

Occipital Bone

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1 Attachment Sites

1.1 Vague attachment sites

Muscle	Origin	Insertion	Nerve	Action
Lower Trapezius	SP of T5–T12	Scapular Spine	Motor: CN XI Accessory n. and Proprioception: Cervical plexus (C2, C3, C4)	Draws scapula medially downward

1.2 Superior Nuchal Line

Muscle	Origin	Insertion	Nerve	Action
Sternocleidomastoid	Sternal head: sternum (manubrium); Clavicular head: Clavicle (medial 1/3)	Temporal bone (mastoid process); Occipital bone (superior nuchal line)	Motor: CN XI Accessory n. and Proprioception: Cervical plexus (C2, C3, C4)	Unilateral: Tilts head to same side, rotates head to opposite side; Bilateral: Extends head, aids in respiration when head is fixed

1.3 Inferior nuchal line

Muscle	Origin	Insertion	Nerve	Action
Rectus Capitis Posterior Major	C2 (SP)	Occipital bone (inferior nuchal line, middle third)	Suboccipital N.	BIL: Extend head; UNIL: I/L head rotation
Rectus Capitis Posterior Minor	C1 (posterior tubercle)	Occipital bone (inferior nuchal line, inner 1/3)	Suboccipital N.	BIL: Extend head; UNIL: I/L head rotation
Obliquus Capitis Superior	C1 (TP)	Occipital bone (inferior nuchal line, middle third)	Suboccipital N.	BIL: Extend head; UNIL: I/L SB, C/L rotation