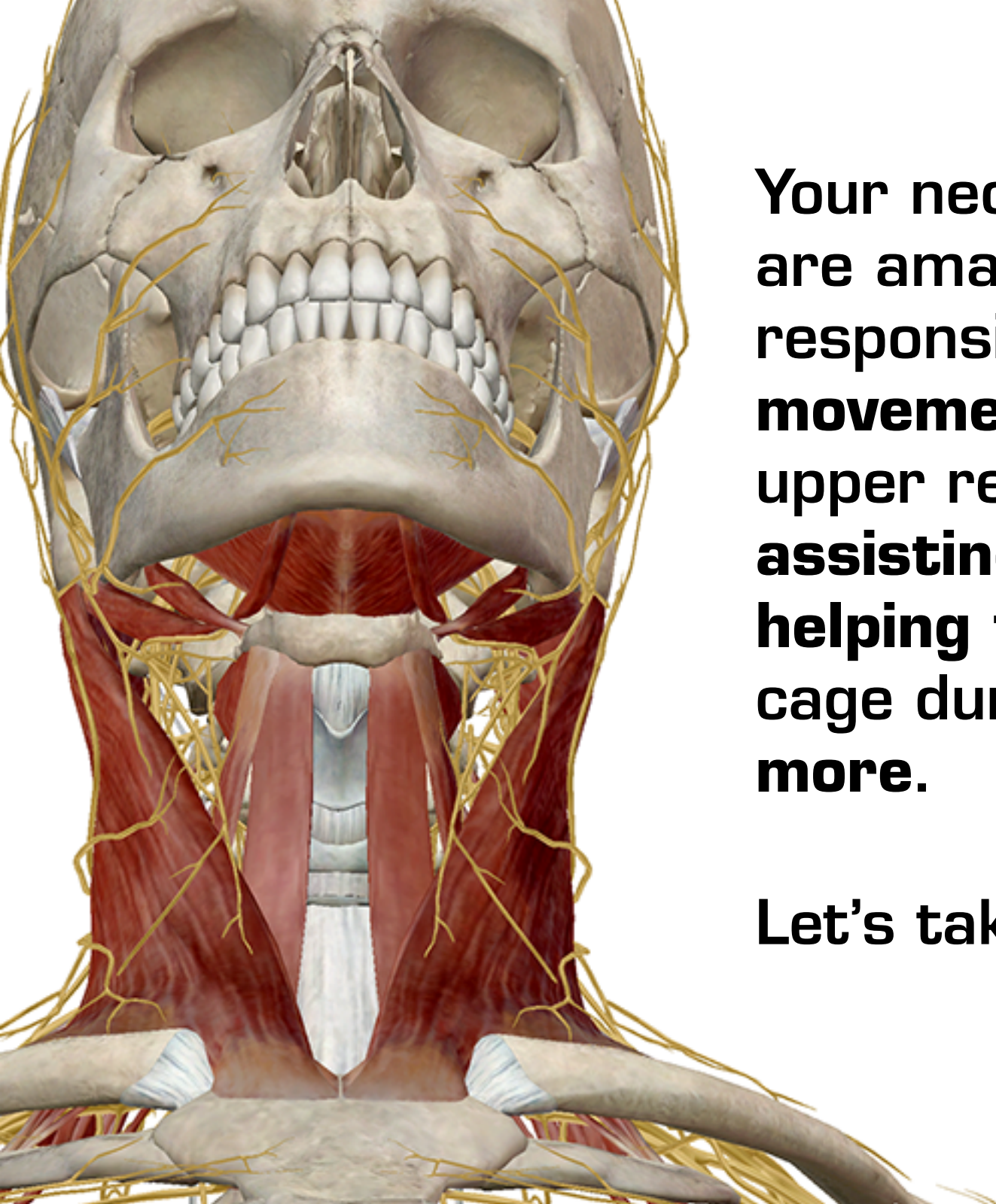


# Neck Muscle Anatomy

A look at the Sternocleidomastoid  
and Scalenes



**Your neck muscles are amazing. They are responsible for head movement, stabilizing the upper region of the body, assisting in swallowing, helping to elevate the rib cage during inhalation, and more.**

