

There are **over 600** muscles in your body.

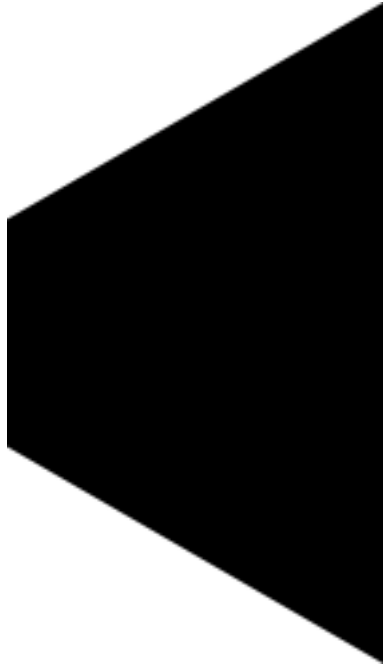
The broad **trapezius** is among the most recognizable of **the whole lot!**



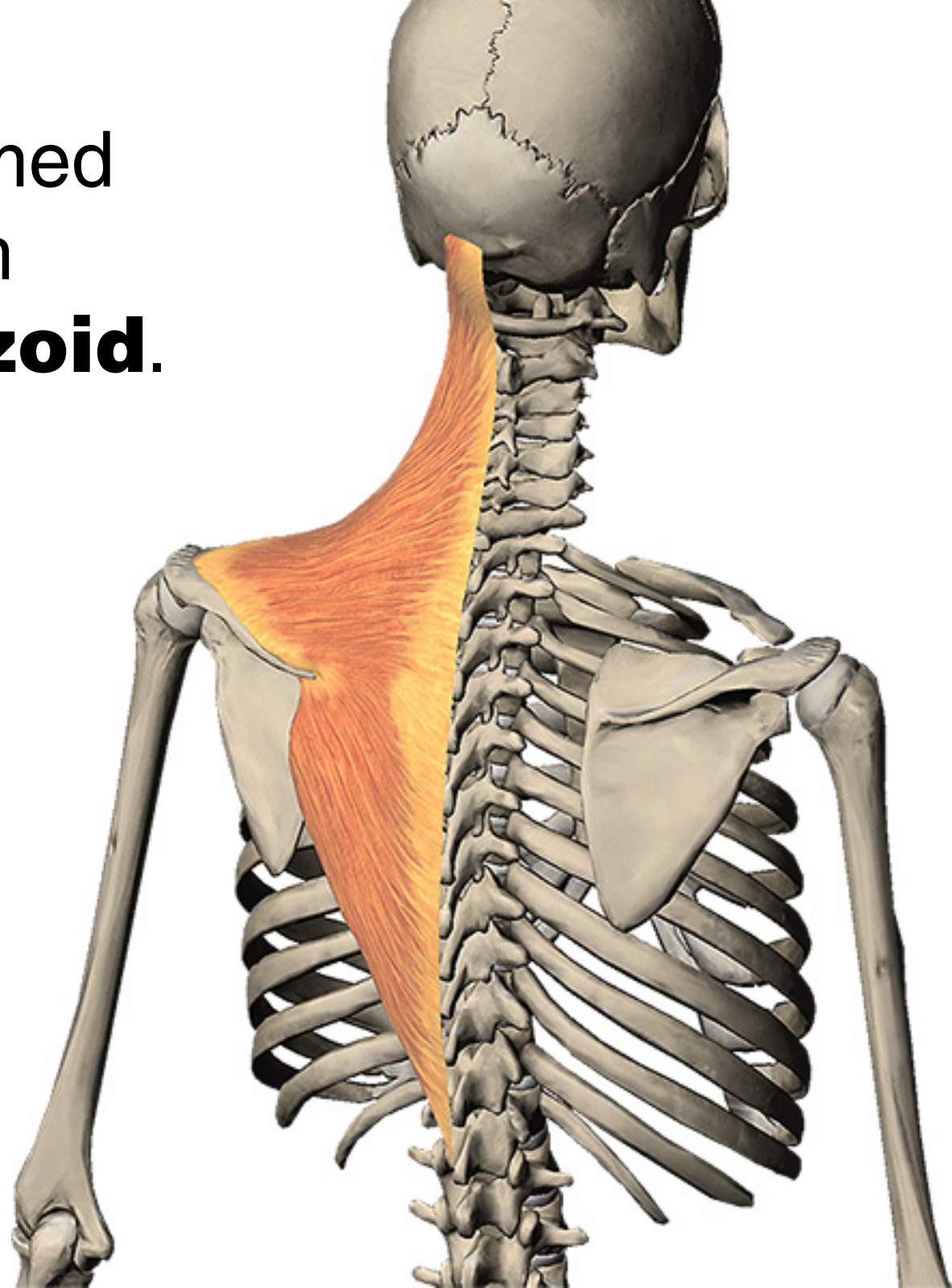
Let's take a look!



The trapezius is named for its **shape**, which resembles a **trapezoid**.



