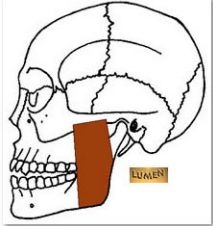
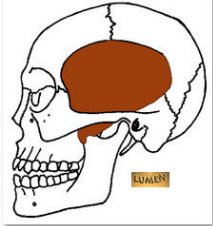
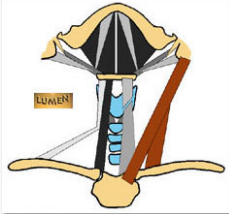
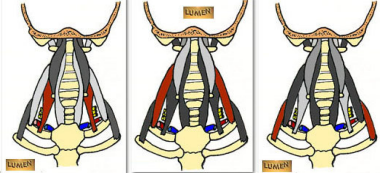


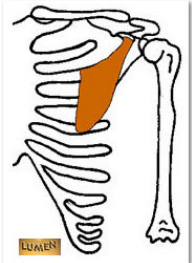
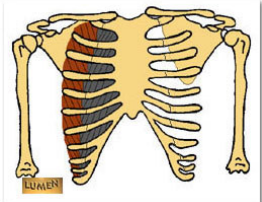
Muscles of Mastication

| Muscle | Origin | Insertion | Action |
|--|-------------------------------------|--|--|
| Masseter  | Zygomatic Arch | <ul style="list-style-type: none"> Mandibular angle Mandibular ramus | <ul style="list-style-type: none"> Elevates mandible |
| Temporalis  | Temporal fossa of the temporal bone | Coronoid process of the mandible | <ul style="list-style-type: none"> Elevates mandible Retracts mandible |

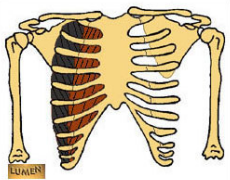
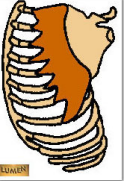
Muscles of the Neck

| Muscle | Origin | Insertion | Action |
|--|---|--------------------------------------|--|
| Sternocleidomastoid  | <ul style="list-style-type: none"> Manubrium of sternum Medial clavicle | Mastoid process of the temporal bone | <ul style="list-style-type: none"> Flexes head Rotates head laterally |
| Scalenes – anterior, middle, posterior  | Transverse processes of the cervical vertebrae | Anterior surface of ribs 1-2 | <ul style="list-style-type: none"> Elevates ribs 1-2 Flexes neck Rotates neck |



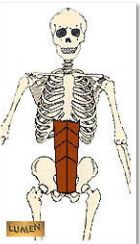
Muscles of the Thoracic Wall

| Muscle | Origin | Insertion | Action |
|---|-------------------------|---------------------------------|---|
| Pectoralis minor  | Ribs 3-5 | Coracoid process of the scapula | <ul style="list-style-type: none"> Depresses scapula Downwardly rotates scapula |
| External intercostals  | Inferior border of ribs | Superior border of ribs | <ul style="list-style-type: none"> Elevates rib cage |

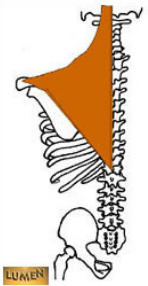
Muscles of the Thoracic Wall

| Muscle | Origin | Insertion | Action |
|---|-------------------------|---------------------------------|---|
| Internal intercostals  | Superior border of ribs | Inferior border of ribs | <ul style="list-style-type: none"> Depresses rib cage |
| Serratus anterior  | Ribs 1-8 | Vertebral border of the scapula | <ul style="list-style-type: none"> Rotates inferior angle of scapula laterally |