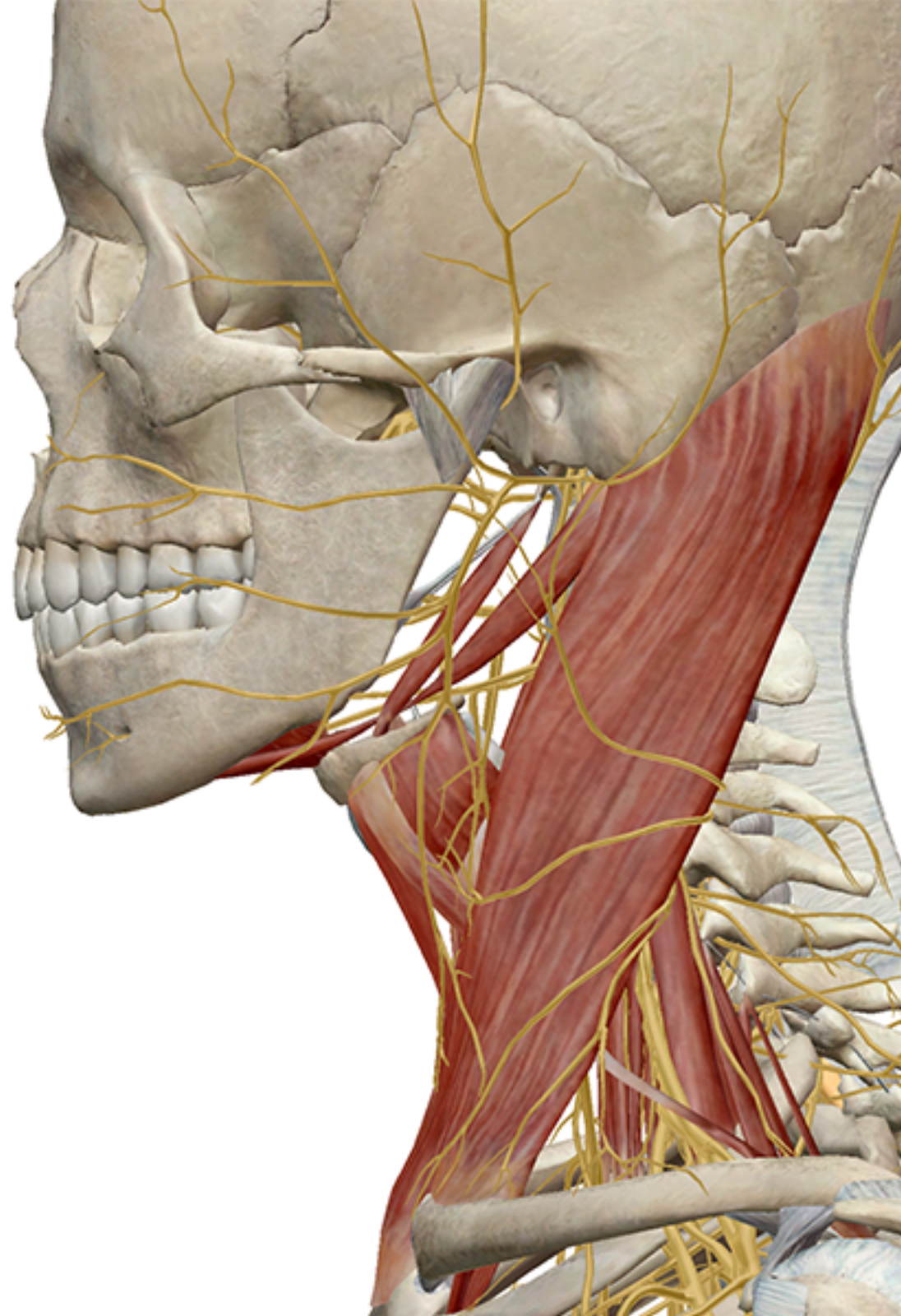
**Let's take a look!**

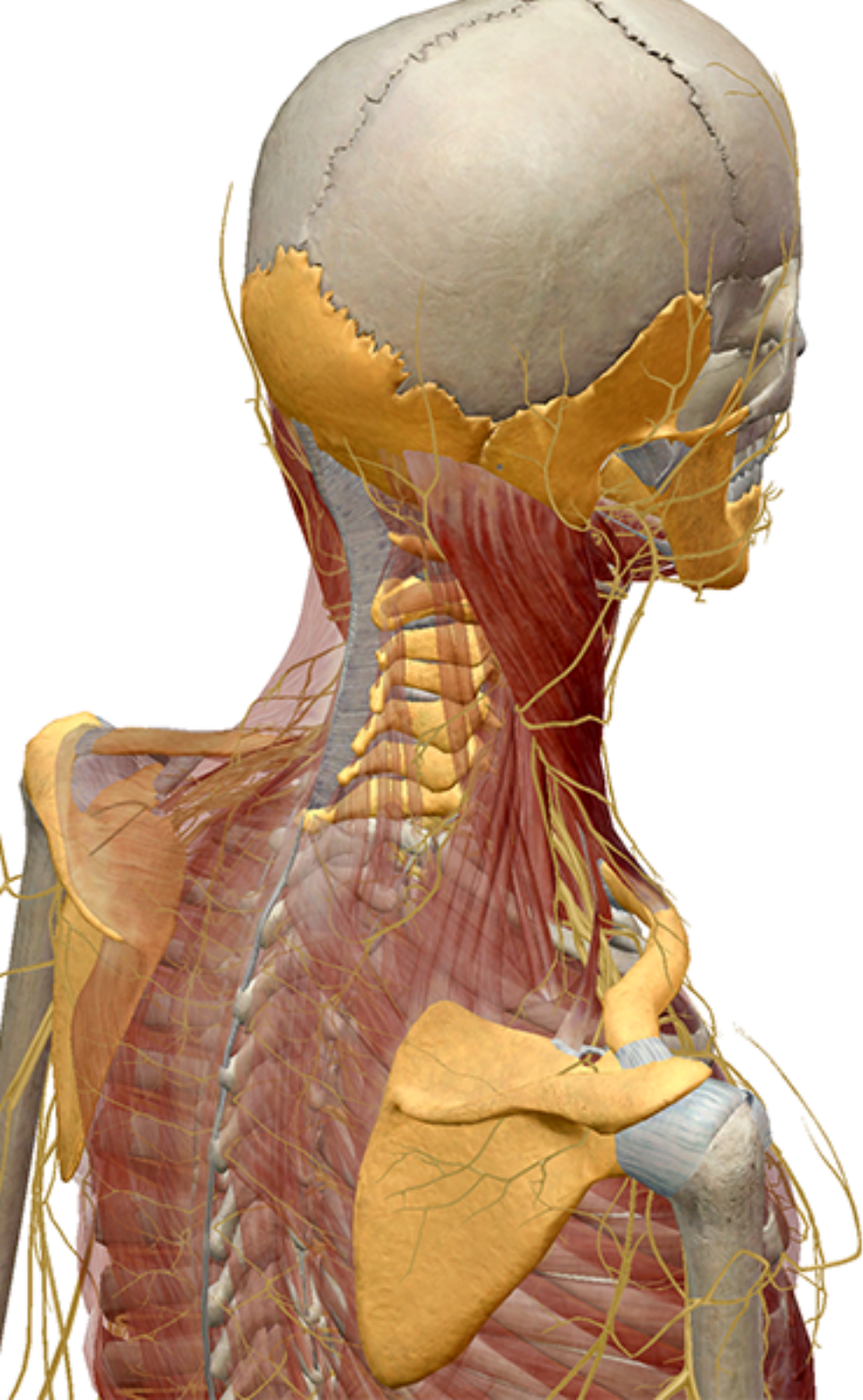


There are **26** muscles in the neck—10 pairs of 2 and 2 sets of 3, to be precise.

- Sternocleidomastoid
- Scalenes
- Platysma
- Digastric
- Omohyoid
- Sternohyoid
- Sternothyroid
- Mylohyoid
- Stylohyoid
- Geniohyoid
- Thyrohyoid

(And a partridge in a pear tree.)





