

## Muscles used for movement at the head, neck & vertebral column

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

