

The ligamentum nuchae is a dense, bilaminar, triangular midline fibroelastic intermuscular septum. It extends from the external occipital protuberance to the spine of C7 and attaches to the median part of the external occipital crest, the posterior tubercle of C1 and the medial aspect of the cervical bifid spines. It provides attachment for cervical muscles and is distinct from the supraspinous and interspinous ligaments.