**The neck muscles attach to various bones of the skull, spine, thoracic cage, and shoulder girdle.**

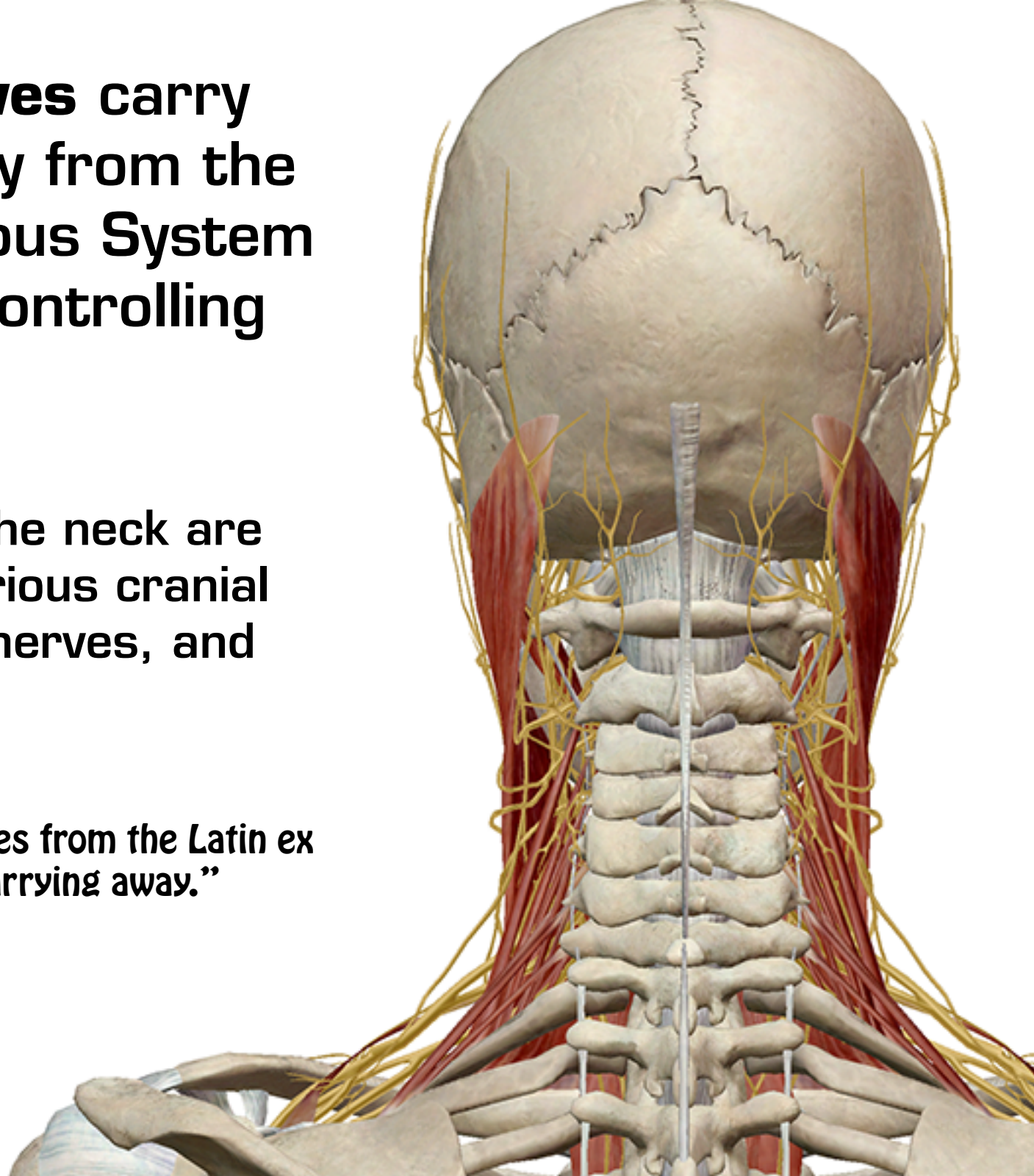
**However, the neck region is home to more than just neck muscles; muscles of the head, spine, and thorax also attach in this area.**

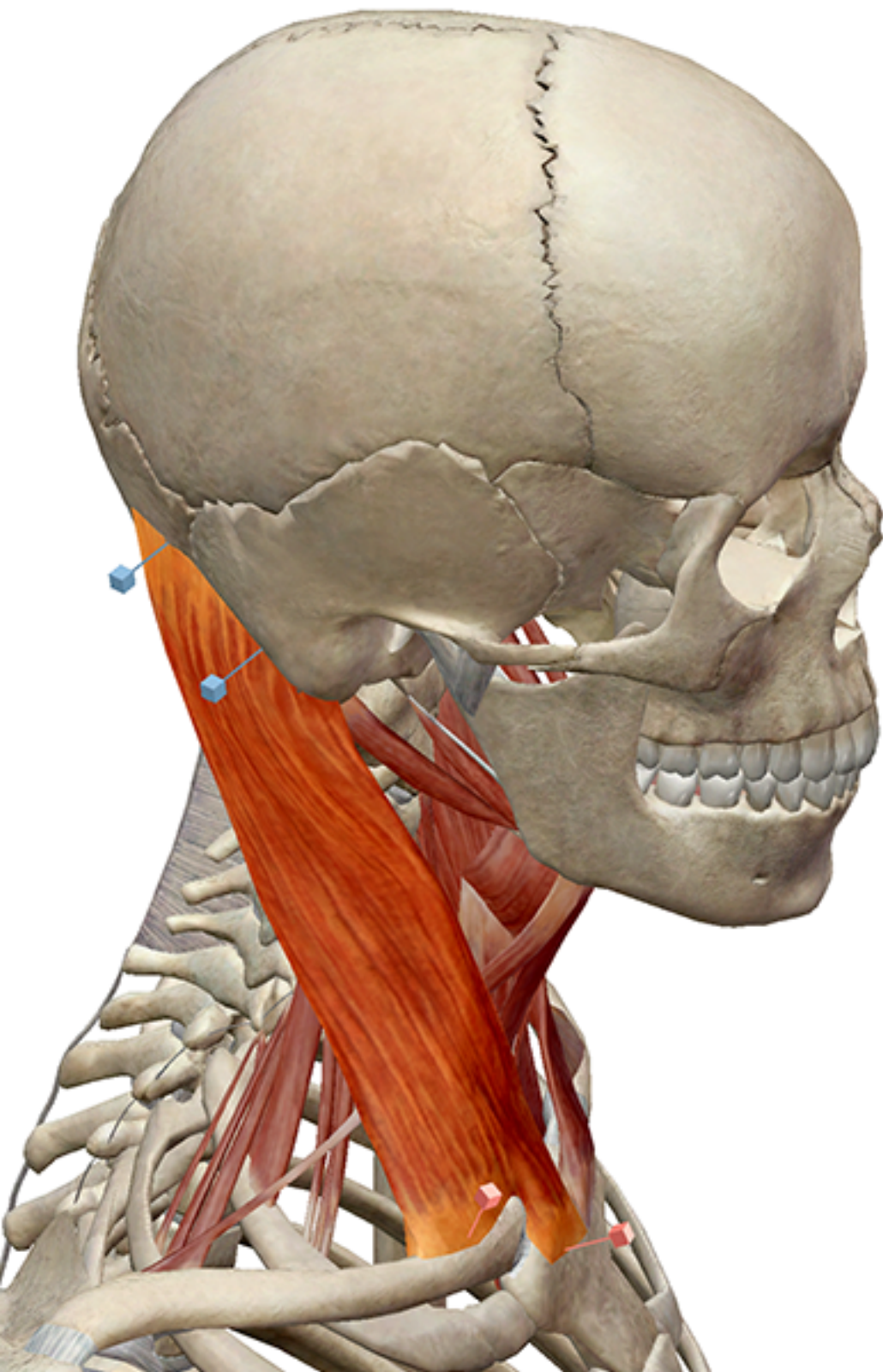


**Efferent nerves carry impulses away from the Central Nervous System to muscles, controlling movement.**

The muscles of the neck are innervated by various cranial nerves, cervical nerves, and their branches.

