

Rectus Capitis Posterior Major

Nathaniel Yomogida, SPT

Chloë Kerstein, SPT

Table of contents

1	OIAN	1
1.1	Origin	1
1.2	Insertion	1
1.3	Innervation	1
1.4	Action	2
2	Palpation	2
	Clinical significance	2
	Part of the suboccipital muscle group	

1 OIAN

1.1 Origin

C2 (SP)¹

1.2 Insertion

Occipital bone (inferior nuchal line, middle third)¹

1.3 Innervation

[Suboccipital N.](#) AKA Posterior ramus of C1¹

1.4 Action

- **Bilateral:** Extend head
- **Unilateral:** I/L head rotation

2 Palpation

Clinical significance

1. Gilroy AM, MacPherson BR, Wikenheiser JC, Voll MM, Wesker K, Schünke M, eds. *Atlas of Anatomy*. 4th ed. Thieme; 2020.