

**Proximal Attachment**

It is attached proximally to the lower half of the ligamentum nuchae, spinous processes of C7 to T4 and intervening supraspinous ligaments.

**Distal Attachment**

**Splenius capitis** passes supero-laterally to attach to the mastoid process and occipital bone below the lateral third of the superior nuchal line, deep to sternocleidomastoid.