**Factoid:** “Efferent” comes from the Latin *ex ferens*, which means “carrying away.”





Now that you have the lay of the land, let's take a look at a couple specific neck muscles.

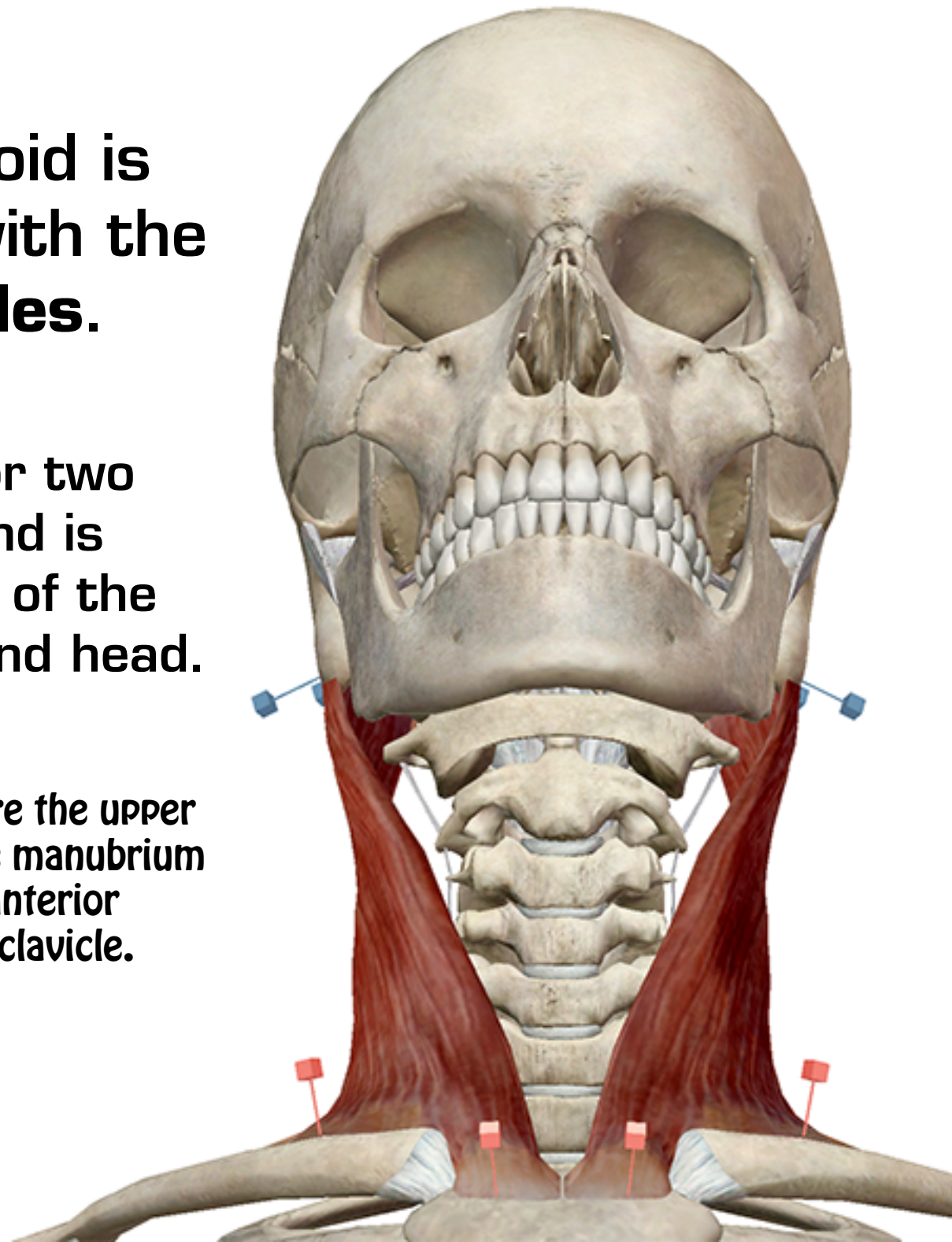
We'll start with one of the largest neck muscles (with the longest name): the **sternocleidomastoid**.



