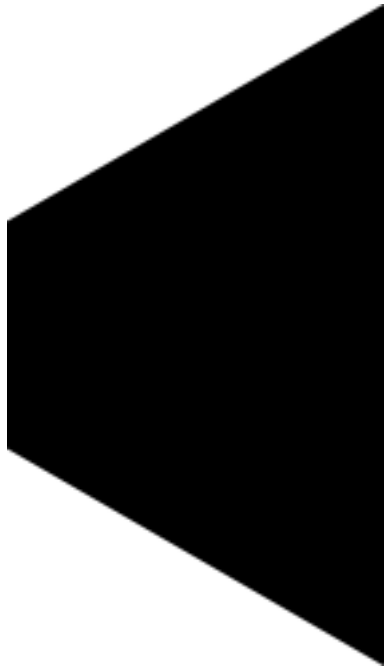


There are **over 600** muscles in your body.

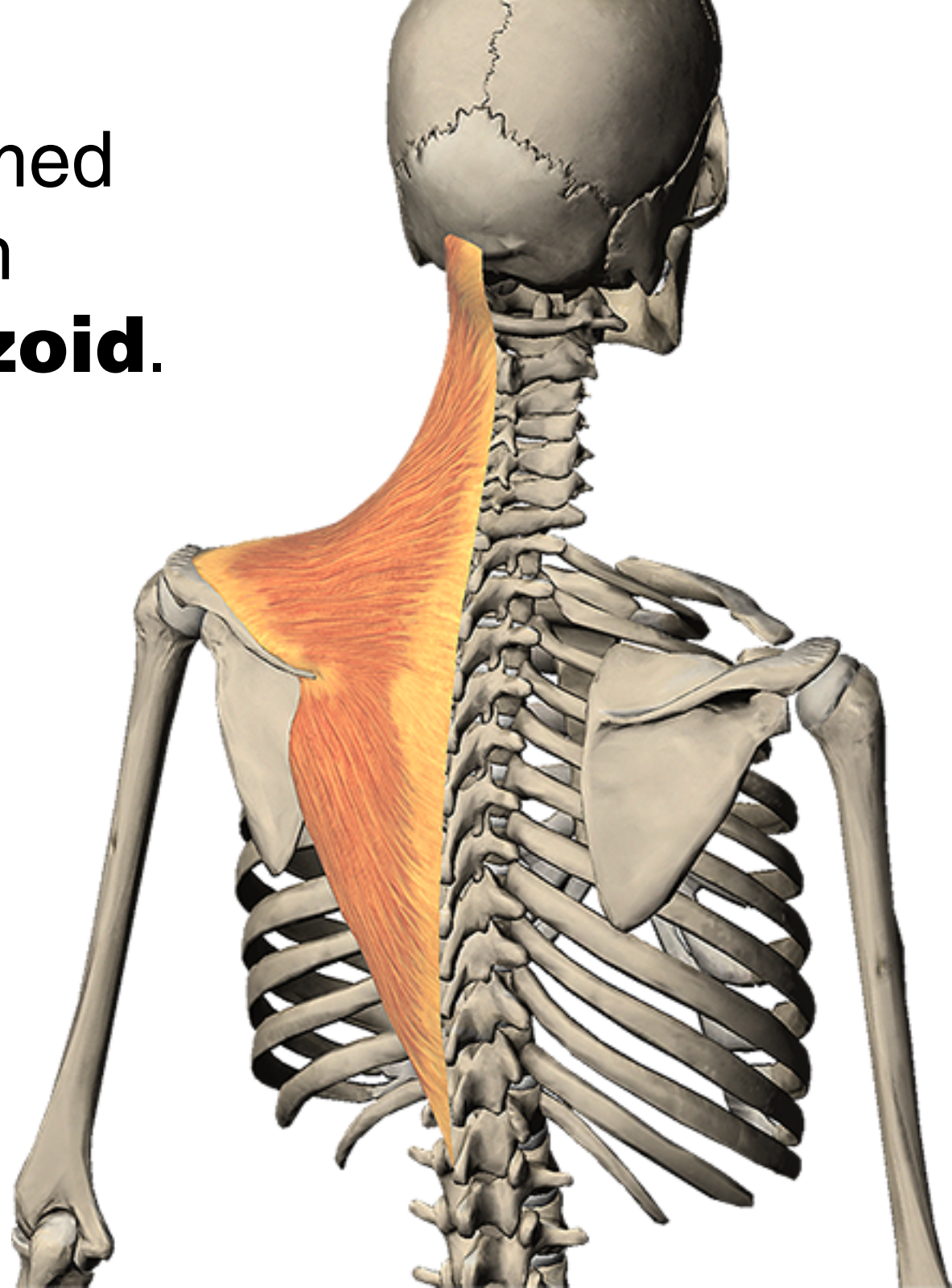
The broad **trapezius** is among the most recognizable of **the whole lot!**

Let's take a look!

The trapezius is named for its **shape**, which resembles a **trapezoid**.



Like this!



