

Spinalis capitis usually blends to a variable extent with **semispinalis capitis**, however it can be a separate and distinct muscle.

Proximal Attachment

It arises from the apices of the transverse processes of C7 to T7, the articular processes of C4 to C6 and the spinous processes of C7 and/or T1.

Distal Attachment

It passes superiorly to attach to the medial part of the occipital bone between the superior and inferior nuchal lines, medial to splenius capitis. The muscle may be traversed by an incomplete tendinous intersection.

Nerve Supply

Spinalis capitis is supplied by the dorsal rami of C4 to C7.

Action

Individually it turns the face towards the opposite side. When both sides are working together, they extend the head on the neck.