**TABLE 2-11: MUSCLE GROUPS IN NECK REGION**

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| **Muscle** | **Group** | **M50 PCSA (mm2)** | **F05 PCSA (mm2)** |
| Oblique Capitus Inferior | Extensor | 195.0 | 127.9 |
| Oblique Capitus Superior | Extensor | 88.0 | 57.7 |
| Iliocostalis Cervicis | Extensor | 104.1 | 68.3 |
| Longissimus Capitis | Extensor | 98.0 | 64.3 |
| Longissimus Cervicis | Extensor | 148.8 | 97.6 |
| Multifidus | Extensor | 280.0 | 183.7 |
| Semisplenius Capitus | Extensor | 551.7 | 362.0 |
| Semisplenius Cervicis | Extensor | 306.0 | 200.8 |
| Splenius Capitis | Extensor | 309.2 | 202.9 |
| Splenius Cervicis | Extensor | 143.1 | 93.9 |
| Levator Scapula | Extensor | 312.0 | 204.7 |
| Minor Rhomboid | Extensor | 102.0 | 66.9 |
| Trapezius | Extensor | 1373.4 | 577.6 |
| Rectus Capitus Major | Flexor | 168.0 | 110.2 |
| Rectus Capitus Minor | Flexor | 92.0 | 60.4 |
| Longus Capitis | Flexor | 137.2 | 90.0 |
| Longus Colli Superior | Flexor | 69.0 | 45.3 |
| Longus Colli Inferior | Flexor | 69.0 | 45.3 |
| Longus Colli Vertical | Flexor | 137.1 | 90.0 |
| Rectus Capitis Anterior | Flexor | 80.0 | 52.5 |
| Rectus Capitis Lateral | Flexor | 90.0 | 59.0 |
| Scalenus Anterior | Flexor | 188.0 | 123.3 |
| Scalenus Medius | Flexor | 160.2 | 105.1 |
| Scalenus Posterior | Flexor | 105.0 | 68.9 |
| Sternocleidomastoid | Flexor | 492.0 | 322.8 |
| Omohyoid | Flexor | 75.0 | 49.2 |
| Sternohyoid | Flexor | 123.0 | 80.7 |