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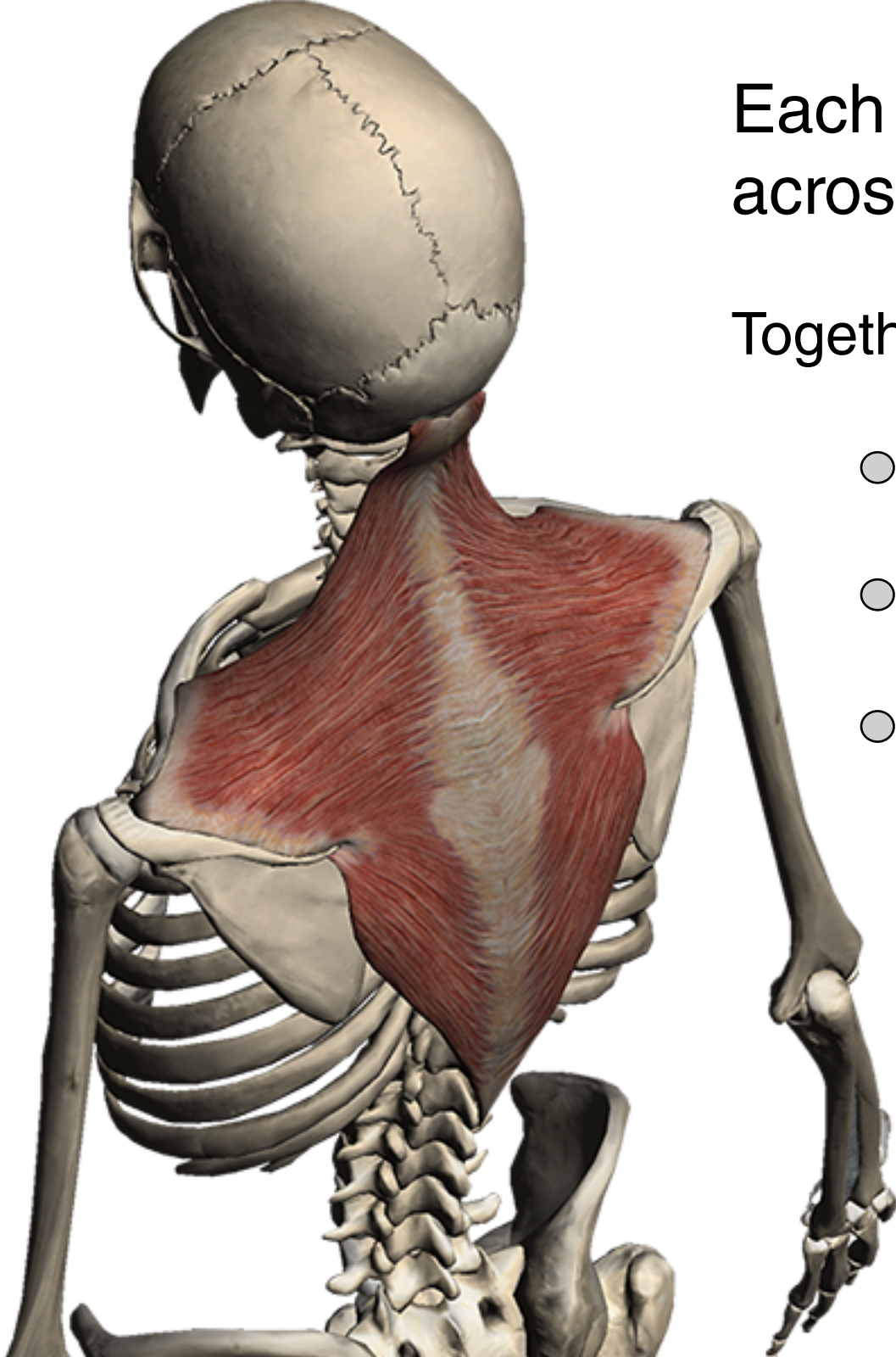


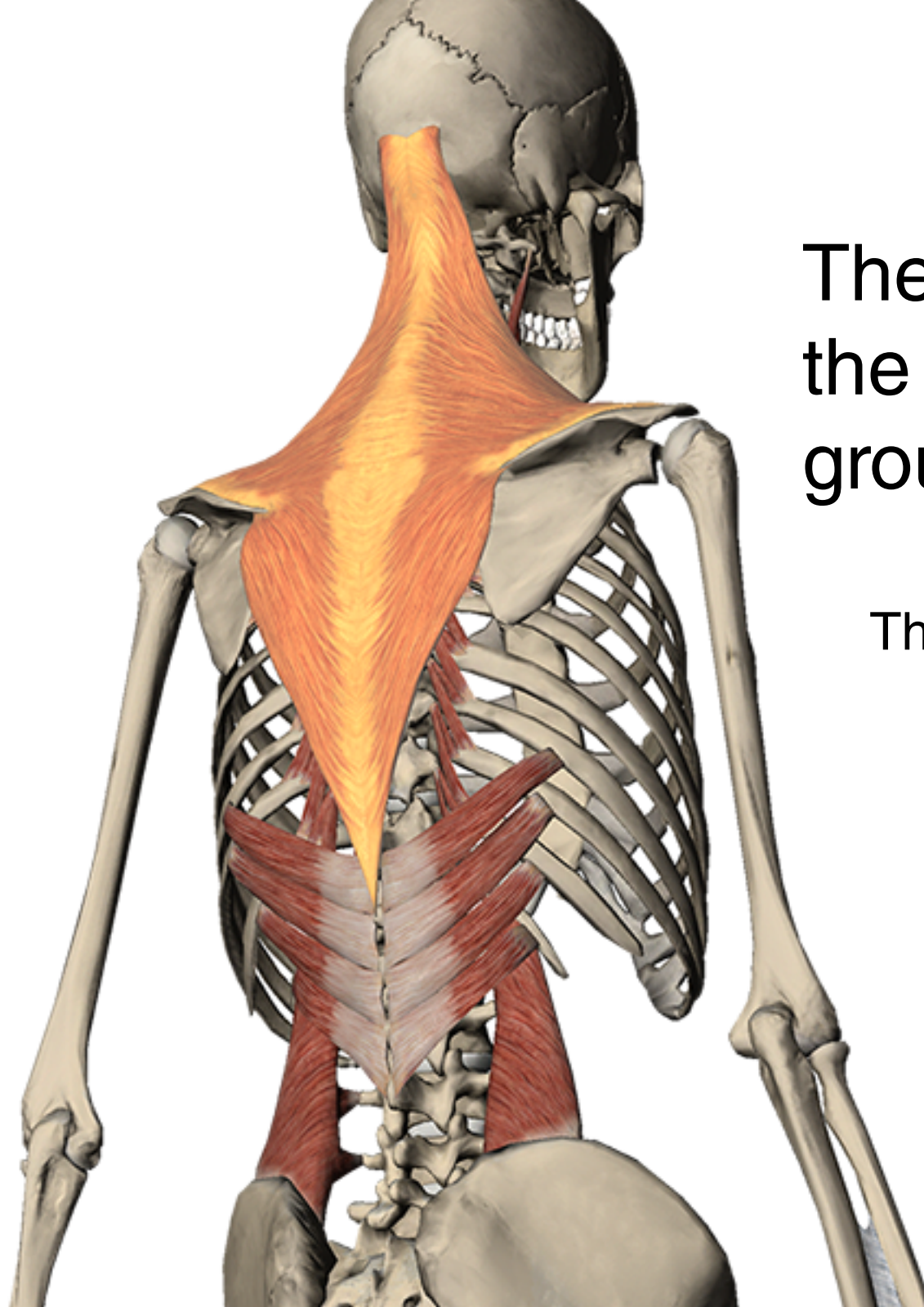
Each **trapezius** extends across one half of the back.

