

Muscles used for movement at the neck & vertebral column	
Term of Movement	Active muscles or Agonists
Flexion of neck <i>'Vertebrae articulating with each other'</i>	Sternocleidomastoid (both sides) Scalenes (both sides)
Hyper/Extension of neck <i>'Vertebrae articulating with each other'</i>	Splenius (both sides) Transversospinalis: semispinalis capitis & cervicis (both sides)
Rotation of neck <i>'Vertebrae articulating with each other'</i>	Sternocleidomastoid (one side only) Splenius (one side only) - slightly Transversospinalis: semispinalis capitis & cervicis (one side only) Erector spinae (one side only) Upper trapezius (one side only)
Lateral flexion of neck <i>'Vertebrae articulating with each other'</i>	Sternocleidomastoid (one side only) Splenius (one side only) Scalenes (one side only) Erector spinae: sacro-spinalis (one side only) Upper trapezius (one side only)
Flexion of trunk <i>'Vertebrae articulating with each other'</i>	Rectus Abdominis Iliopsoas
Hyper/Extension of trunk <i>'Vertebrae articulating with each other'</i>	Quadratus lumborum (both sides) Erector spinae (both sides) Transversospinalis: multifidus & thoracis (both sides)
Rotation of trunk <i>'Vertebrae articulating with each other'</i>	External & internal obliques (one side) Transversospinalis: multifidus & thoracis (one side)
Lateral flexion of trunk <i>'Vertebrae articulating with each other'</i>	Quadratus lumborum (one side) Erector spinae (one side) Transversospinalis: multifidus (one side) Psoas major (one side)
Stabilisers of lower back	Quadratus lumborum Iliopsoas Rectus abdominis
Stabilisers of mid back	Trapezius
Stabilisers of upper back	Erector Spinae
Elevates sternum	Pectoralis Major & Minor