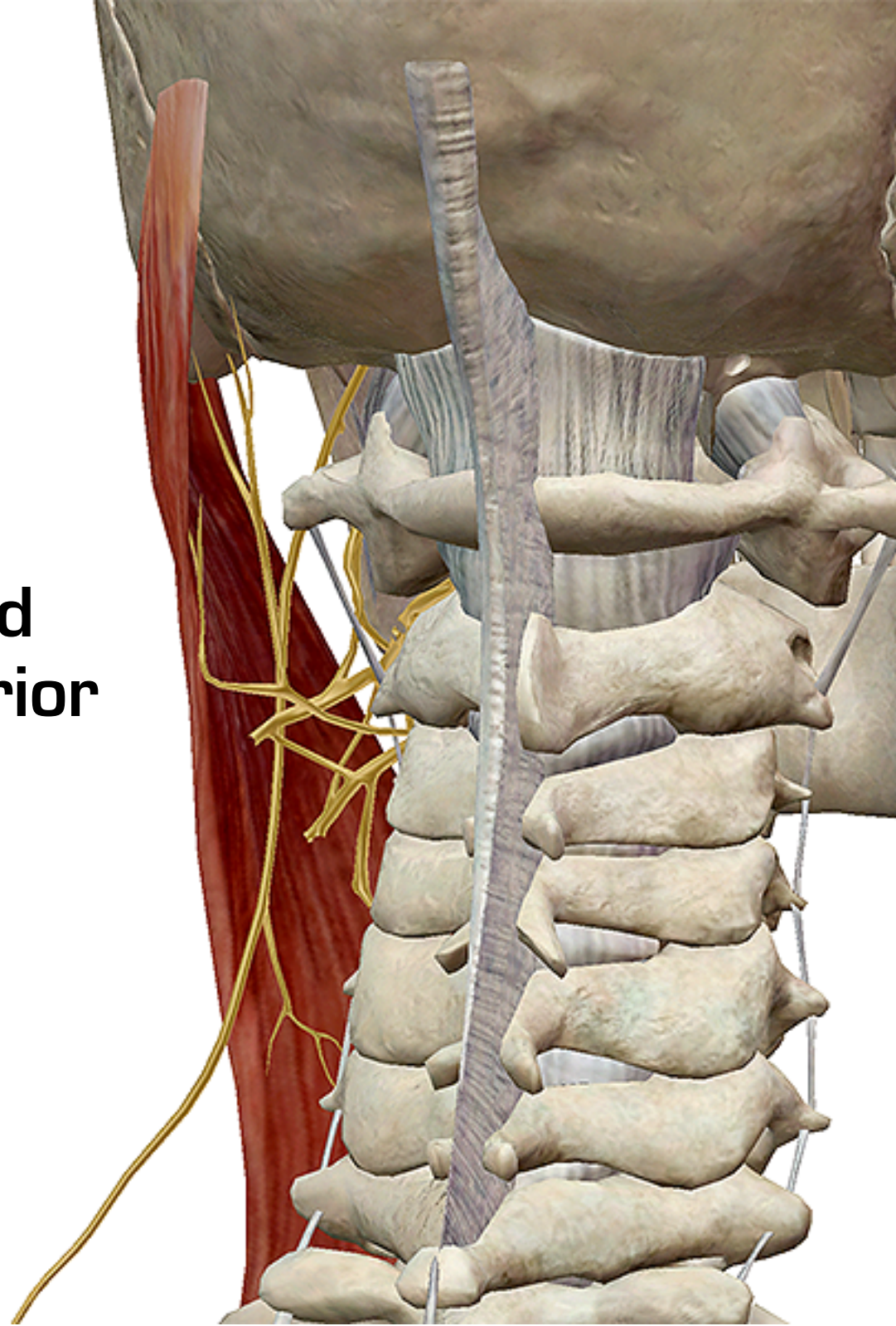
**The sternocleidomastoid is often also classified with the lateral cervical muscles.**

**It arises from two heads, or two different points of origin, and is responsible for movements of the cervical vertebral column and head.**

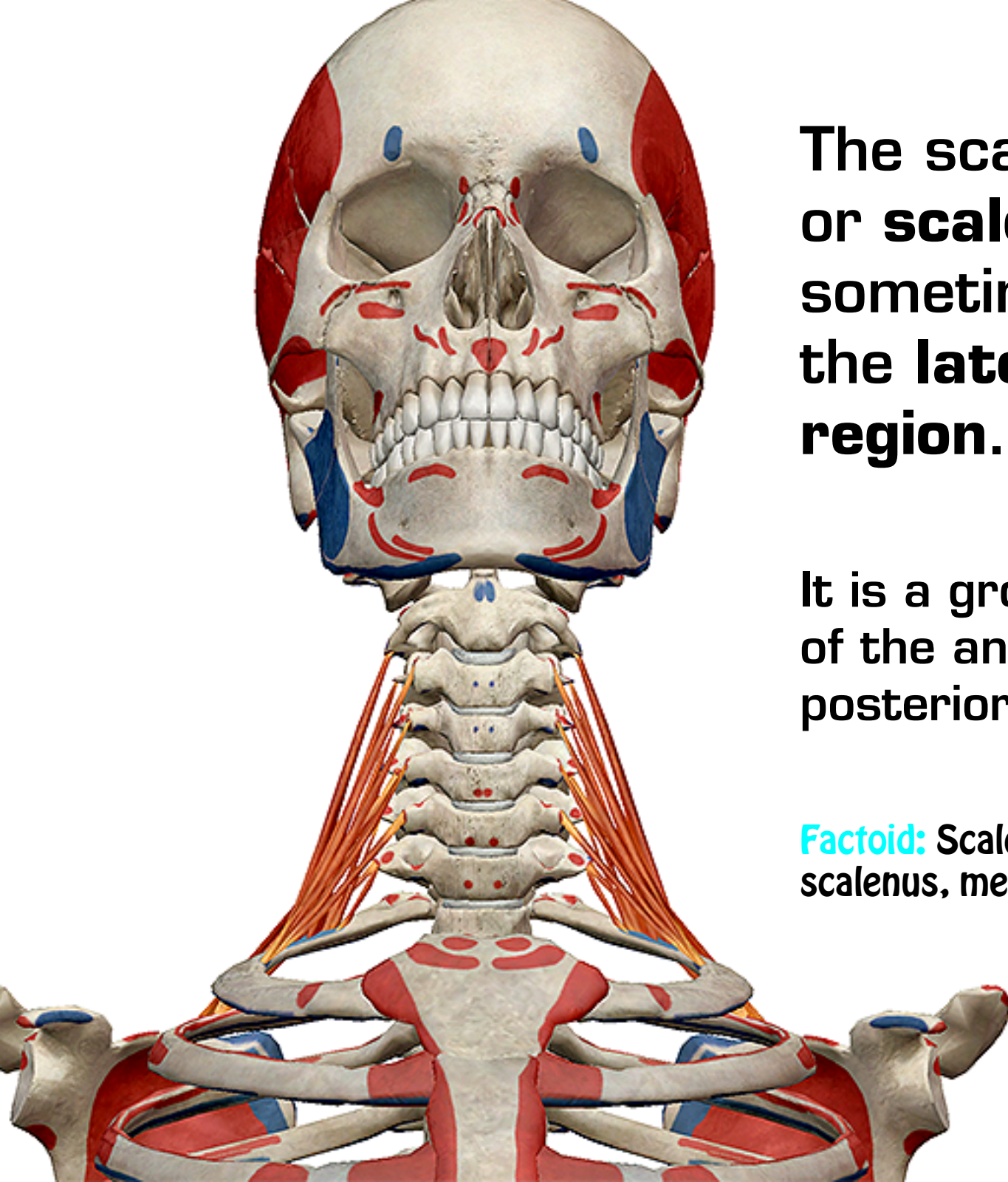
**Factoid:** Its two points of origin are the upper part of the anterior surface of the manubrium and the superior border, and the anterior surface of the medial third of the clavicle.