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

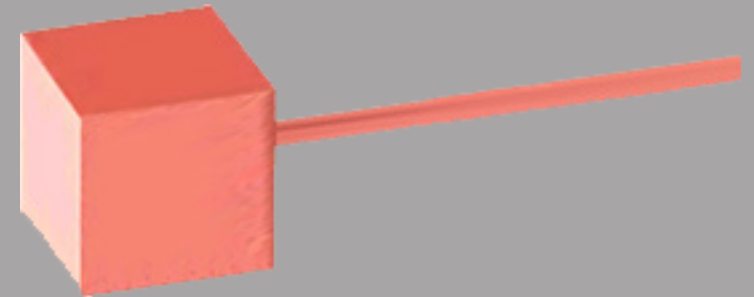
# Hold it right there!

Quick review.

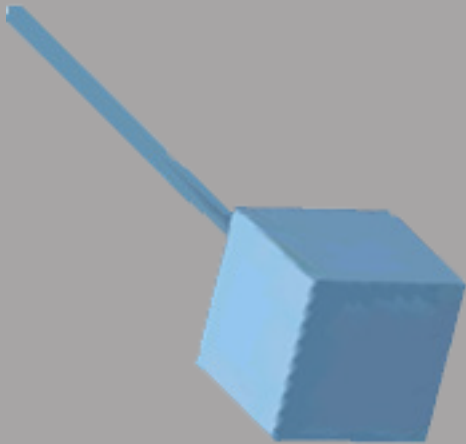
**Origins** and **insertions** are where the muscle **attaches** to a structure, either a bone or other tissue.

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**.

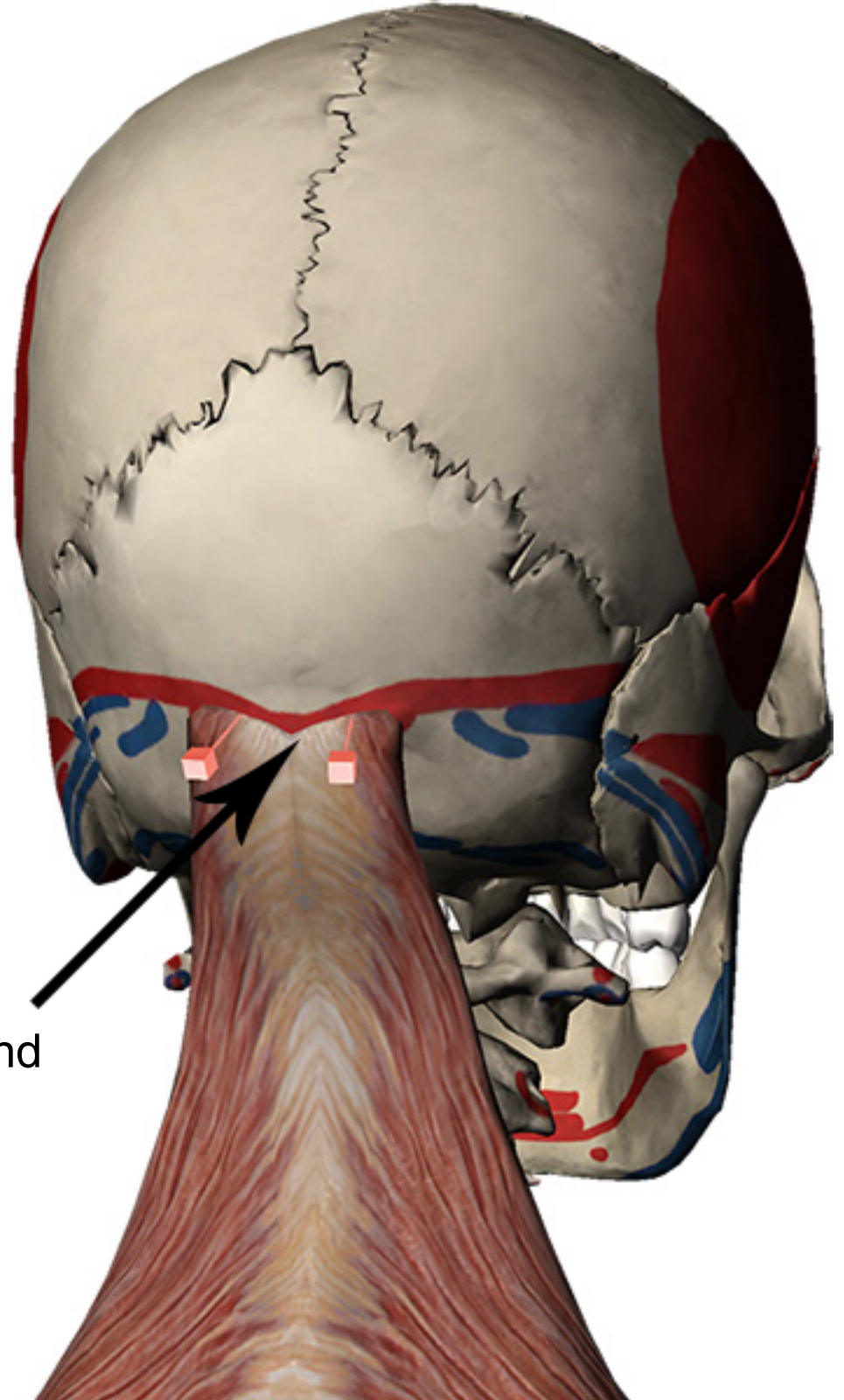
Insertions are marked in blue on the skeleton & use these cool blue pins.