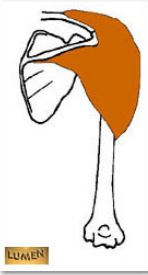
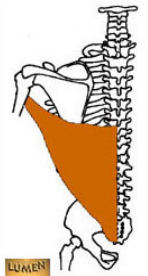
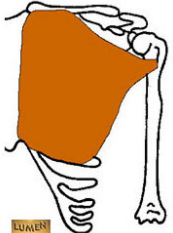
Muscles of the Abdominal Wall

| Muscle | Origin | Insertion | Action |
|--|---|--|---|
| External oblique  | Ribs 5-12 | <ul style="list-style-type: none"> Linea alba Pubic crest Pubic tubercle Iliac crest | <ul style="list-style-type: none"> Flexes vertebral column Compresses abdominal wall |
| Internal oblique  | <ul style="list-style-type: none"> Lumbar fascia Iliac crest Inguinal ligament | <ul style="list-style-type: none"> Linea alba Pubic crest | <ul style="list-style-type: none"> Flexes vertebral column Compresses abdominal wall |
| Rectus abdominis  | <ul style="list-style-type: none"> Pubic crest Pubic symphysis | <ul style="list-style-type: none"> Xiphoid process Ribs 5-7 | <ul style="list-style-type: none"> Flexes lumbar region of vertebral column Rotates lumbar region of vertebral column |

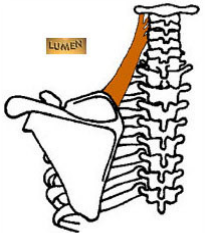
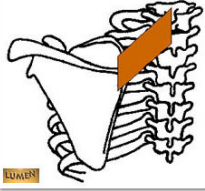
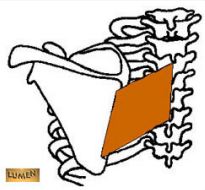
Muscles of the Pectoral Girdle

| Muscle | Origin | Insertion | Action |
|---|---|--|---|
| Trapezius  | <ul style="list-style-type: none"> Occipital bone Spinous processes of C7-T12 | <ul style="list-style-type: none"> Lateral 1/3 of clavicle Spine of scapula Acromion process of scapula | <ul style="list-style-type: none"> Elevates scapula Depresses scapula Rotates scapula Adducts scapula |

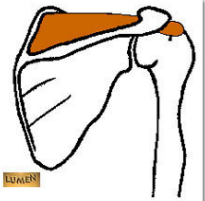

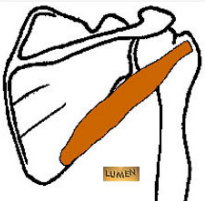
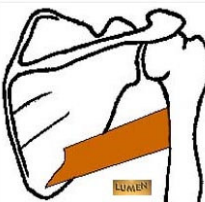

Muscles of the Pectoral Girdle

| Muscle | Origin | Insertion | Action |
|---|--|---|---|
| Deltoid  | <ul style="list-style-type: none"> Lateral 1/3 of clavicle Spine of scapula Acromion process of scapula | <ul style="list-style-type: none"> Deltoid tuberosity of the humerus | <ul style="list-style-type: none"> Abducts arm Flexes arm at shoulder Rotates arm medially Extends arm at shoulder Rotates arm laterally |
| Latissimus dorsi  | <ul style="list-style-type: none"> Spinous processes of T7-T12 Ribs 9-12 Iliac crest Inferior angle of scapula | <ul style="list-style-type: none"> Intertubercular groove of the humerus | <ul style="list-style-type: none"> Extends arm at shoulder Adducts arm Rotates arm medially |
| Pectoralis major  | <ul style="list-style-type: none"> Sternal end of the clavicle Ribs 1-6 | <ul style="list-style-type: none"> Greater tubercle of humerus | <ul style="list-style-type: none"> Flexes arm at shoulder Rotates arm medially Adducts arm |

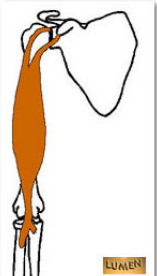
Muscles associated with the Scapula

| Muscle | Origin | Insertion | Action |
|--|-------------------------------|---------------------------------|--|
| Levator scapula(e)  | Transverse processes of C1-C4 | Vertebral border of the scapula | <ul style="list-style-type: none"> Elevates scapula Downwardly rotates scapula |
| Rhomboid minor  | Spinous processes of C7-T1 | Vertebral border of the scapula | <ul style="list-style-type: none"> Adducts scapula Downwardly rotates scapula |
| Rhomboid major  | Spinous processes of T2-T5 | Vertebral border of the scapula | <ul style="list-style-type: none"> Adducts scapula Downwardly rotates scapula |

