

**Levator scapulae** is a slender muscle, which lies superiorly to rhomboideus minor and major in the posterior neck and chest wall, superficial to the long back muscles and deep to trapezius.

#### **Proximal Attachment**

It arises by tendinous slips from the transverse processes of C1 and C2 and the posterior tubercles of the transverse processes of C3 and C4 behind the attachment of scalenus medius.

#### **Distal Attachment**

It passes infero-laterally to attach to the medial border of the scapula between the superior angle and the triangular smooth area at the base of the scapular spine. The lower part of the scapular attachment is enclosed by rhomboideus minor.

#### **Nerve Supply**

**Levator scapulae** is supplied by direct branches from C3 and C4 and the dorsal scapular nerve derived from C4 and C5.

#### **Action**

Together with trapezius it levator scapulae works to **elevate**, retract and stabilize the scapula. Also when working with trapezius, bilateral contraction produces extension of the neck, while one side produces lateral flexion of the neck. It is also active in resisted medial rotation of the scapula.

*For more information on the shoulder see 'The Interactive Shoulder'.*