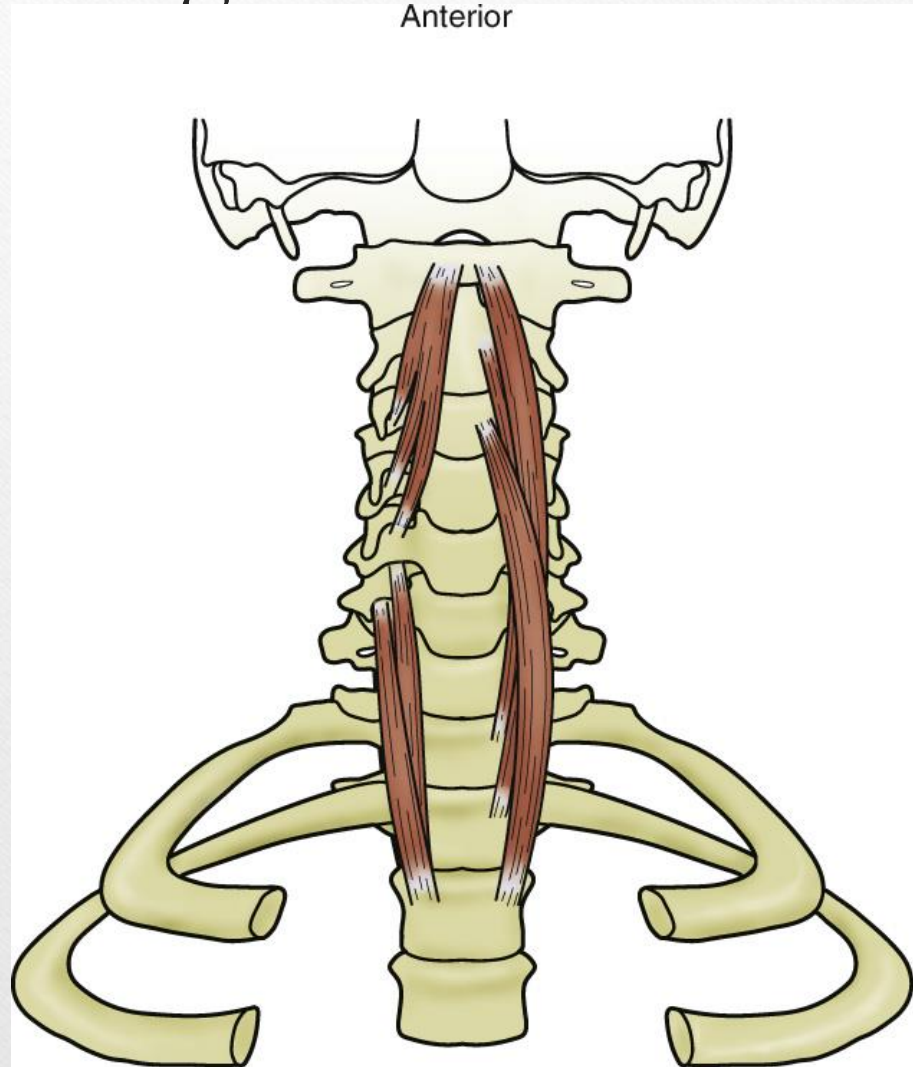
The thyrohyoid depresses the hyoid and elevates the thyroid cartilage.



