There are **over 600** muscles in your body.

The broad *trapezius* is among the most recognizable of **the whole lot**!

Let's take a look!
The trapezius is named for its **shape**, which resembles a **trapezoid**.

Like this!
Each **trapezius** extends across one half of the back.

Together they cover these regions:

- Posterior part of the neck
- Shoulders
- Upper back

**Factoid:** Muscle imbalances can occur when all three sections of the trapezius are not developed correctly.
The trapezius is part of the **posterior thorax group**.

The other muscles of this group:

- Levator scapulae
- Serratus posterior superior
- Serratus posterior inferior
- Levatores costarum brevis
- Levatores costarum longi
- Rhomboideus major
- Rhomboideus minor
- Quadratus lumborum
Hold it right there!
Quick review.

**Origins and insertions** are where the muscle **attaches** to a structure, either a bone or other tissue.

Muscles tend to have more **mass** at the origin.

The structure that the **origin** is attached to tends to be moved by the **muscle contracting**.

We mark origins in red on the skeleton & use these nifty red pins.

The opposite end of the origin is the **insertion**.

It tends to move while the structure of the origin is **stabilized**.

Insertions are marked in blue on the skeleton & use these cool blue pins.
The trapezius has **multiple** points of origin.

The first is the **occipital bone**.

See how the red paint and pins meet the muscle?
The others are across the **thoracic vertebrae** of the spine.

The muscle attaches to the spinous processes of **T01 - T12**.
The trapezius inserts onto the clavicle and the scapula.

The insertion points on the scapula are the acromion and the scapular spine.
The **cranial nerves** are a group of 12 paired nerves that connect the muscles and organs of the head and body **directly** to the brain.

The trapezius is innervated by the **accessory cranial nerve (CN XI)**.
Here is the trapezius with all the muscles that attach to the scapula or clavicle.

**Factoid:** The muscles in the shoulder region connect bones of the axial to bones of the appendicular skeleton.
The trapezius **acts** with other muscles to move your **head, neck, and shoulders**.

This is **Head/Neck Extension**. The trapezius works with muscles of the **thorax and spine** to tilt your **head** back.
The **trapezius** acts to help the scapula:

- **Depress**
- **Elevate**
- **Adduct**
- **Rotate**

These actions help move the **upper limbs**.
Watch the trapezius elevate the scapula!
All the images and text in this eBook came from Visible Body’s Muscle Premium app—an encyclopedic anatomical reference for human musculature.

Content in the app includes:

- 600+ muscles, 200+ bones, peripheral nerves, and ligaments all rendered in interactive 3D, as well as dozens of interactive muscle action animations.
- Functionality that allows you to rotate, zoom in/out, pan, hide, and add structures to see the anatomy from any angle. Customize and save views.
- Dozens of quizzes to test your knowledge.

Muscle Premium is available for iOS, PC, Mac, and Android.

Site Licenses are available for Muscle Premium. Learn more here.