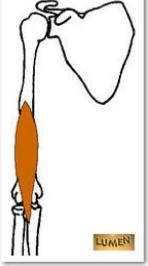
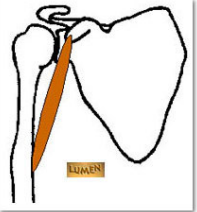
Muscles of the Pectoral Girdle

| Muscle | Origin | Insertion | Action |
|---|---|---|--|
| Supraspinatus  | <ul style="list-style-type: none"> Supraspinous fossa of the scapula | <ul style="list-style-type: none"> Greater tubercle of the humerus | <ul style="list-style-type: none"> Abducts arm |
| Infraspinatus  | <ul style="list-style-type: none"> Infraspinous fossa of the scapula | <ul style="list-style-type: none"> Greater tubercle of the humerus | <ul style="list-style-type: none"> Rotates arm laterally |
| Teres minor  | <ul style="list-style-type: none"> Lateral border of the scapula | <ul style="list-style-type: none"> Greater tubercle of humerus | <ul style="list-style-type: none"> Rotates arm laterally |
| Teres major  | <ul style="list-style-type: none"> Inferior angle of the scapula | <ul style="list-style-type: none"> Lesser tubercle of the humerus | <ul style="list-style-type: none"> Adducts arm Rotates arm medially Extends arm at shoulder |
| Subscapularis  | <ul style="list-style-type: none"> Subscapular fossa of the scapula | <ul style="list-style-type: none"> Lesser tubercle of the humerus | <ul style="list-style-type: none"> Rotates arm medially |


Muscles of the Anterior compartment of the Arm

| Muscle | Origin | Insertion | Action |
|---|--|--|--|
| Biceps brachii Long head  Short head | <p>Supraglenoid tubercle of the scapula</p> <p>Coracoid process of the scapula</p> | <p>Radial tuberosity of the radius</p> | <ul style="list-style-type: none"> Flexes forearm at elbow Supinates forearm |

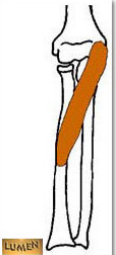

Muscles of the Anterior compartment of the Arm

| Muscle | Origin | Insertion | Action |
|--|---|--|---|
| Brachialis  | <ul style="list-style-type: none"> Anterior humerus | <ul style="list-style-type: none"> Coronoid process of the ulna | <ul style="list-style-type: none"> Flexes forearm at elbow |
| Coracobrachialis  | <ul style="list-style-type: none"> Coracoid process of the scapula | <ul style="list-style-type: none"> Medial humerus | <ul style="list-style-type: none"> Flexes arm at shoulder Adducts arm |

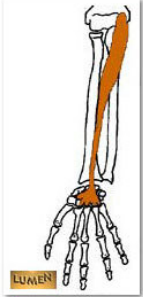

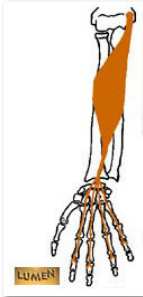
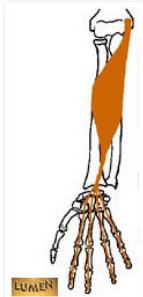
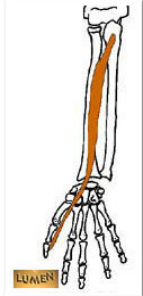
Muscles of the Posterior compartment of the Arm

| Muscle | Origin | Insertion | Action |
|---|--|-------------------------------|--|
| Triceps brachii Long head  Lateral head Medial head | Infraglenoid tubercle of the scapula Posterior humerus Posterior humerus | Olecranon process of the ulna | <ul style="list-style-type: none"> Extends forearm at elbow |


Muscles of the Anterior compartment of the Forearm

| Muscle | Origin | Insertion | Action |
|---|----------------------------------|---|--|
| Pronator teres  | Medial epicondyle of the humerus | Lateral radius | <ul style="list-style-type: none"> Pronates forearm |
| Flexor carpi radialis  | Medial epicondyle of the humerus | 2 nd and 3 rd metacarpals | <ul style="list-style-type: none"> Flexes hand at wrist Abducts hand |

