

Rectus Capitis Lateralis

Nathaniel Yomogida, SPT

Chloë Kerstein, SPT

Table of contents

1 OIAN	1
1.1 Origin	1
1.2 Insertion	3
1.3 Innervation	3
1.4 Action	3
2 Muscle groups	3
3 Palpation	3
Clinical significance	3

1 OIAN

Table 1: Rectus Capitis Lateralis OIAN

Muscle	Origin	Insertion	Nerve	Action
Rectus Capitis Lateralis	C1 (TP)	Occipital bone (basilar part, lateral to occipital condyles)	C1 Anterior Ramus	BIL: flex AO Joint; UNIL: Lateral Flexion of AO joint

1.1 Origin

C1 (TP)¹

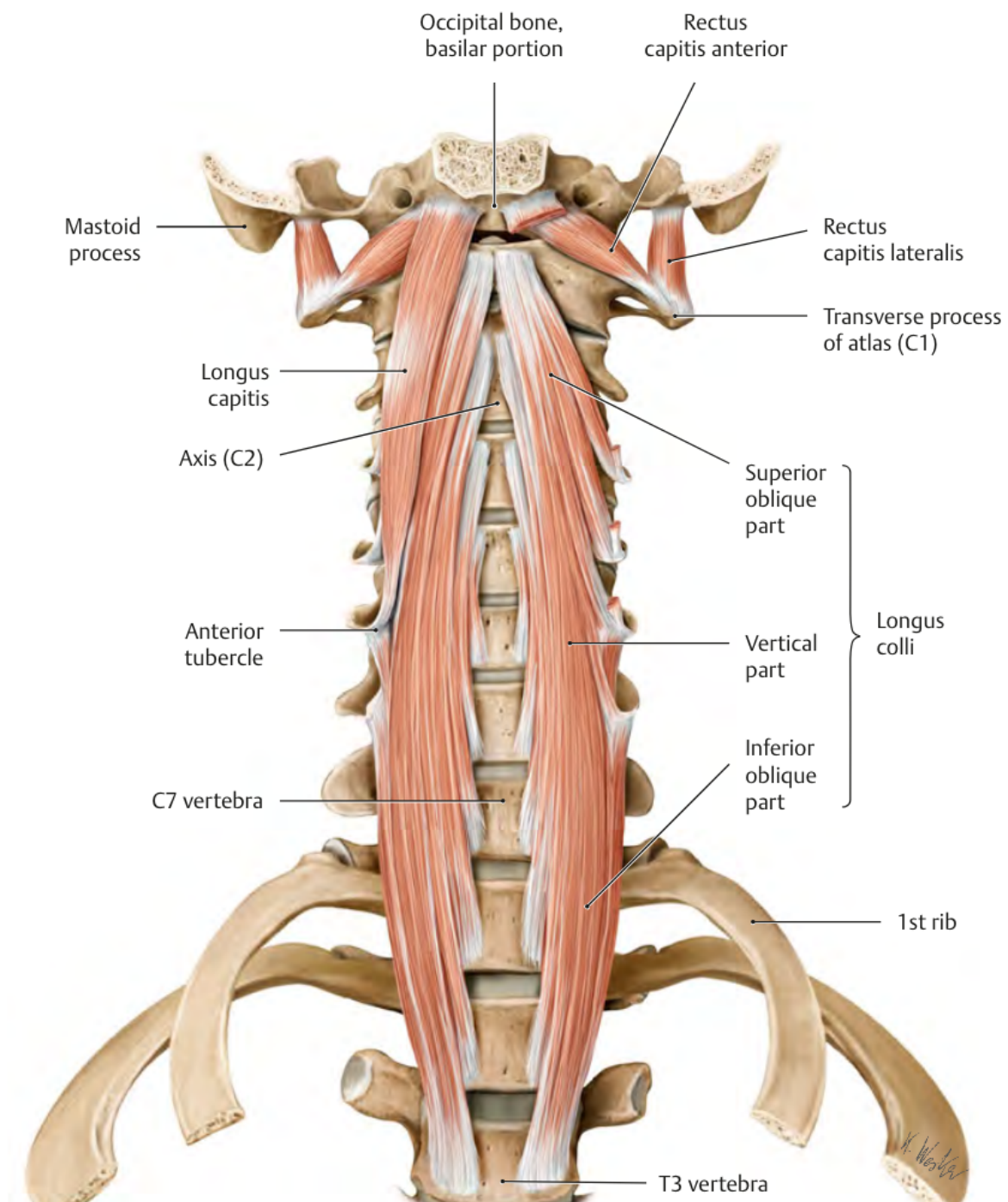


Figure 1: Prevertebral muscles anterior view¹

1.2 Insertion

Occipital bone (basilar part, lateral to occipital condyles)¹

1.3 Innervation

C1 Anterior Ramus¹

1.4 Action

- **Bilateral:** flex AO Joint
- **Unilateral:** Lateral Flexion of AO joint

2 Muscle groups

Rectus capitis lateralis cervicis is part of the prevertebral muscle group¹.

3 Palpation

Clinical significance

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