

# Occipital Bone

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## 1 Attachment Sites

### 1.1 Vague attachment sites

Muscle	Origin	Insertion	Nerve	Action
Lower Trapezius	SP of T5–T12	Scapular Spine	<b>Motor:</b> CN XI <b>Accessory n.</b> and <b>Proprioception:</b> Cervical plexus (C2, C3, C4)	Draws scapula medially downward

### 1.2 Superior Nuchal Line

Muscle	Origin	Insertion	Nerve	Action
Sternocleidomastoid	<b>Sternal head:</b> sternum (manubrium); <b>Clavicular head:</b> Clavicle (medial 1/3)	Temporal bone (mastoid process); Occipital bone (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

### 1.3 Inferior nuchal line

Muscle	Origin	Insertion	Nerve	Action
Rectus Capitis Posterior Major	C2 (SP)	Occipital bone (inferior nuchal line, middle third)	Suboccipital N.	<b>BIL:</b> Extend head; <b>UNIL:</b> I/L head rotation
Rectus Capitis Posterior Minor	C1 (posterior tubercle)	Occipital bone (inferior nuchal line, inner 1/3)	Suboccipital N.	<b>BIL:</b> Extend head; <b>UNIL:</b> I/L head rotation
Obliquus Capitis Superior	C1 (TP)	Occipital bone (inferior nuchal line, middle third)	Suboccipital N.	<b>BIL:</b> Extend head; <b>UNIL:</b> I/L SB, C/L rotation