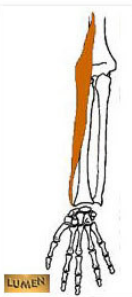
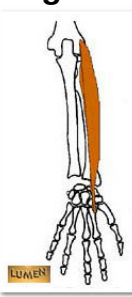
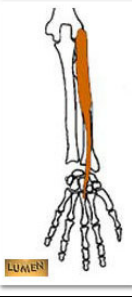
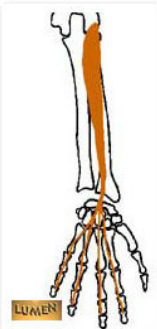
Muscles of the Anterior compartment of the Forearm

| Muscle | Origin | Insertion | Action |
|---|---|---|--|
| <p>Palmaris longus</p>  | <p>Medial epicondyle of the humerus</p> | <p>Palmar aponeurosis</p> | <ul style="list-style-type: none"> Flexes hand at wrist |
| <p>Flexor carpi ulnaris</p>  | <ul style="list-style-type: none"> Medial epicondyle of the humerus Olecranon process of ulna Shaft of ulna | <ul style="list-style-type: none"> Pisiform Hamate 5th metacarpal | <ul style="list-style-type: none"> Flexes hand at wrist Adducts hand |
| <p>Flexor digitorum superficialis</p>  | <ul style="list-style-type: none"> Medial epicondyle of the humerus Coronoid process of ulna Shaft of radius | <p>Middle phalanges of 2nd to 5th digit</p> | <ul style="list-style-type: none"> Flexes hand at wrist Flexes proximal interphalangeal joints |
| <p>Flexor digitorum profundus</p>  | <ul style="list-style-type: none"> Ulna Interosseous membrane | <p>Distal phalanges of 2nd to 5th digit</p> | <ul style="list-style-type: none"> Flexes distal interphalangeal joints |
| <p>Flexor pollicis longus</p>  | <ul style="list-style-type: none"> Anterior radius Interosseous membrane | <p>Distal phalanx of pollex</p> | <ul style="list-style-type: none"> Flexes 1st interphalangeal joints |

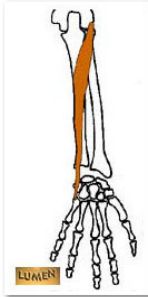
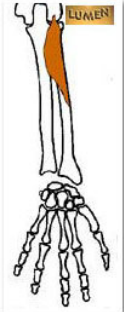
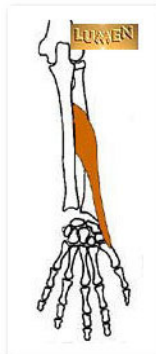
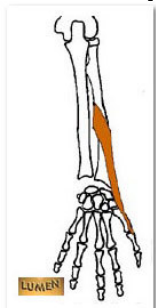
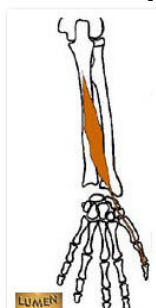
Muscles of the Anterior compartment of the Forearm

| Muscle | Origin | Insertion | Action |
|--|---------------------------------|----------------------------|--|
| Pronator quadratus  | Distal and anterior ulnar shaft | Distal and anterior radius | <ul style="list-style-type: none"> Pronates forearm |

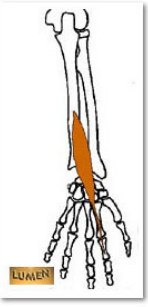
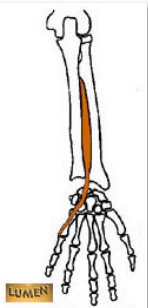
Muscles of the Posterior compartment of the Forearm

| Muscle | Origin | Insertion | Action |
|--|--|---|--|
| Brachioradialis  | <ul style="list-style-type: none"> Lateral supracondylar ridge of the humerus | <ul style="list-style-type: none"> Styloid process of the radius | <ul style="list-style-type: none"> Flexes forearm at elbow Stabilizes elbow during flexion and extension |
| Extensor carpi radialis longus  | <ul style="list-style-type: none"> Lateral supracondylar ridge of the humerus | 2 nd metacarpal | <ul style="list-style-type: none"> Extends hand at wrist Abducts hand |
| Extensor carpi radialis brevis  | <ul style="list-style-type: none"> Lateral epicondyle of the humerus | 3 rd metacarpal | <ul style="list-style-type: none"> Extends hand at wrist Abducts hand |
| Extensor digitorum  | <ul style="list-style-type: none"> Lateral epicondyle of the humerus | Distal phalanges of 2 nd to 5 th digit | <ul style="list-style-type: none"> Extends distal interphalangeal joints Extends hand at wrist |



