

Muskel Cheat Sheet - Nacken

Flexion:

- SCM (bilateral)
- vorderer Scaleni (bilateral)
- Longus Colli (bilateral)

Extension:

- oberer Trapezius (bilateral)
- Levator Scapulae (bilateral)
- Splenius (bilateral)
- Suboccipitals (bilateral)
- Lange Nackenextensoren (bilateral)

Lateralflexion:

- Upper Trapezius (ipsilateral)
- Levator Scapulae (ipsilateral)
- Splenius (ipsilateral)
- SCM (ipsilateral)
- Scaleni (ipsilateral)

Rotation (ipsilateral):

- Levator Scapulae (Ipsilateral)
- Splenius (ipsilateral)
- Suboccipitals (Ipsilateral)

Rotation (Kontralateral):

- oberer Trapezius (kontralateral)
- SCM (kontralateral)