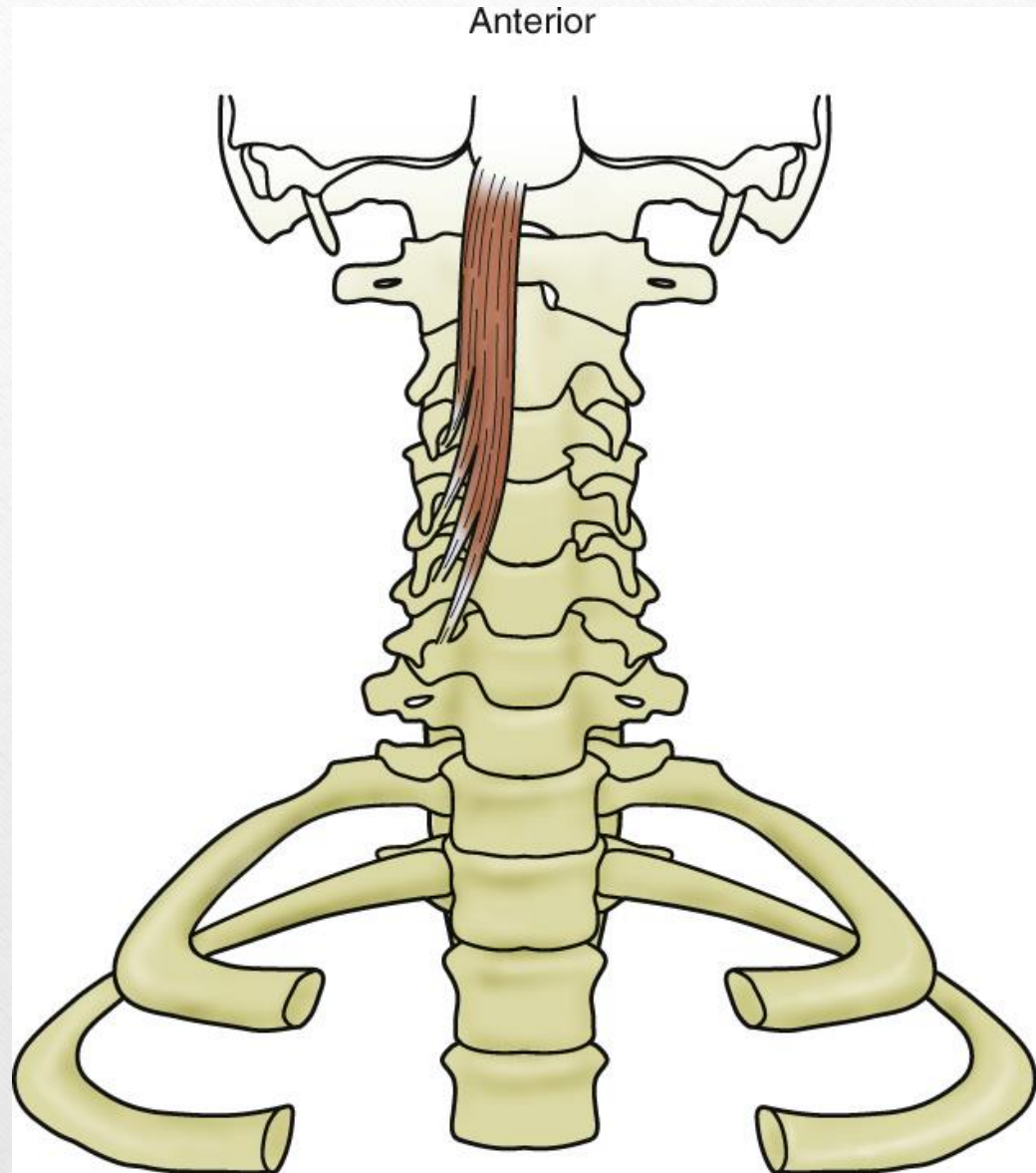
Posterior Triangle of the Neck

Longus colli

The longus colli and longus capitis are important muscles to consider in whiplash injuries.

