

CN XI Accessory Nerve

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Table 1: Motor innervations of CN XI 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
Upper Trapezius	Occipital bone, SP of C1–C7	Clavicle (lateral one third)	Motor: CN XI Accessory n. and Proprioception: Cervical plexus (C2, C3, C4)	Draws scapula obliquely upward, rotates glenoid cavity superiorly

Muscle	Origin	Insertion	Nerve	Action
Middle Trapezius	Aponeurosis at T1–T4 SP	Acromion	Motor: CN XI Accessory n. and Proprioception: Cervical plexus (C2, C3, C4)	Draws scapula medially
Lower Trapezius	SP of T5–T12	Scapular Spine	Motor: CN XI Accessory n. and Proprioception: Cervical plexus (C2, C3, C4)	Draws scapula medially downward