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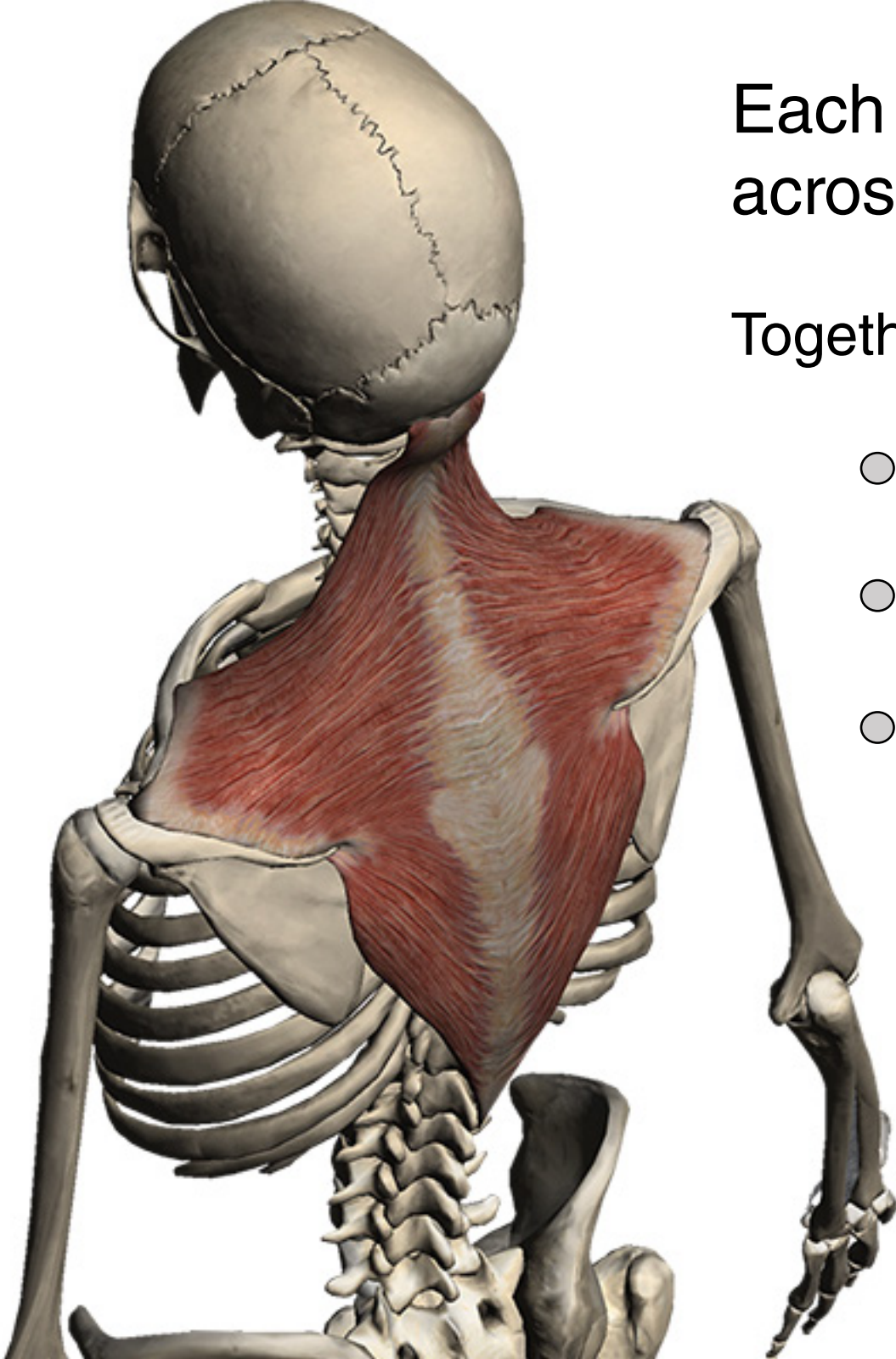
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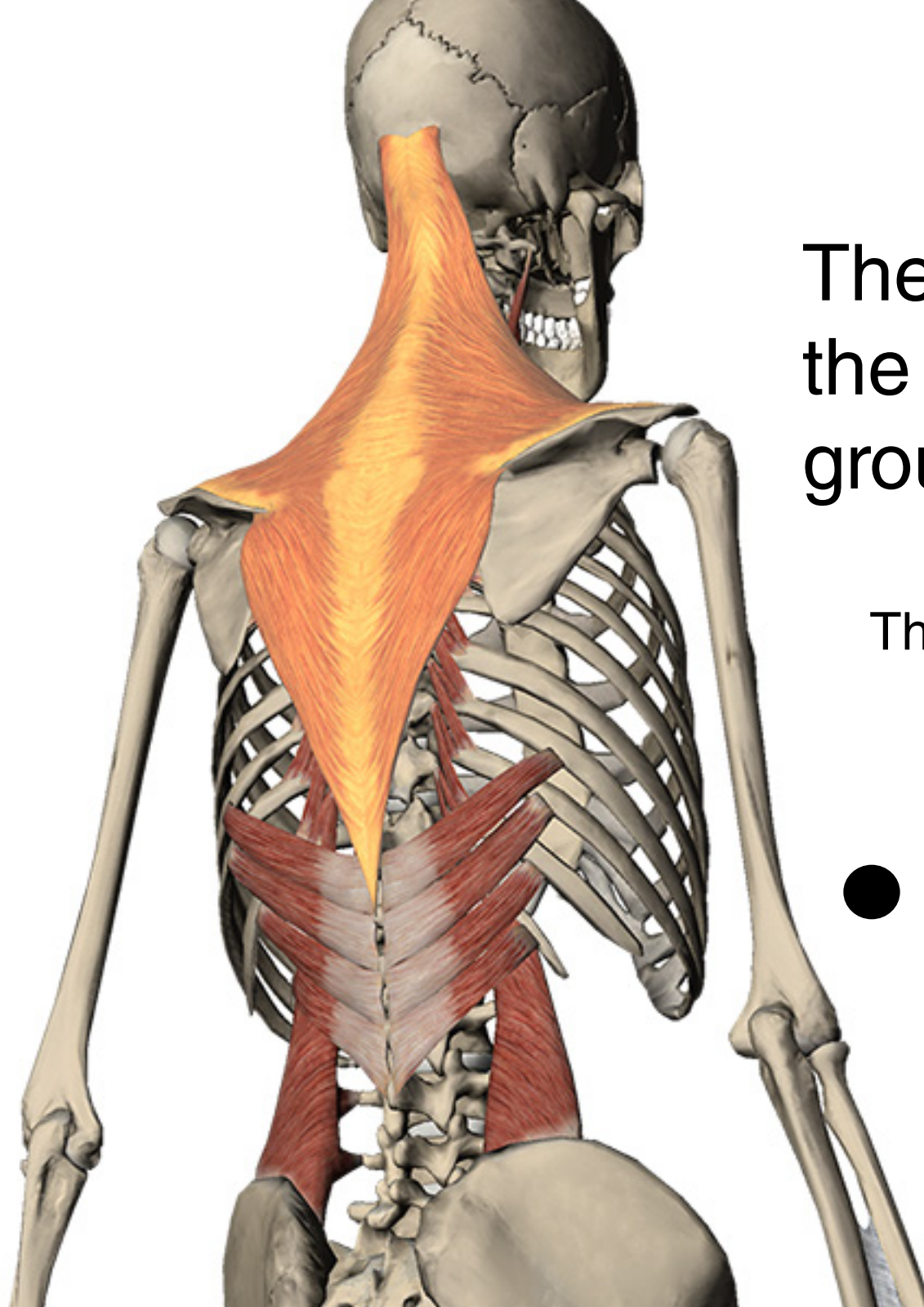
Each **trapezius** extends across one half of the back.