**The sternocleidomastoid is innervated by the Accessory Nerve (XI) and branches from the anterior divisions of the cervical nerves (C02, C03).**





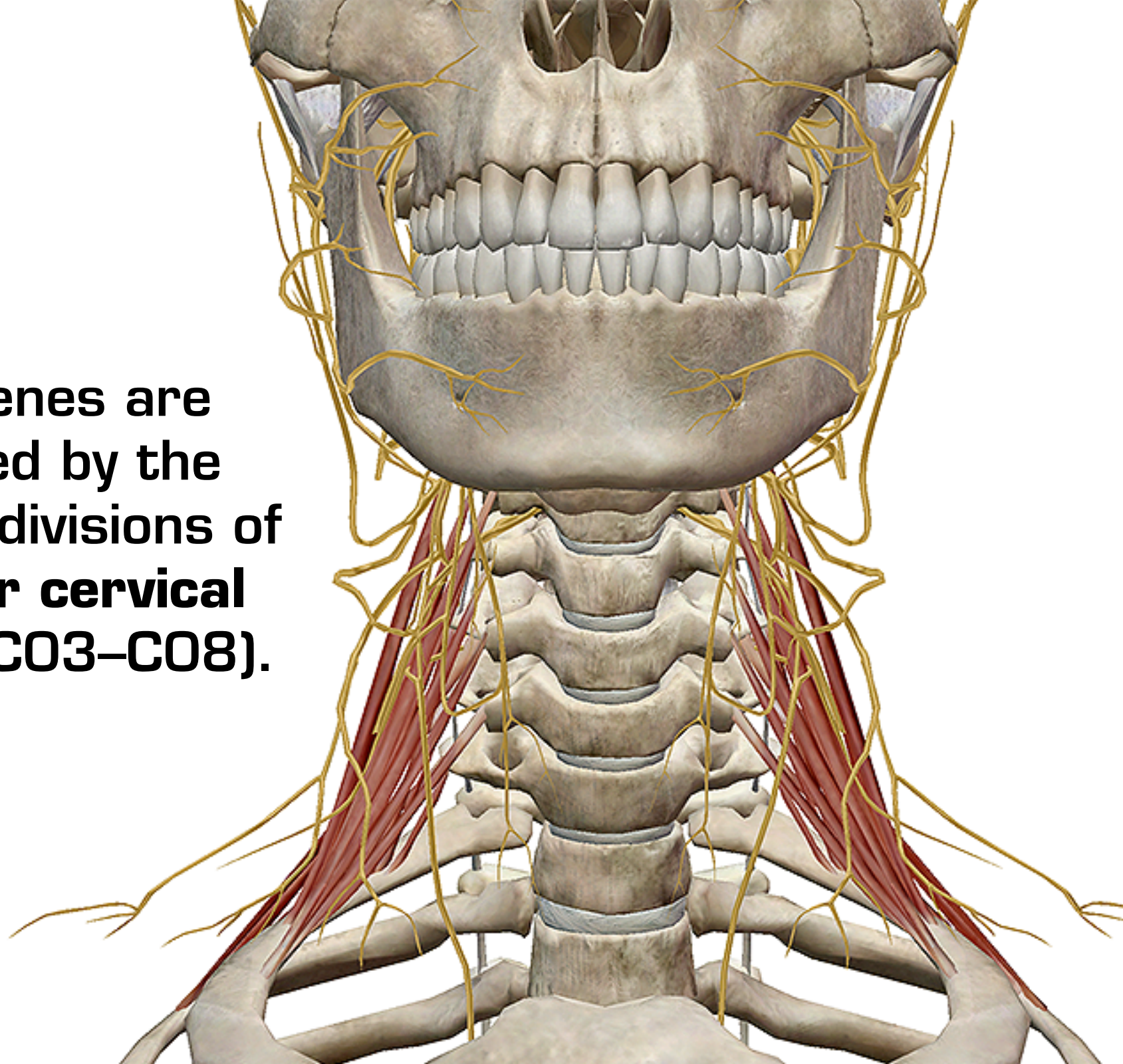


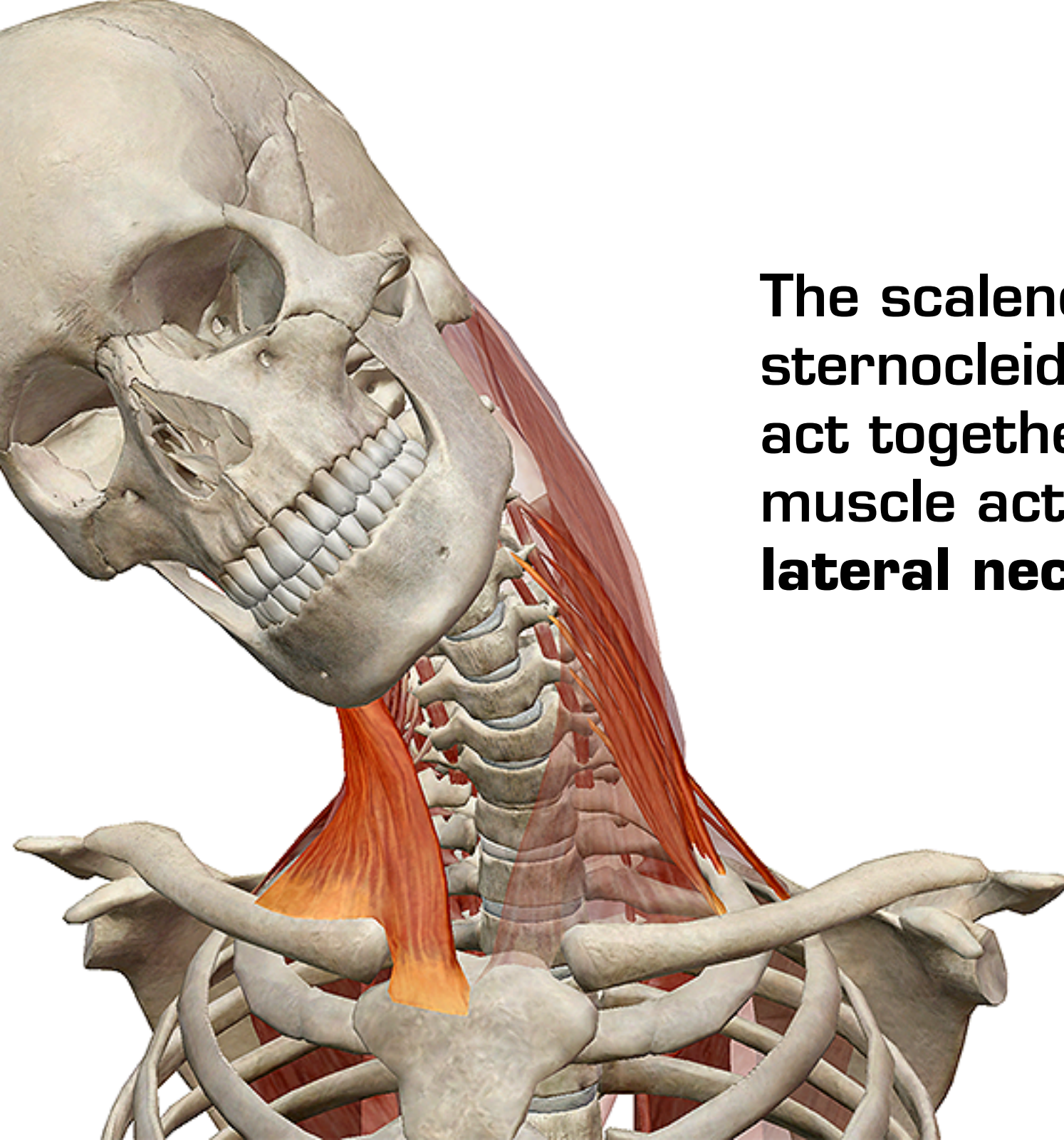
The scalenus muscles, or **scalenes**, are sometimes classified in the **lateral vertebral region**.