The trapezius has **multiple** points of origin.

The first is the **occipital bone.**

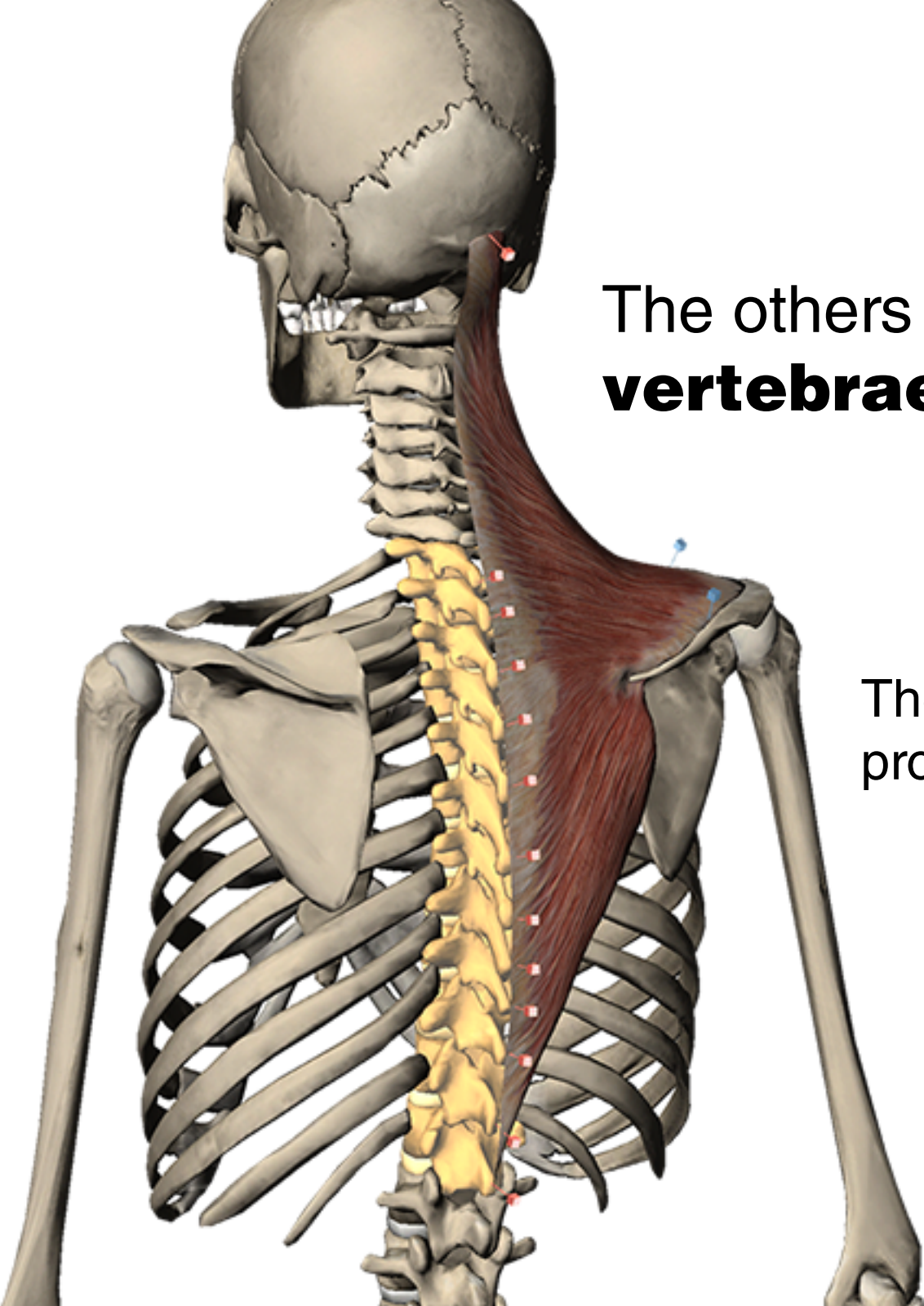
See how the red paint and pins meet the muscle?