Together they cover these regions:

- Posterior part of the neck
- Shoulders
- Upper back

Factoid: Muscle imbalances can occur when all three sections of the trapezius are not developed correctly.





The trapezius is part of the **posterior thorax** group.

The other muscles of this group:

- Levator scapulae
- Serratus posterior superior
- Serratus posterior inferior
- Levatores costarum brevis
- Levatores costarum longi
- Rhomboideus major
- Rhomboideus minor
- Quadratus lumborum

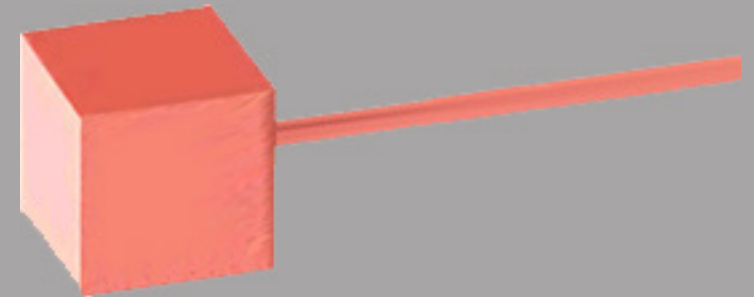
Hold it right there!

Quick review.

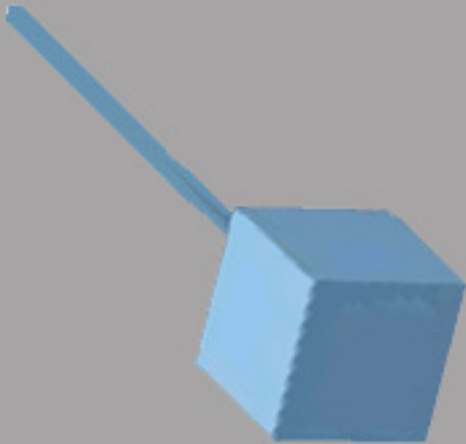
Origins and **insertions** are where the muscle **attaches** to a structure, either a bone or other tissue.

Muscles tend to have more **mass** at the origin.

The structure that the **origin** is attached to tends to be moved by the **muscle contracting**.



We mark origins in red on the skeleton & use these nifty red pins.



The opposite end of the origin is the **insertion**.

It tends to move while the structure of the origin is **stabilized**.