It is a group of three, made up of the anterior, medius, and posterior scalenes.

**Factoid:** Scalene comes from the Latin word *scalenus*, meaning “uneven” or “unequal.”

**The scalenes are innervated by the anterior divisions of the lower cervical nerves (C03–C08).**

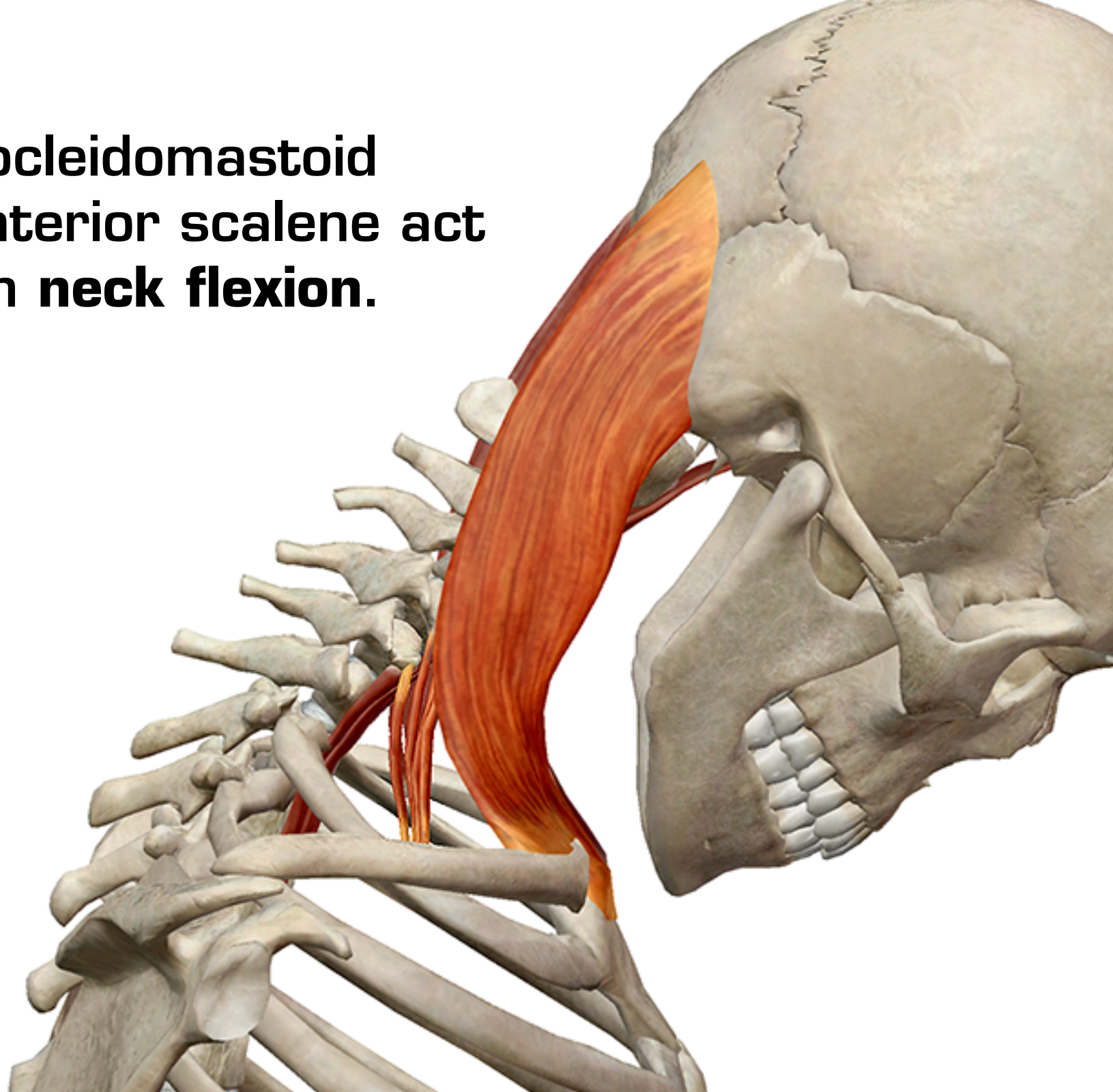


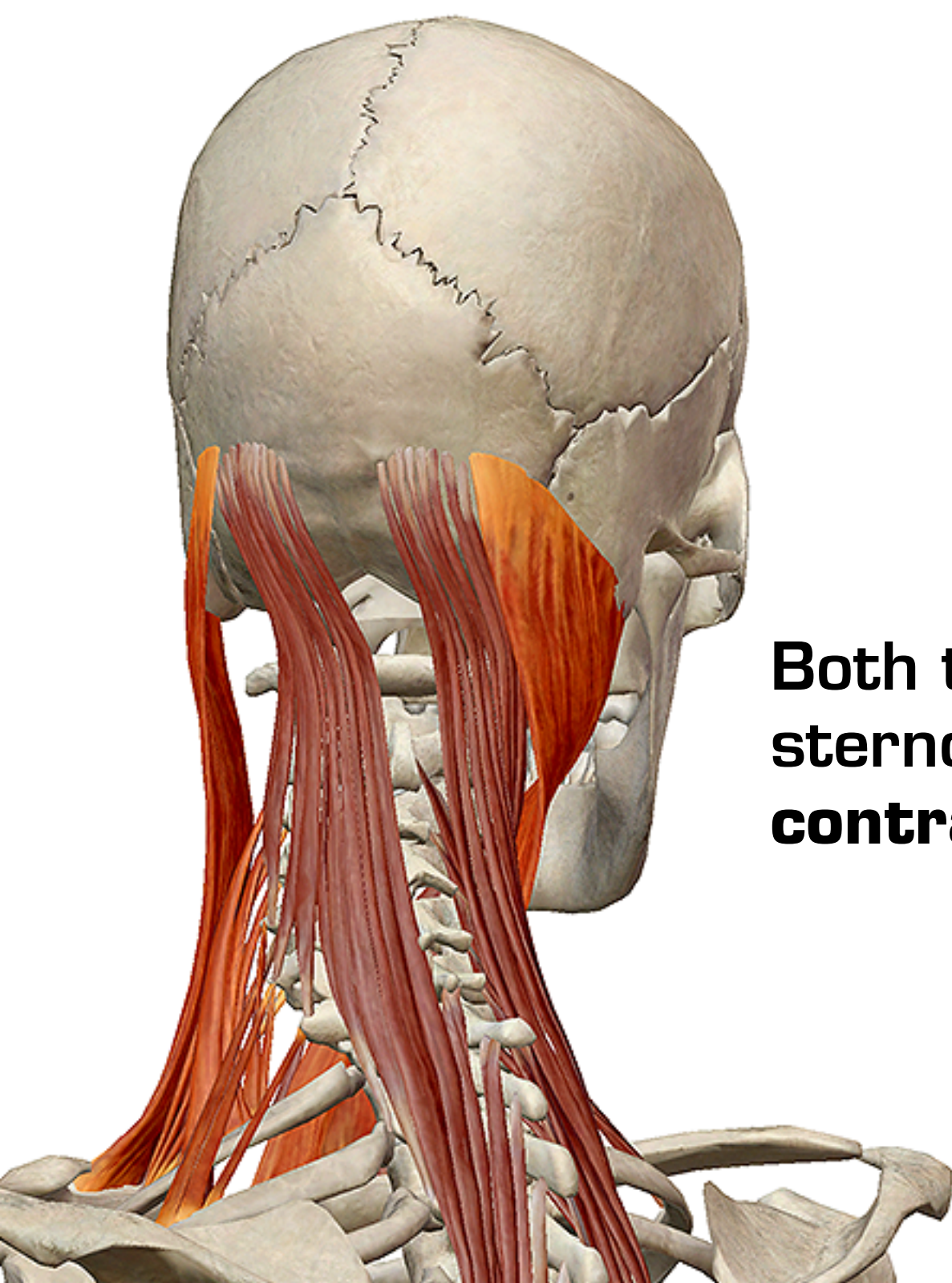