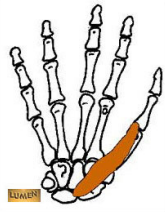
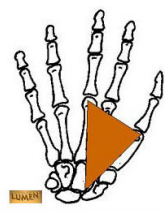
Muscles of the Posterior compartment of the Forearm

| Muscle | Origin | Insertion | Action |
|--|--|--|--|
| <p>Extensor carpi ulnaris</p>  | <ul style="list-style-type: none"> • Lateral epicondyle of the humerus • Posterior ulna | <p>5th metacarpal</p> | <ul style="list-style-type: none"> • Extends hand at wrist • Adducts hand |
| <p>Supinator</p>  | <ul style="list-style-type: none"> • Lateral epicondyle of the humerus • Proximal ulna | <p>Proximal end of radius</p> | <ul style="list-style-type: none"> • Supinates forearm |
| <p>Abductor pollicis longus</p>  | <ul style="list-style-type: none"> • Posterior radius • Posterior ulna • Interosseus membrane | <ul style="list-style-type: none"> • Trapezium • 1st metacarpal | <ul style="list-style-type: none"> • Abducts pollex |
| <p>Extensor pollicis brevis</p>  | <ul style="list-style-type: none"> • Posterior radius • Posterior ulna • Interosseus membrane | <p>Proximal phalanx of pollex</p> | <ul style="list-style-type: none"> • Extends 1st metacarpal-phalangeal joint |
| <p>Extensor pollicis longus</p>  | <ul style="list-style-type: none"> • Posterior radius • Posterior ulna • Interosseus membrane | <p>Distal phalanx of pollex</p> | <ul style="list-style-type: none"> • Extends 1st interphalangeal joint |

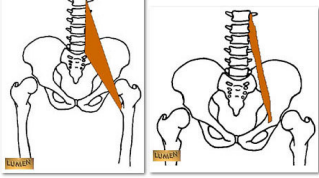





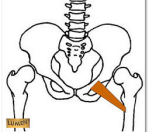
Muscles of the Posterior compartment of the Forearm

| Muscle | Origin | Insertion | Action |
|--|--|---|---|
| Extensor indicis  | <ul style="list-style-type: none"> Posterior ulna Interosseus membrane | Distal phalanx of 2 nd digit | <ul style="list-style-type: none"> Extends 2nd distal interphalangeal joint |
| Extensor digiti minimi  | <ul style="list-style-type: none"> Lateral epicondyle of humerus | Distal phalanx of 5 th digit | <ul style="list-style-type: none"> Extends 5th distal interphalangeal joint |

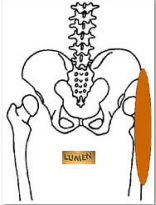
Intrinsic Muscles of the Hand

| Muscle | Origin | Insertion | Action |
|--|---|----------------------------|---|
| Abductor pollicis brevis  | <ul style="list-style-type: none"> Scaphoid Trapezium Flexor retinaculum | Proximal phalanx of pollex | <ul style="list-style-type: none"> Abducts pollex |
| Opponens pollicis  | <ul style="list-style-type: none"> Trapezium Flexor retinaculum | 1 st metacarpal | <ul style="list-style-type: none"> Opposes pollex |
| Flexor pollicis brevis  | <ul style="list-style-type: none"> Trapezium Flexor retinaculum | Proximal phalanx of pollex | <ul style="list-style-type: none"> Flexes 1st metacarpal-phalangeal joint |
| Adductor pollicis  | <ul style="list-style-type: none"> Capitate 2nd - 4th metacarpals | Proximal phalanx of pollex | <ul style="list-style-type: none"> Adducts pollex Opposes pollex |


