

Proximal Attachment

Rectus capitis lateralis is a short, flat muscle arising from the superior surface of the transverse process of C1.

Distal Attachment

It passes superiorly to attach to the inferior surface of the jugular process of the occipital bone.

Nerve Supply

It is supplied by the anterior rami of C1 and C2.

Action

Rectus capitis lateralis laterally flexes the head on the neck and stabilizes the atlanto-occipital joint during movement.