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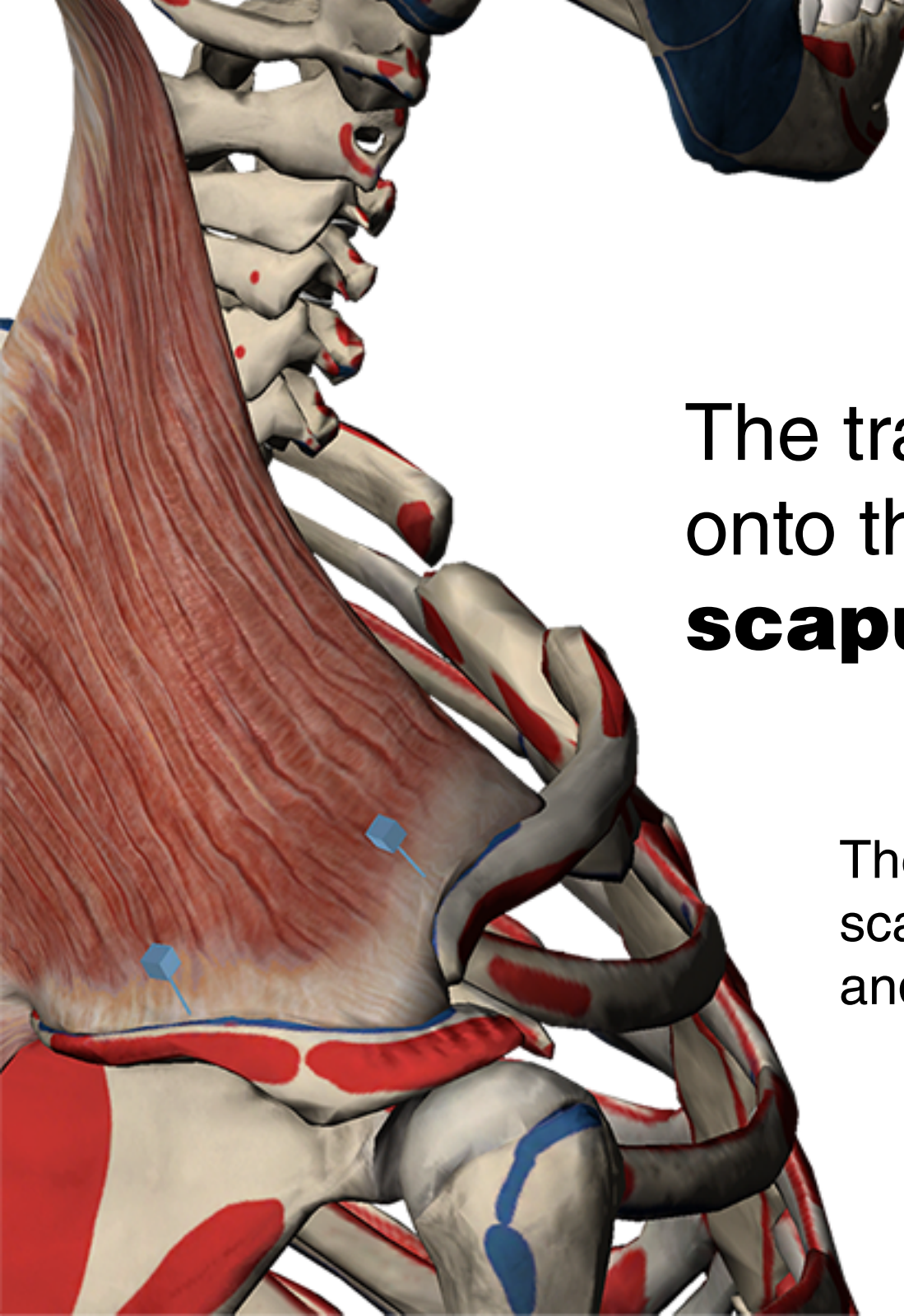


The others are across the **thoracic vertebrae** of the spine.

The muscle attaches to the spinous processes of **T01 - T12**.