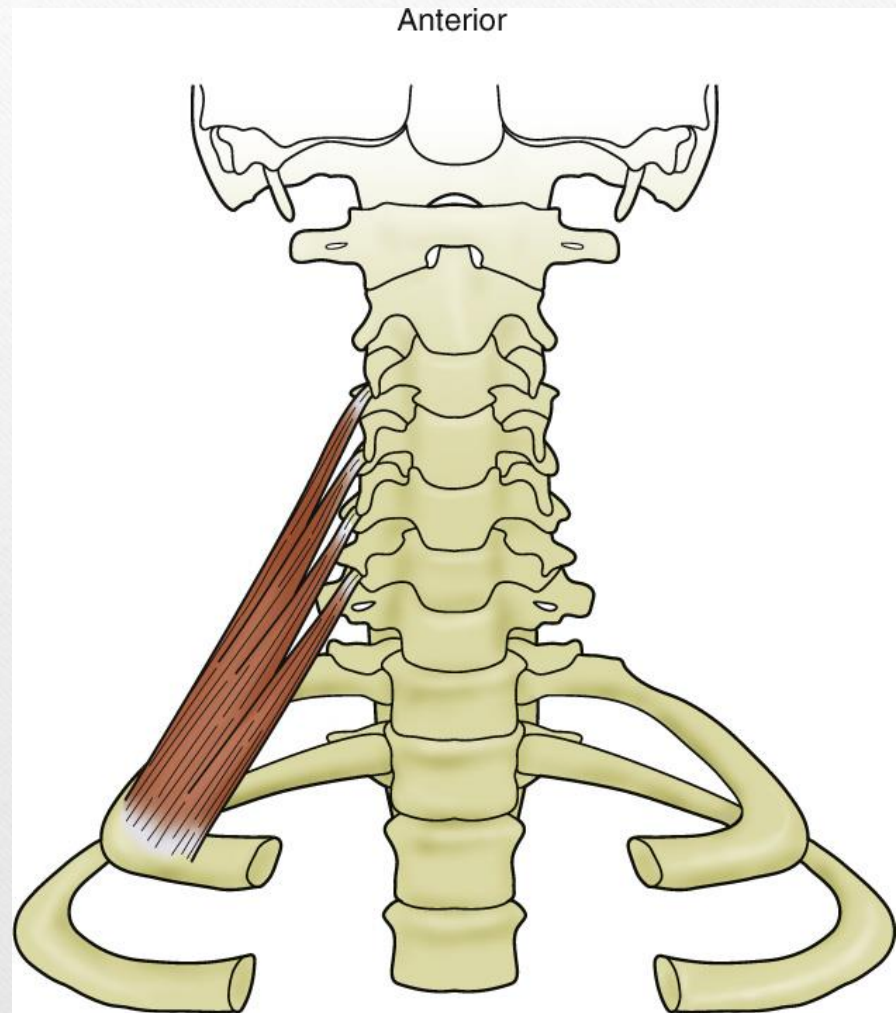


Longus capitis



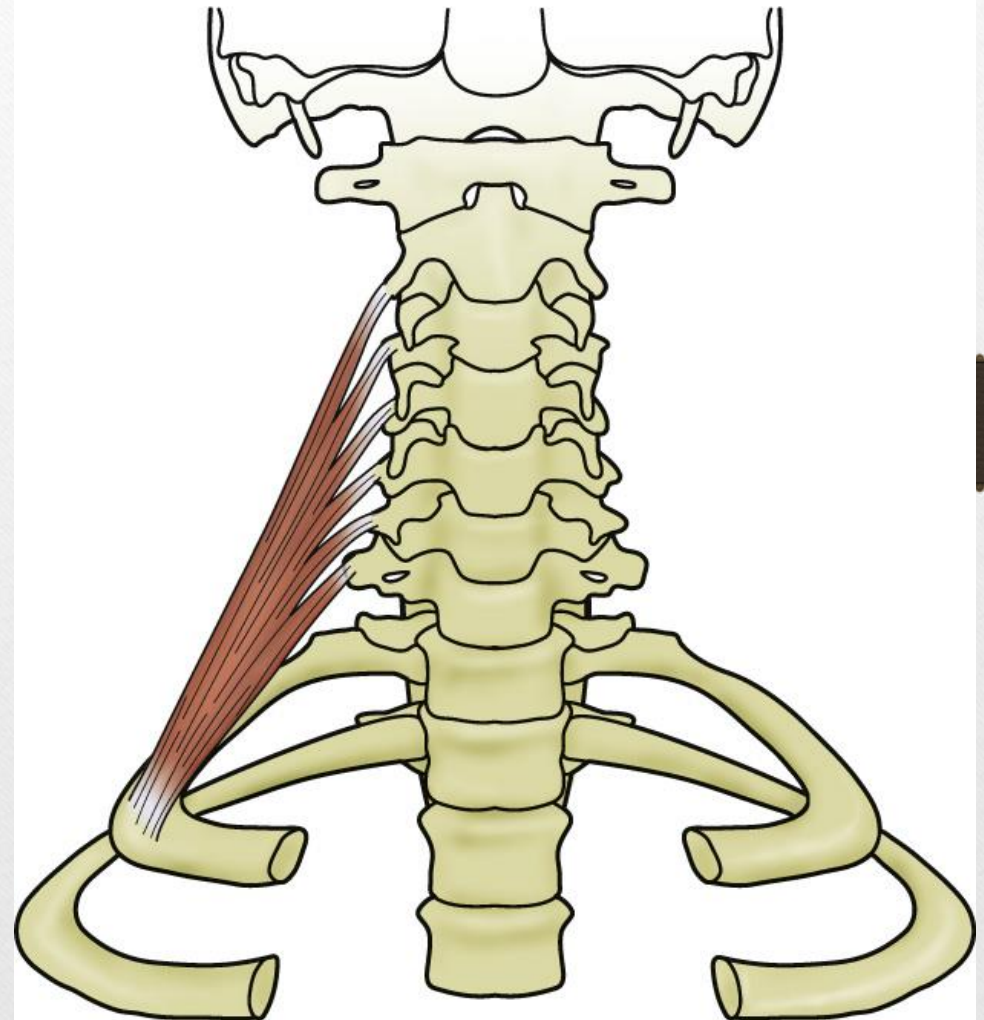
Scalene Group I

Scalenus anterior



Scalenus medius

Anterior



What is the referred pain pattern of the scalenus anterior?

The pectoral region, the rhomboid region, and the entire length of the arm into the hand.

What is the concentric function of the scalenus medius?

