The Trapezius

Out of over 600 muscles in your body, the broad trapezius is certainly among the most recognizable!
The trapezius is named for its shape, which resembles a **trapezoid**.
Each **trapezius** extends across one half of the back.

Together they cover these regions:

- Posterior part of the neck
- Shoulders
- Upper back

**Factoid:** Muscle imbalances can occur when all three sections of the trapezius are not developed correctly.
The trapezius is part of the **posterior thorax** group.

The other muscles of this group:

- Levator scapulae
- Serratus posterior superior
- Serratus posterior inferior
- Levatores costarum brevis
- Levatores costarum longi
- Rhomboideus major
- Rhomboideus minor
- Quadratus lumborum
The trapezius has **multiple** points of origin.

The first is the **occipital bone**.

See how the red paint and pins meet the muscle?
The others are across the **thoracic vertebrae** of the spine.

The muscle attaches to the spinous processes of **T01 - T12**.
The trapezius inserts onto the **clavicle** and the **scapula**.

The insertion points on the scapula are the **acromion** and the **scapular spine**.
The cranial nerves are a group of 12 paired nerves that connect the muscles and organs of the head and body directly to the brain.

The trapezius is innervated by the accessory cranial nerve (CN XI).
Here is the trapezius with all the muscles that attach to the **scapula** or **clavicle**.

**Factoid:** The muscles in the shoulder region connect bones of the axial to bones of the appendicular skeleton.
The trapezius acts with other muscles to move your head, neck, and shoulders.

This is head/neck extension. The trapezius works with muscles of the thorax and spine to tilt your head back.
The **trapezius** acts to help the scapula:

- **Elevate**
- **Depress**
- **Adduct**
- **Rotate**

These actions help move the **upper limbs**.
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