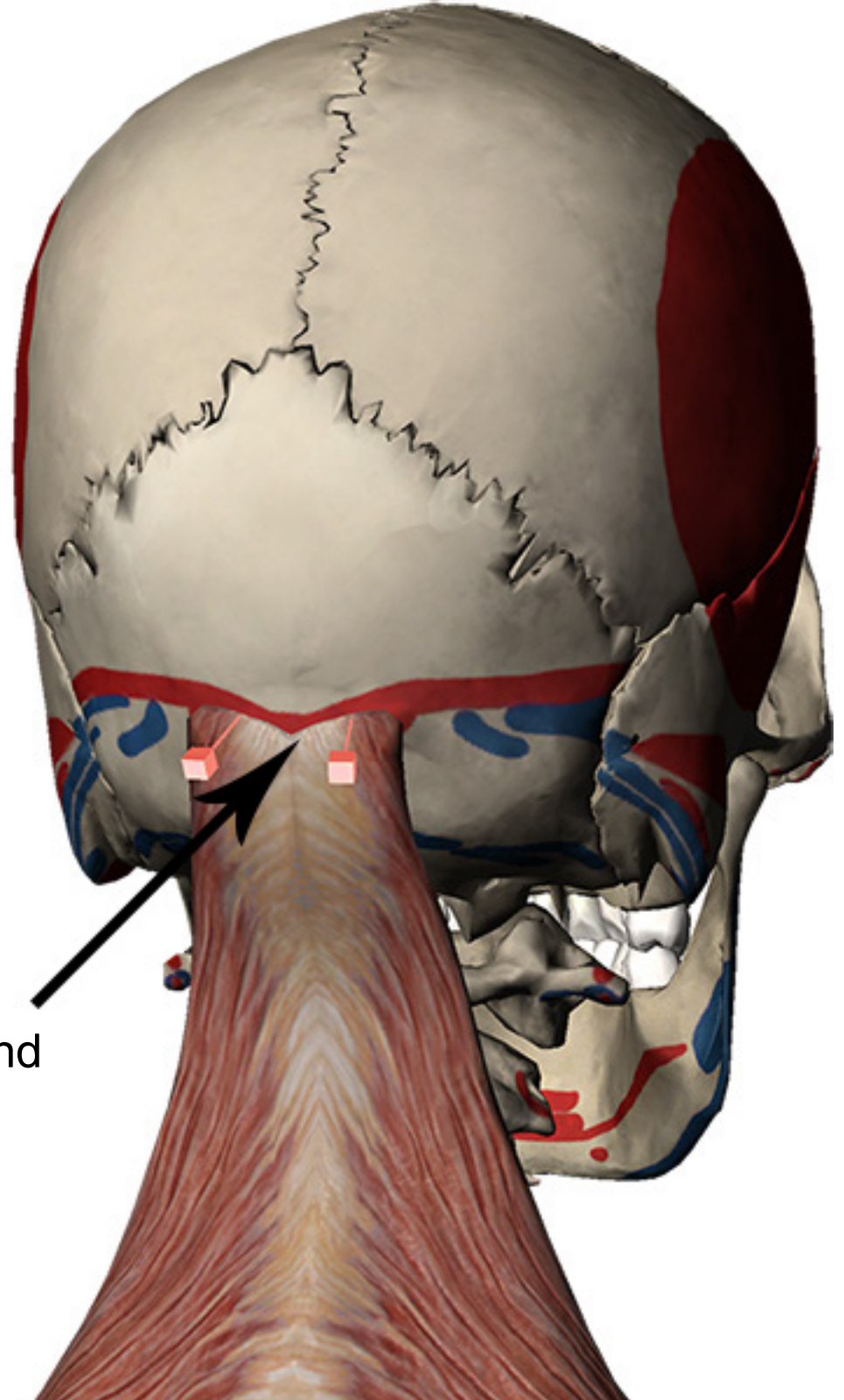
Insertions are marked in blue on the skeleton & use these cool blue pins.

The trapezius has **multiple** points of origin.