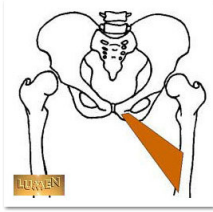


Muscles associated with the Anterior compartment of the Thigh

| Muscle | Origin | Insertion | Action |
|--|--|--|--|
| Iliopsoas  | <ul style="list-style-type: none"> Iliac fossa Ala of the sacrum Transverse processes of T12-L5 | Lesser trochanter of the femur | <ul style="list-style-type: none"> Flexes thigh at hip Flexes vertebral column |
| Sartorius  | <ul style="list-style-type: none"> Anterior superior iliac spine | Medial tibia | <ul style="list-style-type: none"> Flexes thigh at hip Rotates thigh laterally Flexes leg at knee |
| Quadriceps femoris | | All four: | |
| Rectus femoris  | <ul style="list-style-type: none"> Anterior inferior iliac spine | Patella and tibial tuberosity via tendon of quadriceps femoris and patellar ligament | <ul style="list-style-type: none"> Extends leg at knee Flexes thigh at hip |
| Vastus lateralis  | <ul style="list-style-type: none"> Greater trochanter of the femur Intertrochanteric line Linea aspera of femur | | <ul style="list-style-type: none"> Extends leg at knee Stabilizes knee |
| Vastus medialis  | <ul style="list-style-type: none"> Linea aspera of femur Intertrochanteric line | | <ul style="list-style-type: none"> Extends leg at knee Stabilizes patella |
| Vastus intermedius  | <ul style="list-style-type: none"> Shaft of the femur | | <ul style="list-style-type: none"> Extends leg at knee |
| Pectineus  | <ul style="list-style-type: none"> Superior ramus of pubis | | Linea aspera of femur |

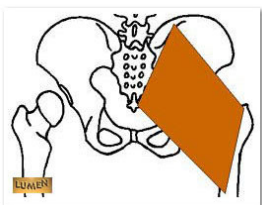
Muscles associated with the Anterior compartment of the Thigh

| Muscle | Origin | Insertion | Action |
|---|--|------------------|--|
| Tensor fascia latae  | <ul style="list-style-type: none"> Anterior superior iliac spine Iliac crest | Iliotibial tract | <ul style="list-style-type: none"> Flexes thigh at hip Abducts thigh Rotates thigh medially |

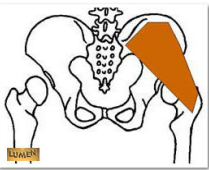
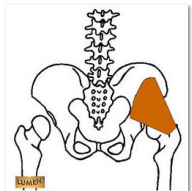



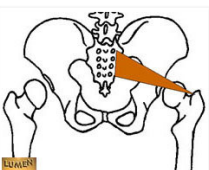
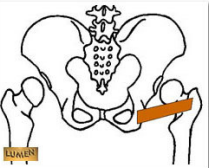
Muscles associated with the Medial compartment of the Thigh

| Muscle | Origin | Insertion | Action |
|---|--|-------------------------|---|
| Gracilis  | <ul style="list-style-type: none"> Inferior ramus of pubis Body of the pubis | Medial surface of tibia | <ul style="list-style-type: none"> Adducts thigh Flexes leg at knee Rotates leg medially |
| Adductor longus  | <ul style="list-style-type: none"> Pubis – near pubic symphysis | Linea aspera of femur | <ul style="list-style-type: none"> Adducts thigh Flexes thigh at hip Rotates thigh medially |
| Adductor brevis  | <ul style="list-style-type: none"> Inferior ramus of pubis Body of the pubis | Linea aspera of femur | <ul style="list-style-type: none"> Adducts thigh Rotates thigh medially |
| Adductor magnus  | <ul style="list-style-type: none"> Inferior ramus of pubis Ischial ramus Ischial tuberosity | Linea aspera of femur | <ul style="list-style-type: none"> Adducts thigh Rotates thigh laterally Flexes thigh at hip |


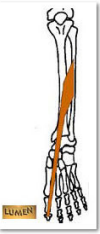
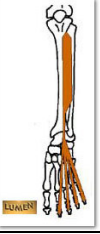

