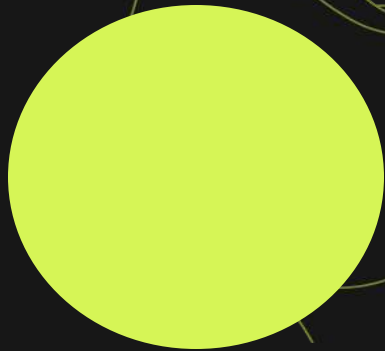


Dr. Alex Jimenez D.C.

Trigger Point Of The Week



Spelenius Cervicis

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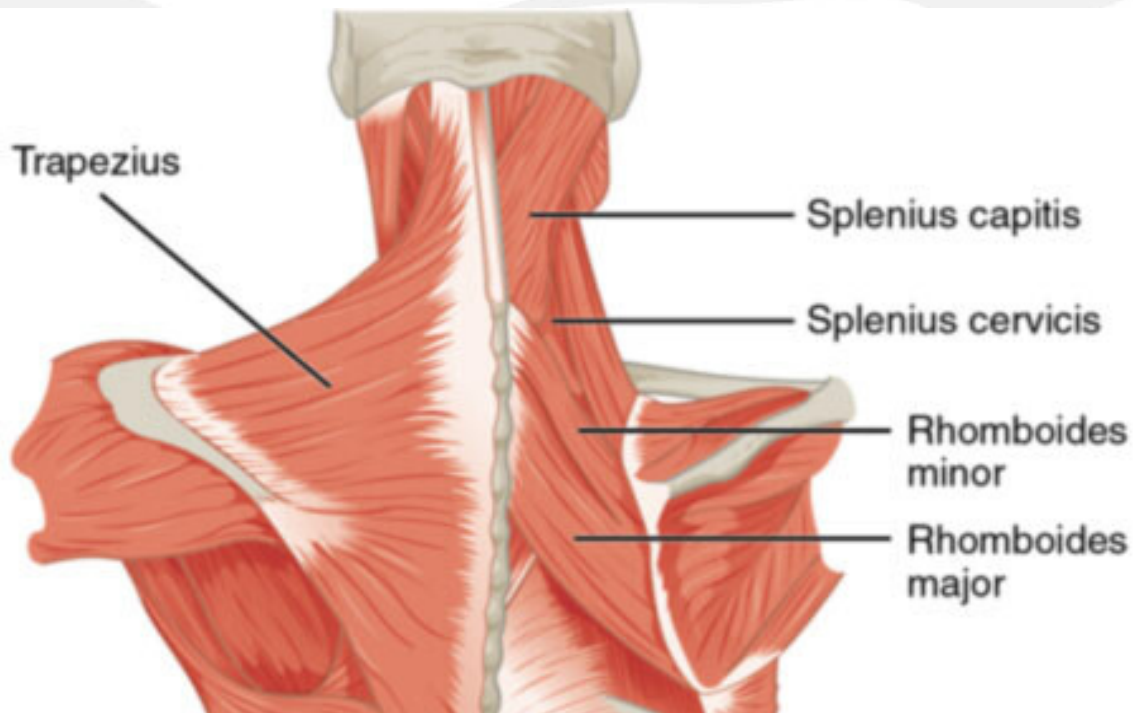
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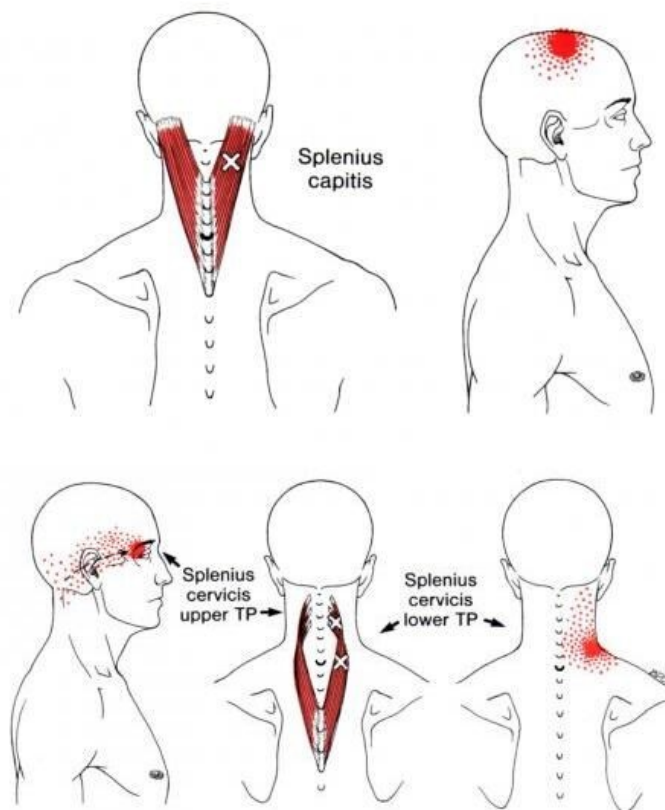


