

Sternocleidomastoid muscle (SCM)

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1 OIAN

Table 1: 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 |

1.1 Origin

- Sternal head: [sternum \(manubrium\)](#)¹
- Clavicular head: [Clavicle \(medial 1/3\)](#)¹

1.2 Insertion

- [Temporal bone \(mastoid process\)](#)¹
- [Occipital bone \(superior nuchal line\)](#)¹

1.3 Innervation

Motor: [CN XI Accessory n.](#) and **Proprioception:** [Cervical plexus \(C2, C3, C4\)](#)¹

1.4 Action

- **Unilateral:** [Tilts head to same side, C/L head rotation](#)¹
- **Bilateral:** Extends head, aids in [respiration](#) when head is fixed¹

2 Muscle groups

The sternocleidomastoid is part of the [Superficial neck muscle group](#)

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.