**The scalenes and the sternocleidomastoid act together in several muscle actions, such as lateral neck flexion.**



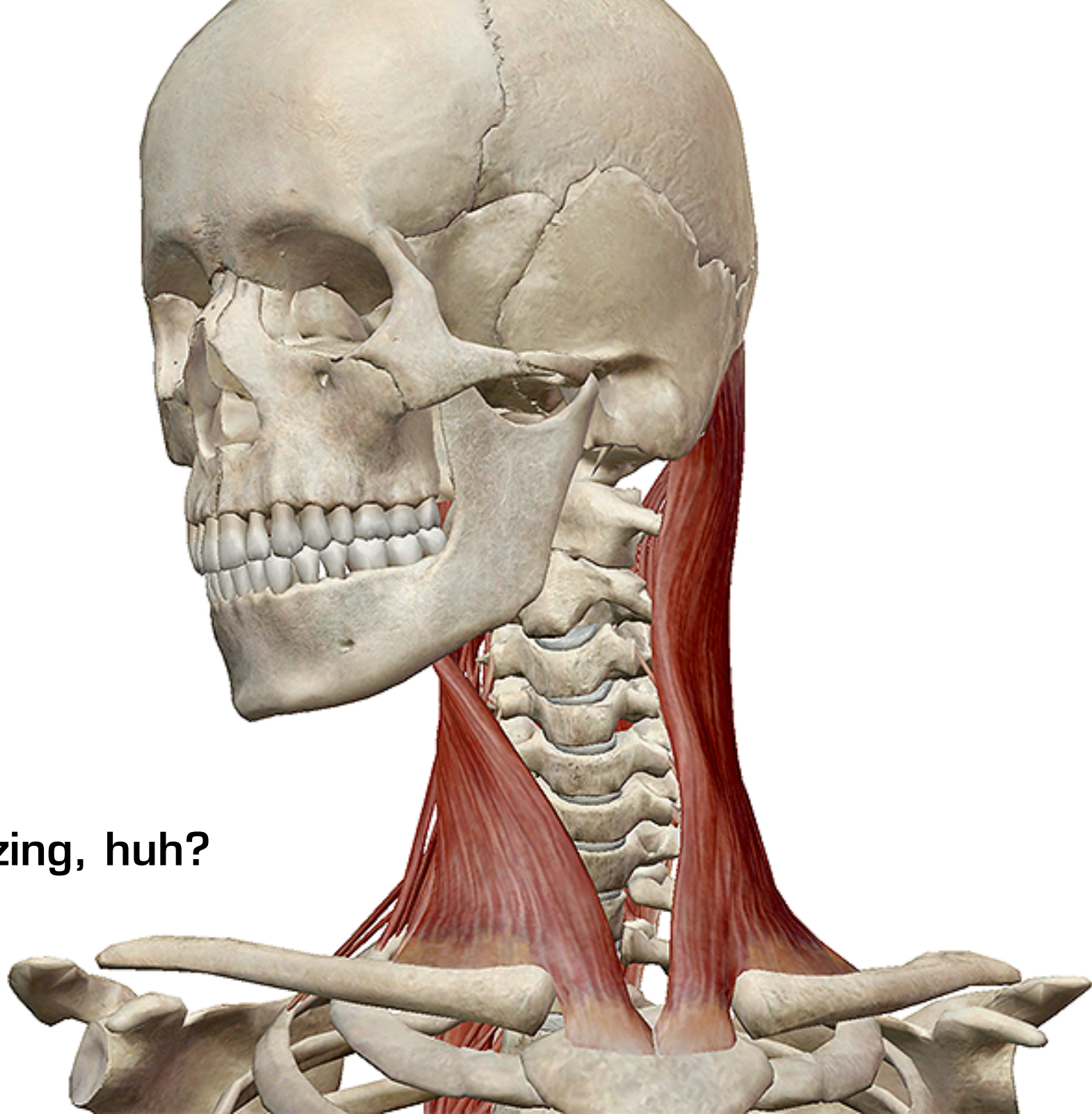
**The sternocleidomastoid and the anterior scalene act together in neck flexion.**





**Both the scalenes and sternocleidomastoid act in contralateral head rotation.**





**Pretty amazing, huh?**

# MUSCLE PREMIUM

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