

# Respiration

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## 1 Muscles related to respiration

### 1.1 Primary

### 1.2 Secondary

Table 1: Sternocleidomastoid OIAN

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