The first is the **occipital bone.**

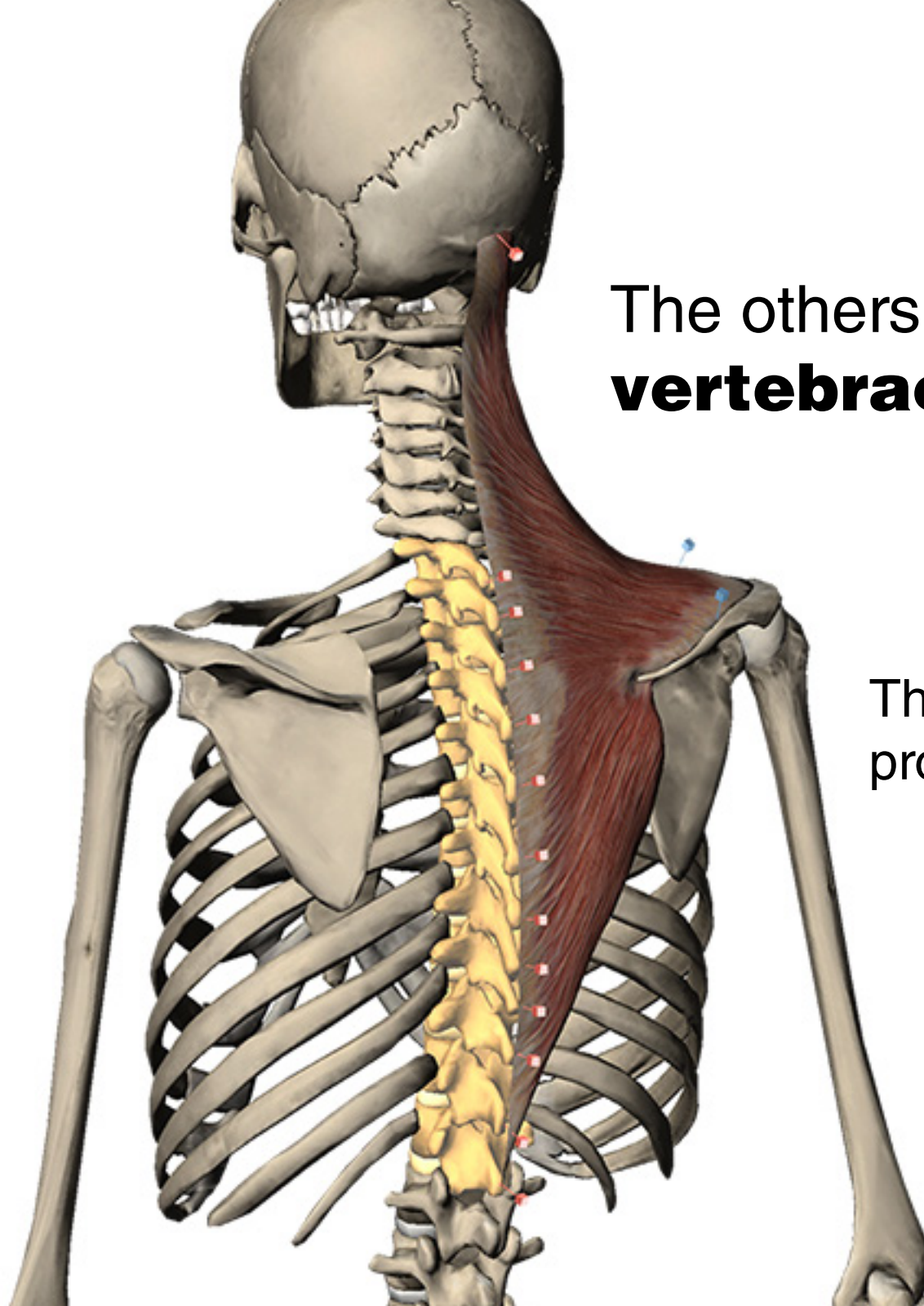
See how the red paint and pins meet the muscle?



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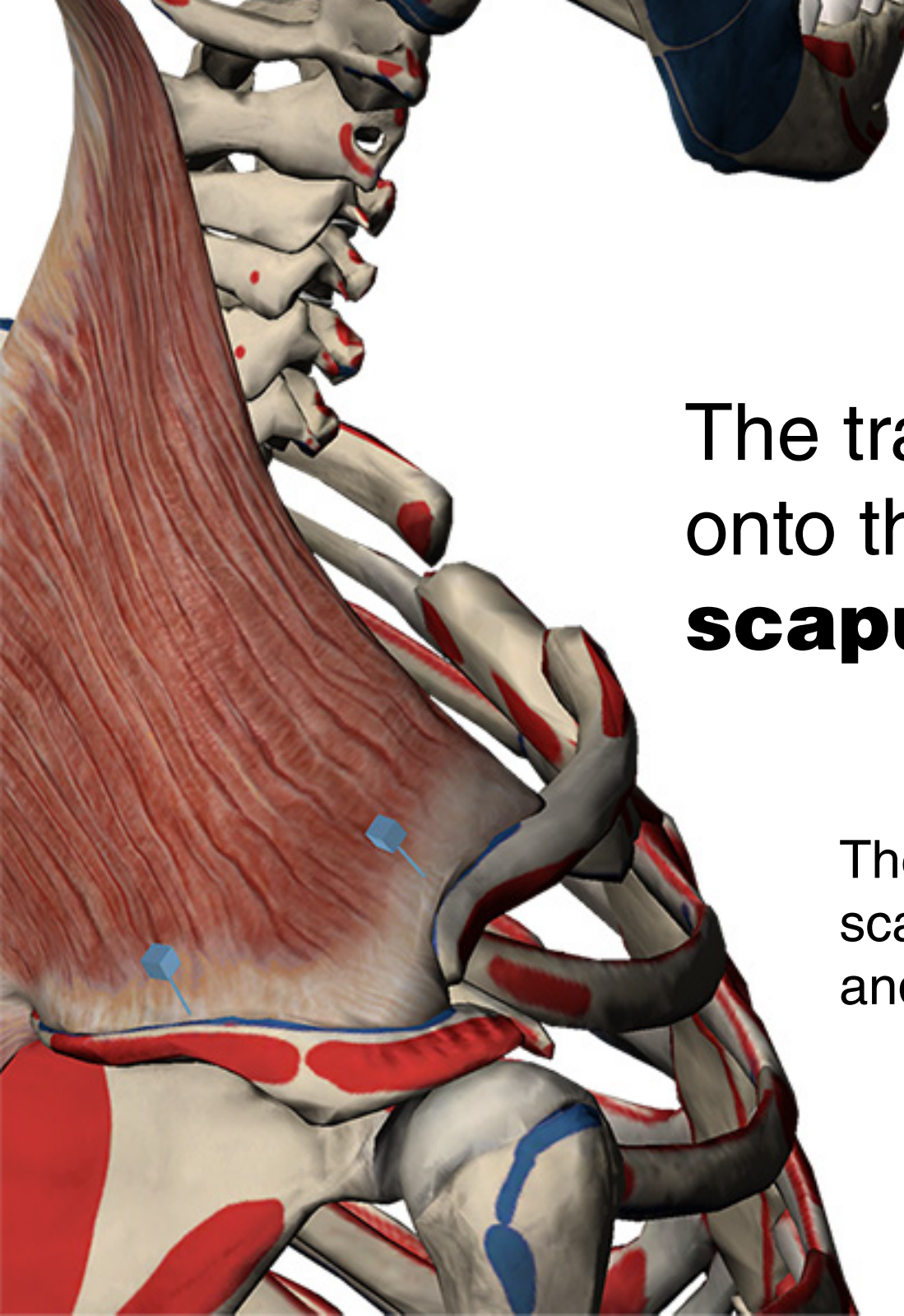
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The others are across the **thoracic vertebrae** of the spine. ●