Muscles associated with the Gluteal region and Posterior compartment of the Thigh

| Muscle | Origin | Insertion | Action |
|---|---|---|--|
| Gluteus maximus  | <ul style="list-style-type: none"> Posterior ilium Sacrum Coccyx | <ul style="list-style-type: none"> Iliotibial tract Gluteal tuberosity of femur | <ul style="list-style-type: none"> Extends thigh at hip Rotates thigh laterally Abducts thigh |


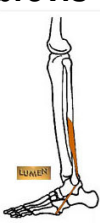
Muscles associated with the Gluteal region and Posterior compartment of the Thigh

| Muscle | Origin | Insertion | Action |
|--|--|--|---|
| Gluteus medius  | <ul style="list-style-type: none"> Lateral surface of ilium | Greater trochanter of femur | <ul style="list-style-type: none"> Abducts thigh Rotates thigh medially |
| Gluteus minimis  | <ul style="list-style-type: none"> Lateral surface of ilium | Greater trochanter of femur | <ul style="list-style-type: none"> Abducts thigh Rotates thigh medially |
| Biceps femoris Long head  Short head | <ul style="list-style-type: none"> Ischial tuberosity Linea aspera | <ul style="list-style-type: none"> Head of fibula Lateral condyle of tibia | <ul style="list-style-type: none"> Extends thigh at hip Flexes leg at knee Rotates leg laterally |
| Semitendinosus  | <ul style="list-style-type: none"> Ischial tuberosity | Medial tibia | <ul style="list-style-type: none"> Extends thigh at hip Flexes leg at knee Rotates leg medially |
| Semimembranosus  | <ul style="list-style-type: none"> Ischial tuberosity | Medial condyle of tibia | <ul style="list-style-type: none"> Extends thigh at hip Flexes leg at knee Rotates leg medially |
| Piriformis  | <ul style="list-style-type: none"> Lateral surface of sacrum | Greater trochanter of femur | <ul style="list-style-type: none"> Rotates thigh laterally when hip is extended |
| Quadratus femoris  | <ul style="list-style-type: none"> Ischial tuberosity | Intertrochanteric crest of the femur | <ul style="list-style-type: none"> Rotates thigh laterally Stabilizes hip |

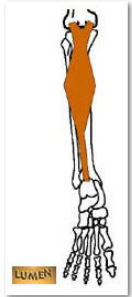
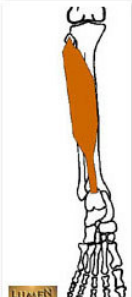
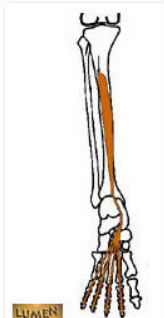
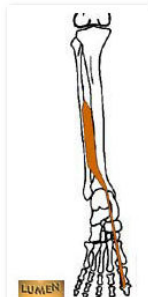

Muscles associated with the Anterior compartment of the Leg

| Muscle | Origin | Insertion | Action |
|--|--|---|---|
| Tibialis anterior  | <ul style="list-style-type: none"> Lateral condyle of tibia Interosseous membrane | <ul style="list-style-type: none"> Medial cuneiform 1st metatarsal | <ul style="list-style-type: none"> Dorsiflexes foot at ankle Inverts foot |
| Extensor hallucis longus  | <ul style="list-style-type: none"> Anterior fibula Interosseous membrane | Distal phalanx of hallux | <ul style="list-style-type: none"> Dorsiflexes foot at ankle Extends 1st interphalangeal joint |
| Extensor digitorum longus  | <ul style="list-style-type: none"> Lateral condyle of tibia Proximal fibula Interosseous membrane | Middle and distal phalanges of 2 nd -5 th digits | <ul style="list-style-type: none"> Extends 2nd-5th distal interphalangeal joints |
| Fibularis (peroneus) tertius  | <ul style="list-style-type: none"> Anterior fibula Interosseous membrane | 5 th metatarsal | <ul style="list-style-type: none"> Dorsiflexes foot at ankle Everts foot |