The Splenius Muscles On The Neck



The splenius muscles are split into two muscle groups: the splenius capitis and the splenius cervicis. Both of the splenius muscles each have a job for neck functionality. The splenius capitis provides rotation and extension to the head, while the splenius cervicis provides rotation and extends to the cervical spine. The splenius capitis fibers are connected with the SCM (sternocleidomastoid) muscles that help move the head. The splenius cervicis encompasses the upper three cervical vertebrae and attach their muscle fibers to scapulae muscles. Even though these two muscles offer different functions, they could potentially be involved in injuries that can cause neck and upper back issues.

Trigger Points & The Splenius Muscles



My name is Dr. Alex Jimenez, and the trigger point of the week is the splenius cervicis muscle. Previously we've covered the splenius capitis muscle, and we're going to look at the differences between the two, but suffice it to say, let's have a look at it. Let's find it on the software; apart from the anatomy, which is different, is that the cervicis muscle tends to radiate pain in the cervical spine, somewhat into the head, some posterior sort of head pain, headache, but generally cervical spine and the back of the shoulder. In terms of anatomy, the cervicis originates from the thoracic spine, from the T-3 to T-6 area, so beneath the splenius capitis, and in terms of insertion inserts into the C-1, C-2, and C-3, the posterior tubercle of the transverse processes.

So it runs from the thoracic spine slightly upwards and laterally to the cervical spine. The important muscle is the cervical extension or by bending unilaterally, extension bilaterally, and very much involved in whiplash, for example. That's a key classic kind of causative factor. But before we go into the cause of some trigger points, let's look at the pain map. Because of its anatomy, spending on services can be involved in trigger points that can be engaged for various reasons. So an extensive pain map is somewhat similar to the upper trapezius. So, differential diagnosing there, cervical pain posterior, occipital area, headaches, and the back of the shoulder and the upper medial part of the scapula. So sort of scapular thoracic pain as well. To differentiate, we're looking at things like the deltoid, the rhomboid, and the upper trapezius.



So because we are looking at its anatomy, the splenius cervicis can involve trigger points. Pain can engage trigger points in the muscle for numerous reasons like poor posture. We're looking at patterns, for example, people that sit for a long time and their screen and keyboard. So, this is a classic kind of western or high-tech area of tension, whiplash we have covered before, any momentum-induced injuries, certainly hugely relevant to this muscle and anyone that's got neck pain or headache from cervical-congenic trauma. Certainly worth looking at the trigger points in this muscle. It is similar to the levator scapula in terms of its anatomy. So you want to have a look at that one as well. The other thing is that people who do intensive sports where there's flexion and extension, but of course, classically, it's people looking down at their cell phones for hours at a time.



And because it's an extensor. We had to work on the antagonist's muscles, and this is one of them. Cervical pain, cervical spondylosis, spondyloarthritis, spondylopathy, osteophytes, all these things that change the mechanics of the neck, might manifest as trigger points. Again, possible for one to remember someone with headaches, especially with a specific kind of headache. They are right at the back of the skull. So if someone comes in with a headache in this area of the skull, it is worth looking at. In terms of anatomy, the cervicis wrapped around and under the splenius capitis, and the most accessible part, in terms of surface anatomy, is around the C-5 and C-6 area.

Managing Neck Pain Associated With Trigger Points



What you can do is, as you palpate around the splenius capitis, you can feel some of the fibers of surfaces around C-5 and C-6. You roll over the shell, and they're right there a little bit deep inside, incredibly powerful muscles to treat therapeutically and effectively for someone with cervical-congenic pain. So we can use trigger points to sustain release techniques like inhibition, compression, IMS, or dry needling, which are fabulous techniques for releasing the trigger points by looking at the safety of those different techniques. So this is splenius cervicis as opposed to splenius capitis. We can show you the capitis quickly to see the difference. The capitis has a slightly different anatomy originating higher up in the thoracic spine. It inserts into the lateral ligament to the upper traps and medial to the sternomastoid. At the same time, the splenius cervicis are much more on the transverse processes of the neck and not into the skull. So that's the trigger point of the week. I hope you found that interesting, and I look forward to seeing you again. Please follow us on social media and see you again soon. Thanks for reading.

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