● ●
The muscle attaches to the spinous processes of **T01 - T12**.





The trapezius **inserts** onto the **clavicle** and the **scapula**.



The insertion points on the scapula are the **acromion** and the **scapular spine**.



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Here is the trapezius with all the muscles that attach to the **scapula** or **clavicle**.

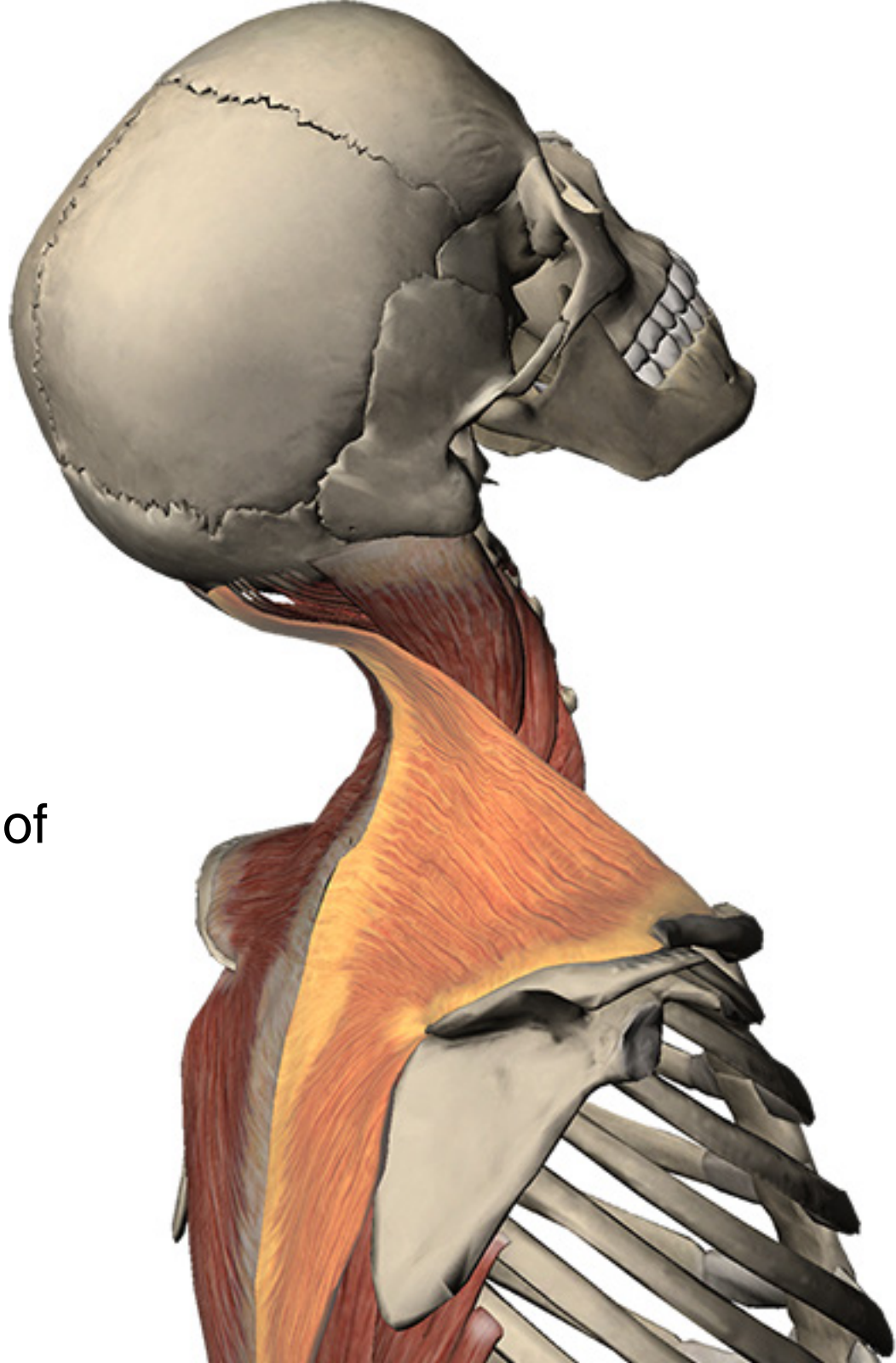
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Factoid: The muscles in the shoulder region connect bones of the axial to bones of the appendicular skeleton.