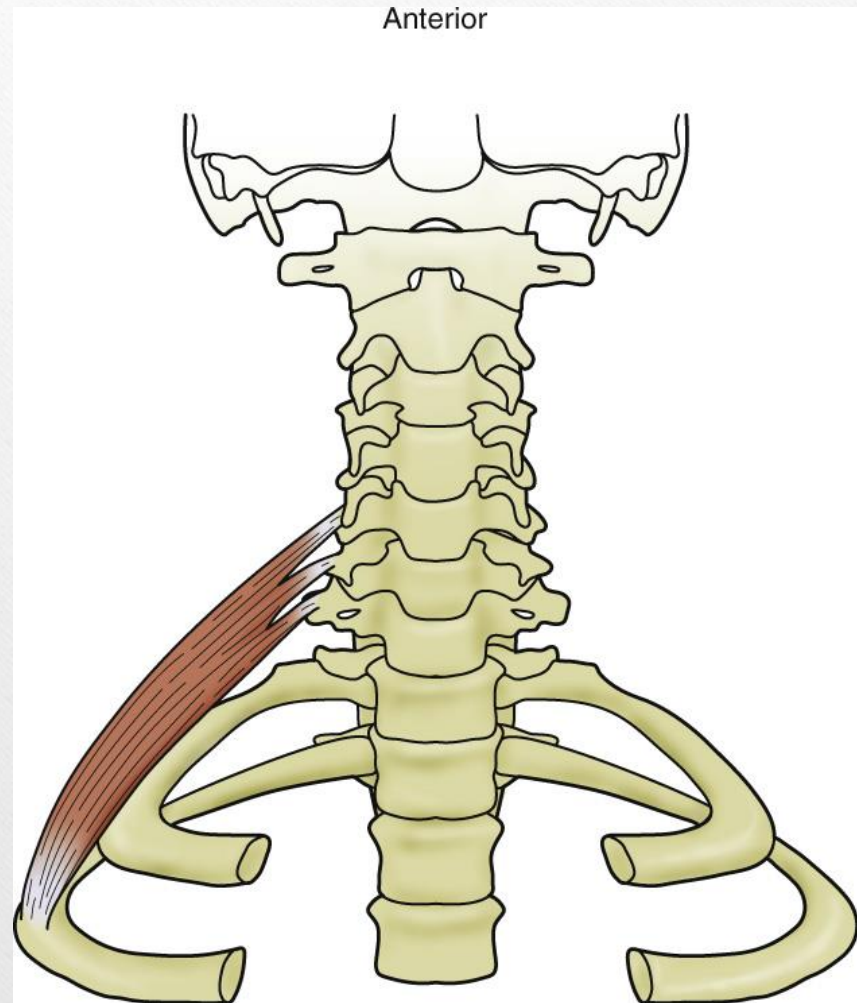
Flexion and lateral flexion of the neck at the spinal joints and elevation of the first rib at the sternocostal and costovertebral joints.

Scalene Group II

Scalenus posterior

What is the isometric function of the scalenus posterior?

It stabilizes the cervical spine.



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