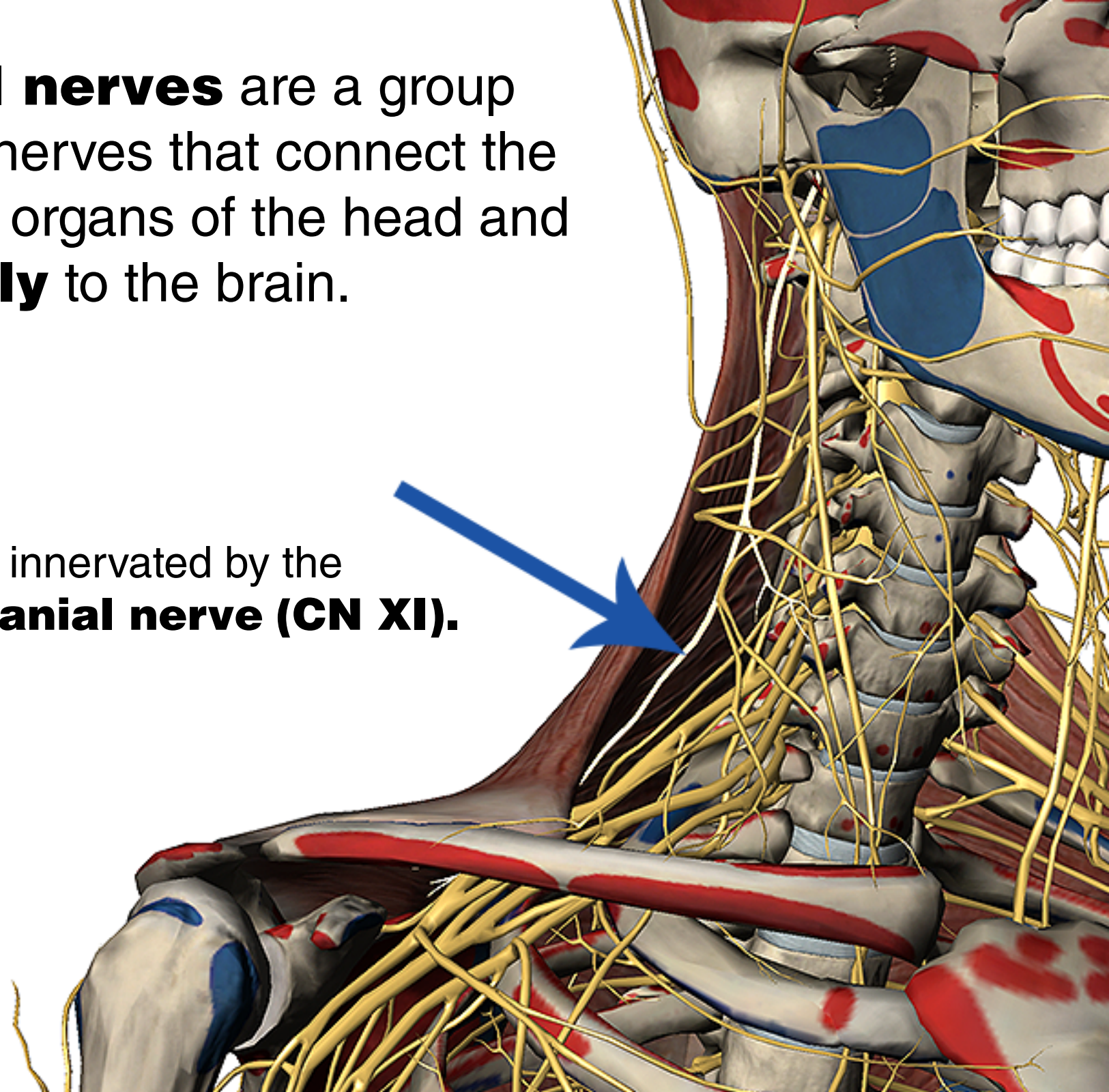
The trapezius **inserts** onto the **clavicle** and the **scapula**.

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)**.





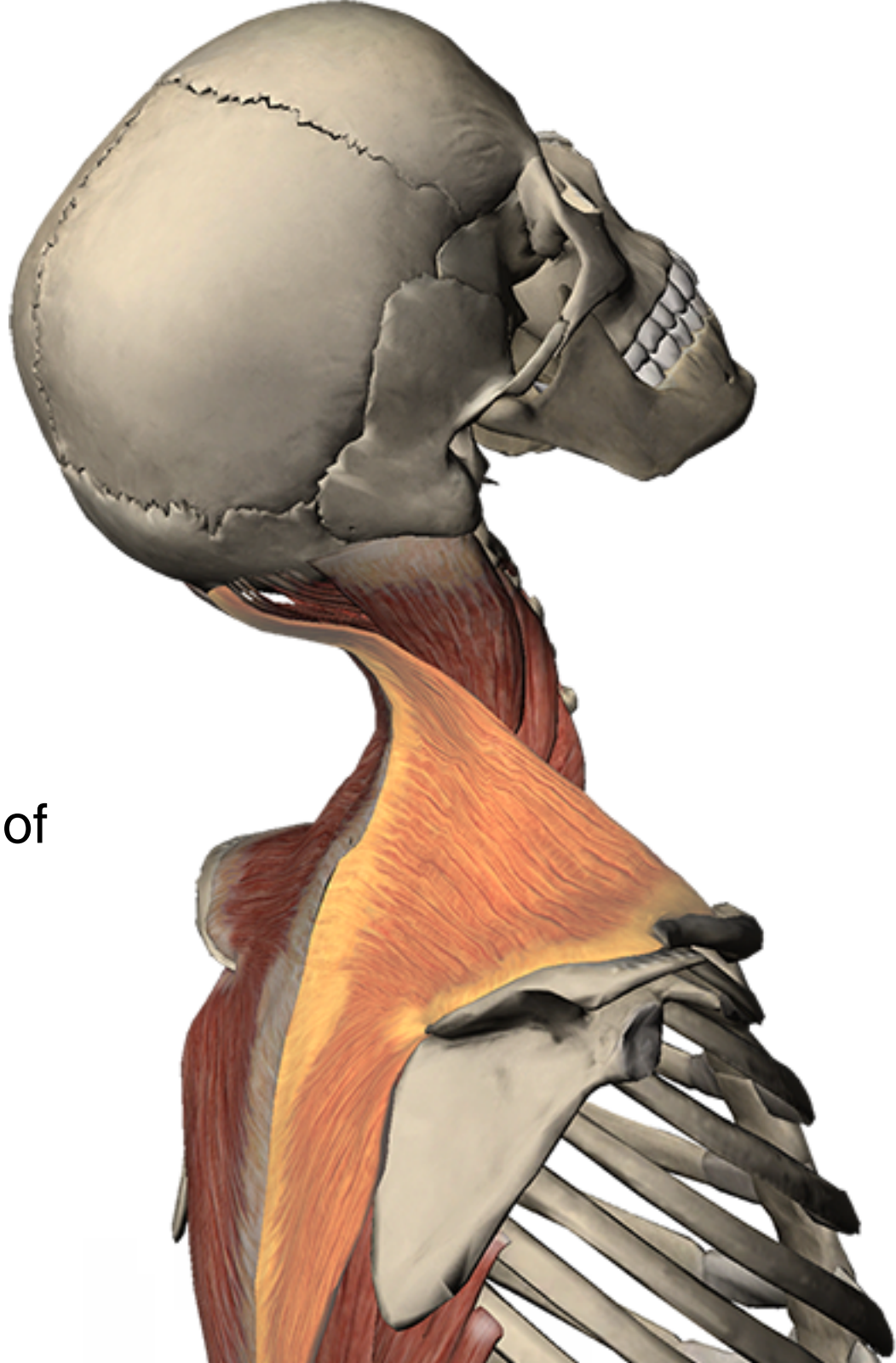
Here is the trapezius with all the muscles that attach to the **scapula** or **clavicle**.