The trapezius **acts** with other muscles to move your **head, neck,** and **shoulders.**



This is **Head/Neck Extension.** The trapezius works with muscles of the **thorax** and **spine** to tilt your **head** back.



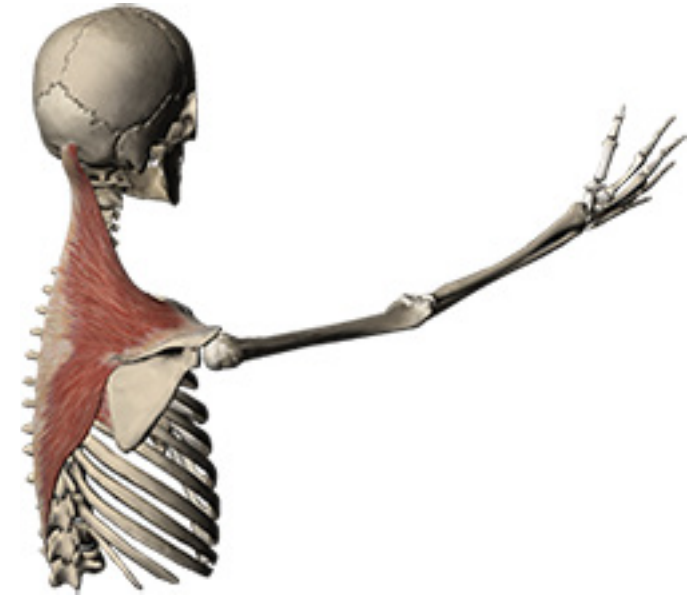
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The **trapezius** acts to help the scapula:

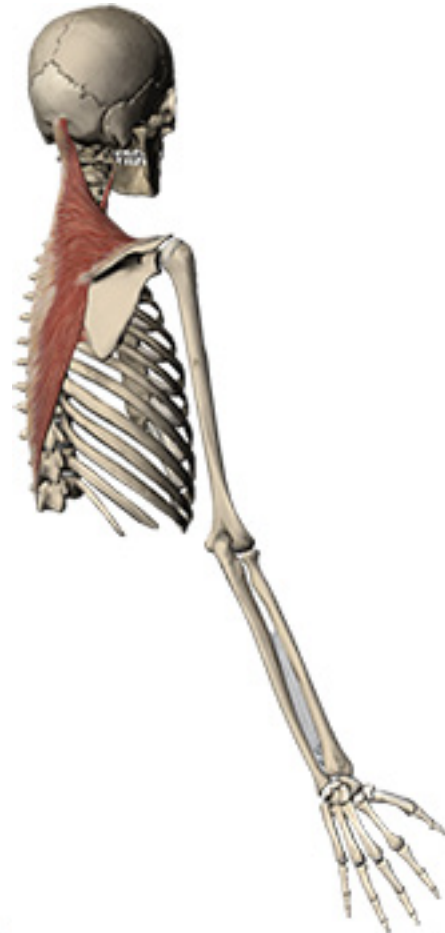
Rotate



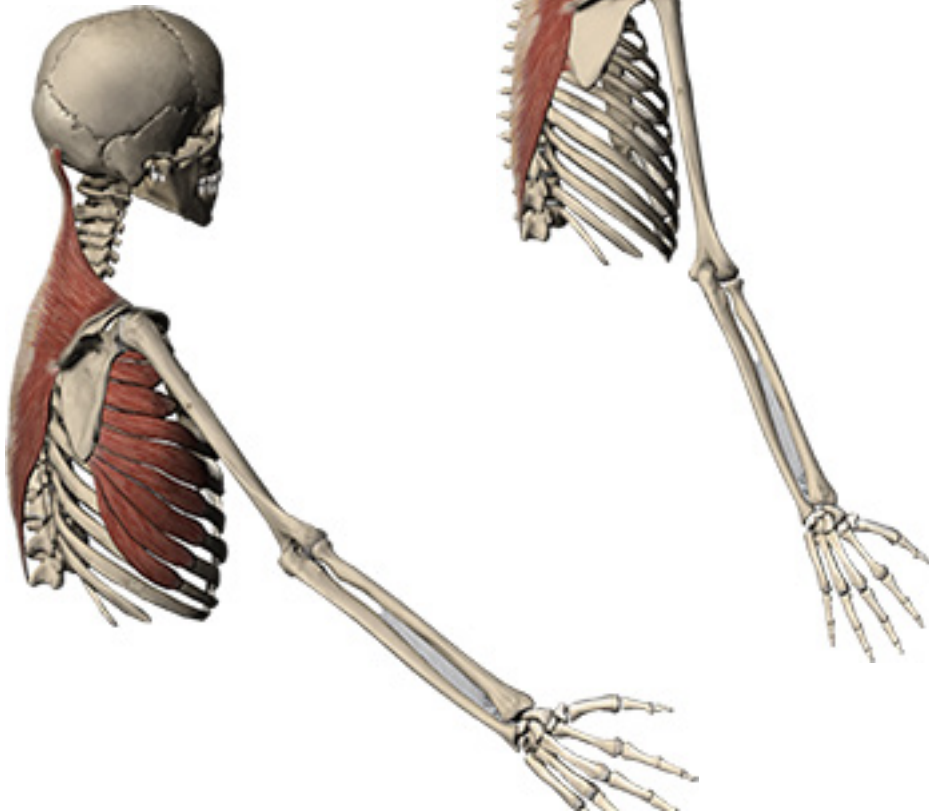
Adduct



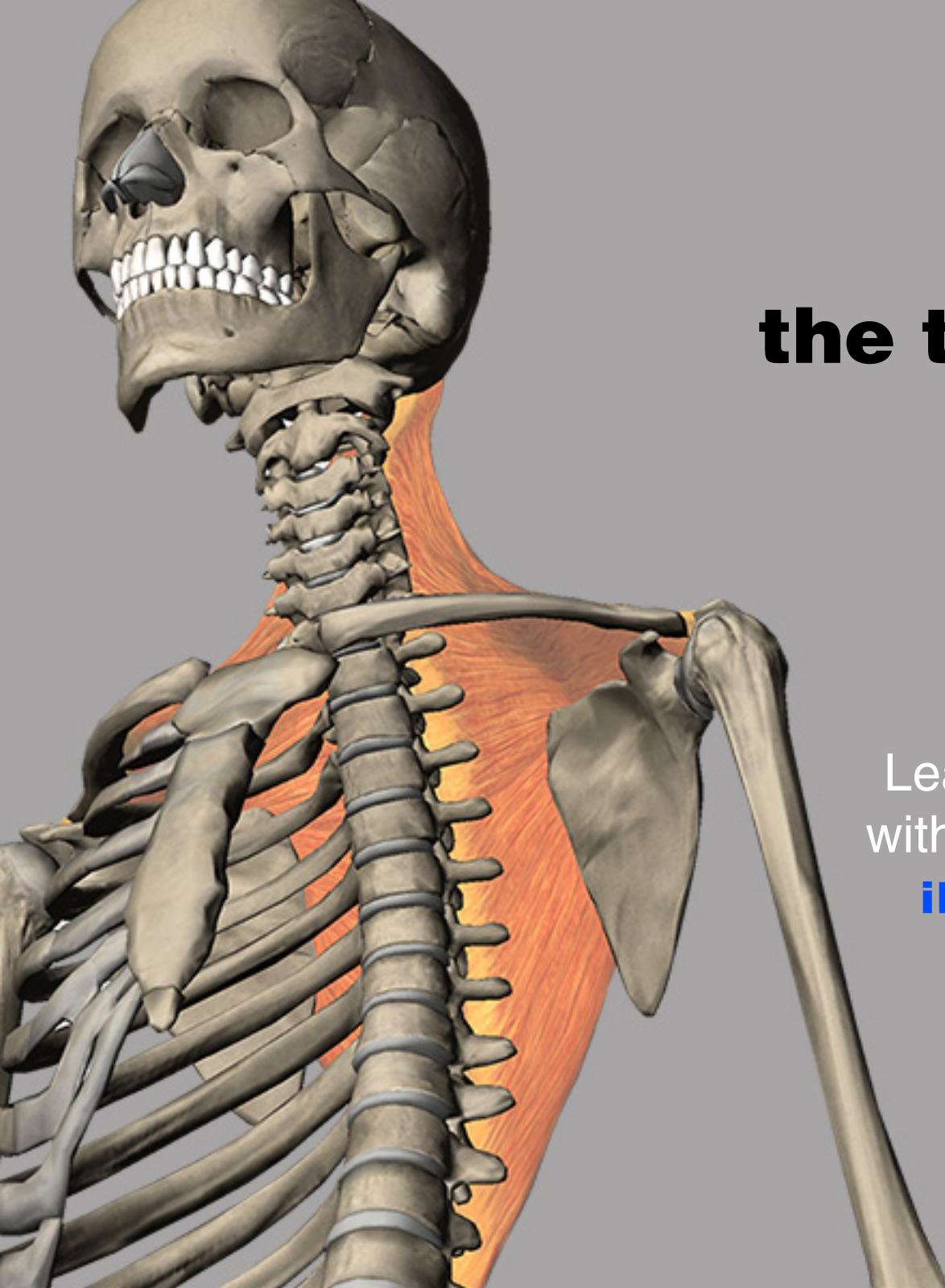
Elevate



Depress



These actions help move the **upper limbs**.



Watch
the trapezius elevate
the scapula!

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