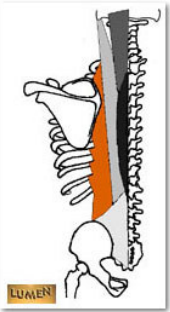
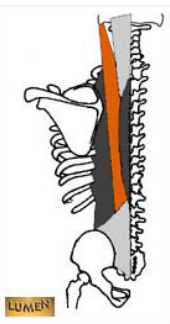
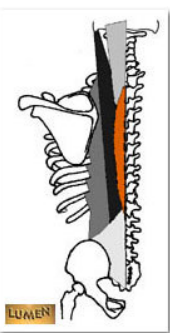
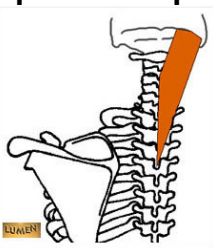
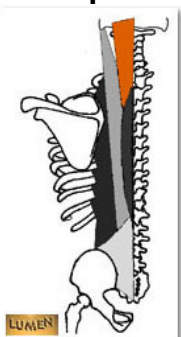
Muscles associated with the Lateral compartment of the Leg

| Muscle | Origin | Insertion | Action |
|---|--|---|---|
| Fibularis (peroneus) longus  | <ul style="list-style-type: none"> Head of fibula | <ul style="list-style-type: none"> Medial cuneiform 1st metatarsal | <ul style="list-style-type: none"> Plantar flexes foot at ankle Everts foot |
| Fibularis (peroneus) brevis  | <ul style="list-style-type: none"> Distal fibula | 5th metatarsal | <ul style="list-style-type: none"> Plantar flexes foot at ankle Everts foot |

Muscles associated with the Posterior compartment of the Leg

| Muscle | Origin | Insertion | Action |
|--|--|---|--|
| Gastrocnemius  | <ul style="list-style-type: none"> Lateral condyle of femur Medial condyle of femur | Calcaneus | <ul style="list-style-type: none"> Plantar flexes foot at ankle |
| Soleus  | <ul style="list-style-type: none"> Proximal tibia Proximal fibula Interosseous membrane | Calcaneus | <ul style="list-style-type: none"> Plantar flexes foot at ankle |
| Flexor digitorum longus  | <ul style="list-style-type: none"> Posterior tibia | Distal phalanges of 2 nd -5 th digits | <ul style="list-style-type: none"> Plantar flexes foot at ankle Inverts foot Flexes 2nd-5th distal interphalangeal joints |
| Flexor hallucis longus  | <ul style="list-style-type: none"> Middle shaft of fibula Interosseous membrane | Distal phalanx of hallux | <ul style="list-style-type: none"> Plantar flexes foot at ankle Inverts foot Flexes all joints of hallux |
| Tibialis posterior  | <ul style="list-style-type: none"> Proximal tibia Proximal fibula Interosseous membrane | <ul style="list-style-type: none"> Navicular bone 2nd-4th metatarsals | <ul style="list-style-type: none"> Plantar flexes foot at ankle Inverts foot |

Intrinsic Muscles of the Back

| Muscle | Origin | Insertion | Action |
|--|--|--|---|
| Erector spinae (group) | | | |
| <p style="text-align: center;">Iliocostalis</p>  | <ul style="list-style-type: none"> • Iliac crest • Ribs 3-12 | <ul style="list-style-type: none"> • Inferior border of ribs • Transverse processes of C4-C6 | <ul style="list-style-type: none"> • Extends vertebral column • Laterally flexes vertebral column |
| <p style="text-align: center;">Longissimus</p>  | <ul style="list-style-type: none"> • Transverse processes of C4-L5 | <p>Mastoid process of temporal bone</p> | <ul style="list-style-type: none"> • Extends vertebral column • Laterally flexes vertebral column |
| <p style="text-align: center;">Spinalis</p>  | <ul style="list-style-type: none"> • Spinous processes of T7-L3 | <p>Spinous processes of C4-T6</p> | <ul style="list-style-type: none"> • Extends vertebral column |
| <p style="text-align: center;">Splenius capitis</p>  | <ul style="list-style-type: none"> • Spinous processes of C6-T7 | <ul style="list-style-type: none"> • Mastoid process of temporal bone • Occipital bone | <ul style="list-style-type: none"> • Extends or hyperextends vertebral column |
| <p style="text-align: center;">Semispinalis capitis</p>  | <ul style="list-style-type: none"> • Transverse processes of C7-T12 | <p>Occipital bone</p> | <ul style="list-style-type: none"> • Extends vertebral column |