**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.



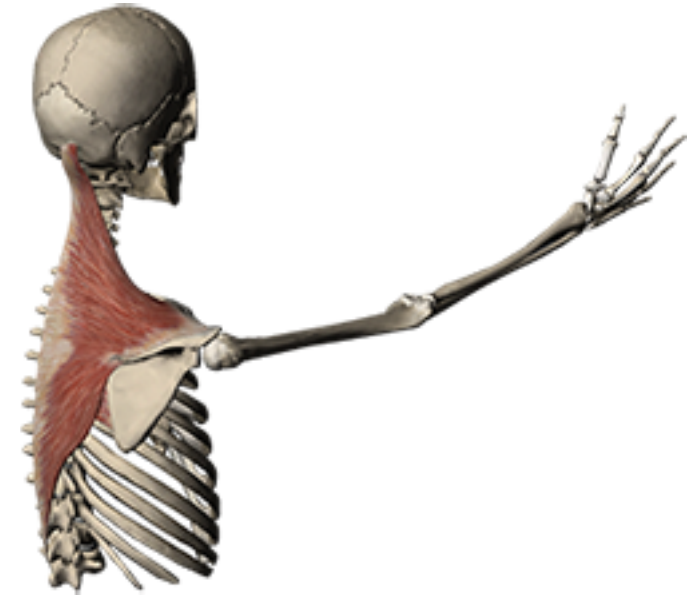
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The **trapezius** acts to help the scapula:

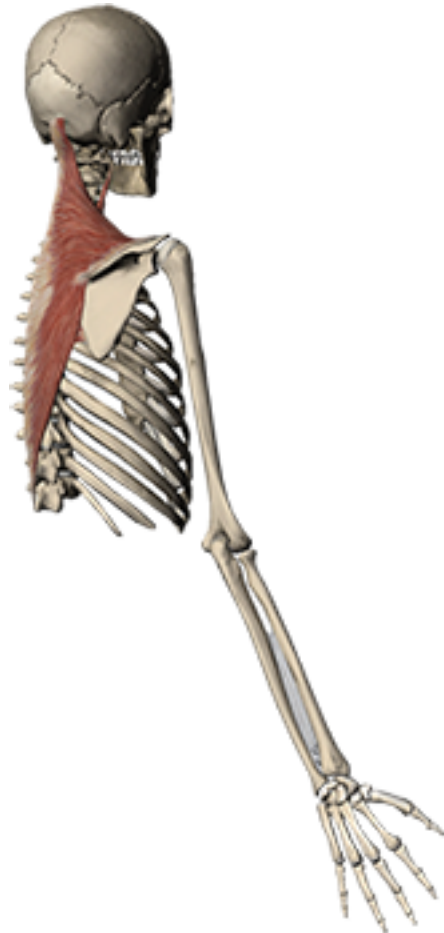
**Rotate**



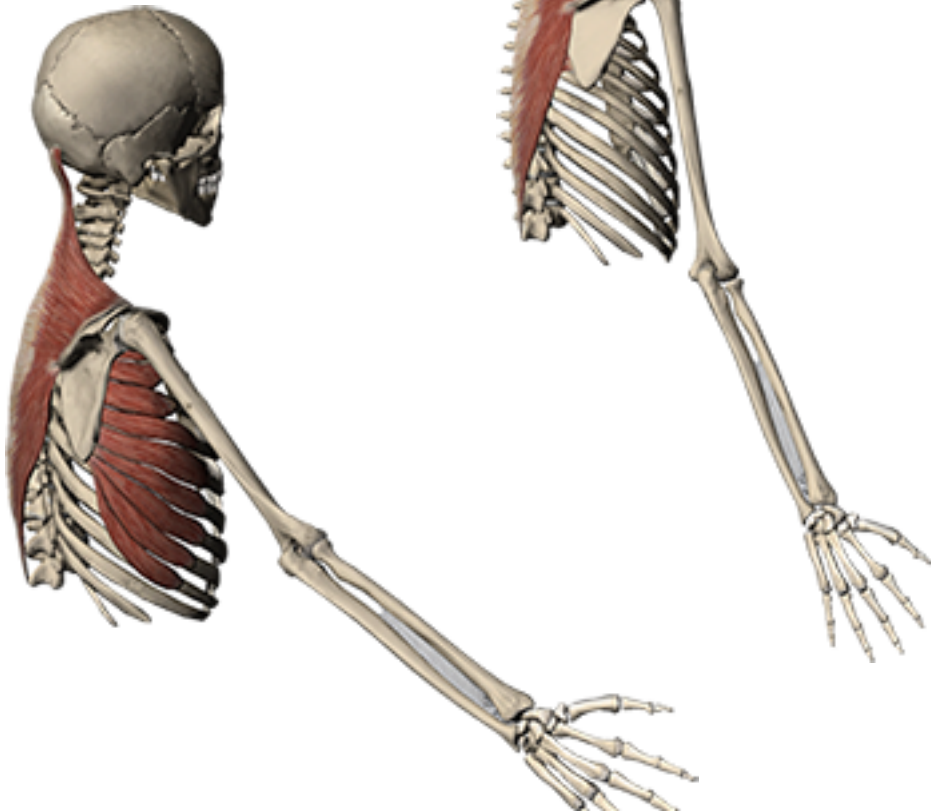
**Adduct**



**Elevate**

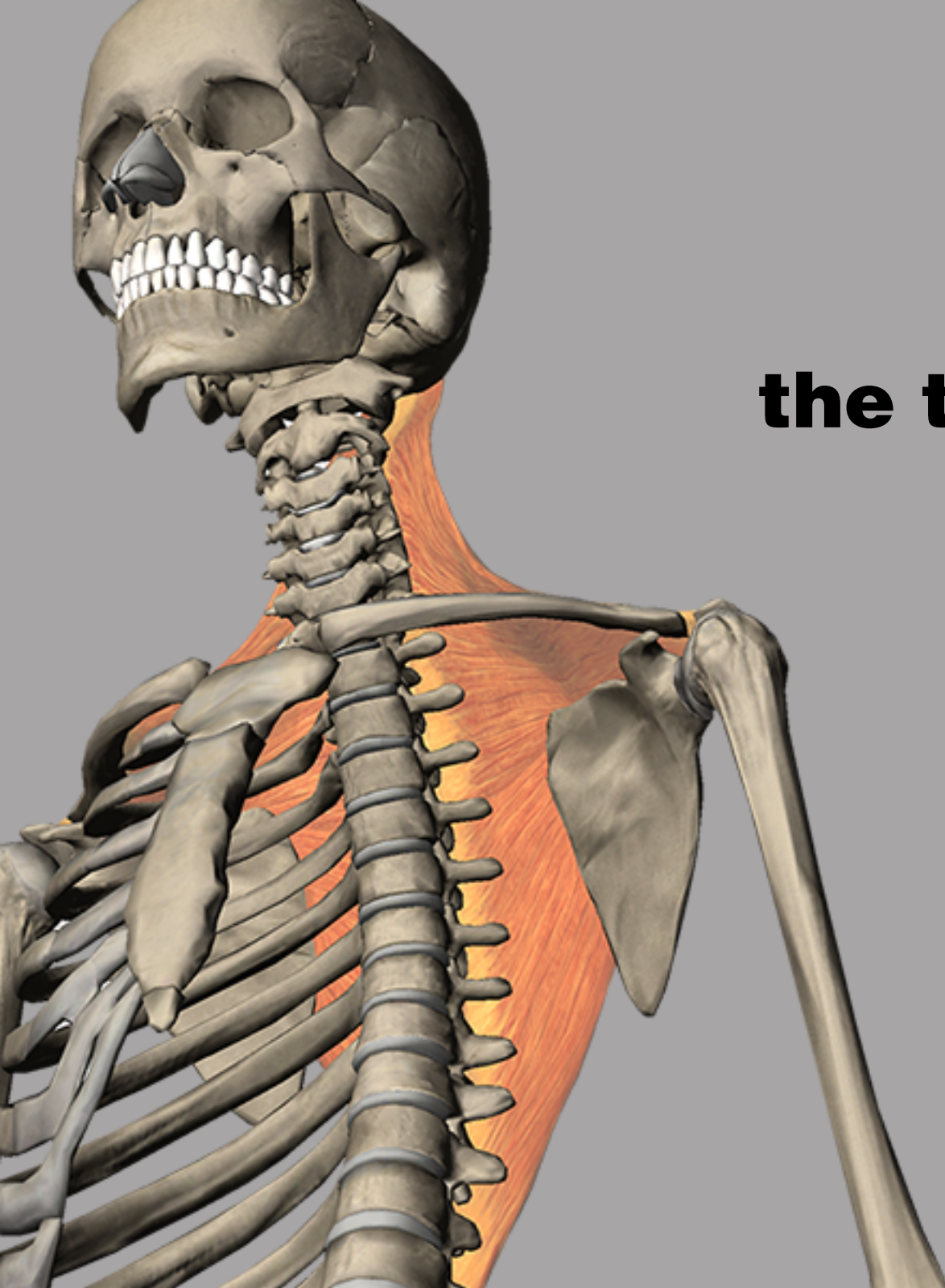


**Depress**



These actions help move the **upper limbs**.





**Watch**  
**the trapezius elevate**  
**the scapula!**

# MUSCLE PREMIUM

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](#).

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