

# Trapezius (Muscle)

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## 1 OIAN

Table 1: Trapezius OIAN

Muscle	Origin	Insertion	Nerve	Action
Upper Trapezius	Occipital bone, SP of C1–C7	Clavicle (lateral one third)	<b>Motor:</b> CN XI <b>Accessory n.</b> and <b>Proprioception:</b> Cervical plexus (C2, C3, C4)	Draws scapula obliquely upward, rotates glenoid cavity superiorly
Middle Trapezius	Aponeurosis at T1–T4 SP	Acromion	<b>Motor:</b> CN XI <b>Accessory n.</b> and <b>Proprioception:</b> Cervical plexus (C2, C3, C4)	Draws scapula medially
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
Entire muscle				Steadies scapula on thorax

## 1.1 Upper Trapezius OIAN

AKA Descending part of the trapezius

- Origin:
  - Occipital bone<sup>1</sup>
  - SP of C1–C7<sup>1</sup>
- Insertion: Clavicle (lateral one third)<sup>1</sup>
- Nerve: **Motor:** CN XI Accessory n. and **Proprioception:** Cervical plexus (C2, C3, C4)<sup>1</sup>
- Action: Draws scapula obliquely upward, rotates glenoid cavity superiorly<sup>1</sup>

## 1.2 Middle Trapezius OIAN

AKA Transverse part of the trapezius

- Origin: Aponeurosis at T1–T4 SP<sup>1</sup>
- Insertion: Acromion<sup>1</sup>
- Nerve: **Motor:** CN XI Accessory n. and **Proprioception:** Cervical plexus (C2, C3, C4)<sup>1</sup>
- Action: Draws scapula medially<sup>1</sup>

## 1.3 Lower Trapezius OIAN

- Origin: SP of T5–T12
- Insertion: Scapular Spine
- Nerve: **Motor:** CN XI Accessory n. and **Proprioception:** Cervical plexus (C2, C3, C4)<sup>1</sup>
- Action: Draws scapula medially downward<sup>1</sup>

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