

Respiration

Nathaniel Yomogida, SPT

Chloë Kerstein, SPT

Table of contents

1 Muscles related to respiration	1
1.1 Primary	1
1.2 Secondary	1

1 Muscles related to respiration

1.1 Primary

1.2 Secondary

Table 1: Sternocleidomastoid OIAN

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