

Sternum (Bone)

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Table 1: Muscles attached to the sternum

Muscle	Origin	Insertion	Nerve	Action
Pec Major	Clavicle (medial half), sternum, costal cartilages 1–6, rectus sheath (anterior layer)	Humerus (crest of greater tubercle)	Lateral pectoral nerve and Medial pectoral nerve (C5-T1)	Entire muscle: adduction, internal rotation; Clavicular and sternocostal parts: flexion; assist in respiration when shoulder is fixed

1.1 Manubrium

Table 2: 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