

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 Luttgens, 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)

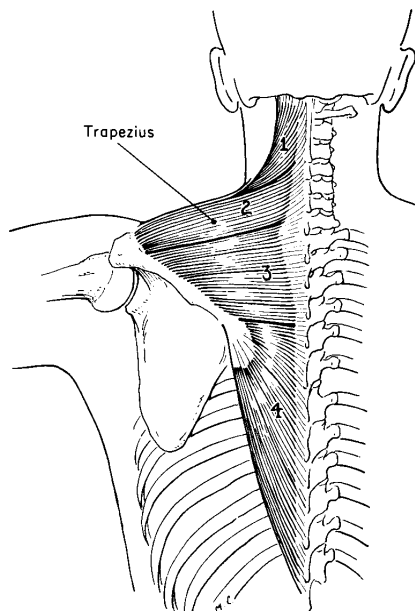


Figure 5.6 Trapezius.

