Trapezius Muscle
(Four Parts)

(The following information will be considered “correct” for purposes of exam questions for KIN 334. Do not memorize the origins, insertions and actions for this muscle in Thompson and Floyd since they list only three parts of the Trapezius. Figures below are from Hamilton and Lutgens, page 102.)

**Trapezius I**
**Origin:** Occipital bone; ligamentum nuchae
**Insertion:** Posterior border of lateral third of clavicle
**Action:** Elevation

**Trapezius II**
**Origin:** Ligamentum nuchae
**Insertion:** Top of acromion process
**Action:** Elevation; upward rotation; adduction (retraction)

**Trapezius III:**
**Origin:** Spinous processes of seventh cervical and upper three thoracic vertebrae
**Insertion:** Upper border of scapular spine
**Action:** Adduction (retraction)

**Trapezius IV:**
**Origin:** Spinous processes of fourth through twelfth thoracic vertebrae
**Insertion:** Root of scapular spine
**Action:** Upward rotation; depression; adduction (retraction)

Note: For entire trapezius muscle:
**Innervation:** Accessory nerve (cranial nerve XI) and branches of C3-4 (same as Thompson and Floyd)