

C1 LATERALITY

MUSCLE	LOCATION	INDICATION	ISOLATION
Levator Scapulae	C1 – C4 t.p.'s to the medial border of the scapula	Tight on side of laterality attempting to pull t.p. down.	Shrug shoulders or offer resistance to lateral head flexion.
Superior Oblique	Occiput – C1 t.p.	Tight opposite side of laterality, trying to pull t.p. up.	Light resistance to head rotation.
Intertransversarii	C1 t.p. – C2 t.p.	Tight on side of laterality	

C1 ANTERIOR ROTATION

Superior Oblique	Occiput to C1 t.p.	Tight on side of anterior rotation, trying to pull c1 t.p. posterior	Resistance to head rotation
Inferior Oblique	C1 t.p. to C2 s.p.	Tight on side of anterior rotation, trying to pull C1 t.p. posterior	Resistance to head rotation
Splenius Cervicis	C1-C4 t.p.'s to T3-T7 s.p.'s	Tight on side of anterior rotation, trying to pull C1 t.p. posterior.	Resistance to head extension.
Sterocleidomastoidieus	Mastoid to Sternoclavicular joint	Tight on side of anterior rotation, trying to pull occiput anterior.	Flex and rotate head.

C1 POSTERIOR ROTATION

Splenius Capitus	Occiput to C7-T3 s.p.'s.	Tight on side of C1 posterior rotation, trying to pull occiput posterior.	Head extension and rotation.
Semi-spinalis Capitis	Occiput to C4-C6 articulations.	Tight on side of C1 posterior rotation, trying to pull occiput posterior.	Head extension and rotation.
Rectus capitis posterior major	Occiput to C2 s.p.	Tight on side of C1 posterior rotation, trying to pull occiput posterior.	Head extension and rotation.

C1 SUPERIORITY

Rectus capitis posterior minor	Occiput to C1 posterior tubercle.	Tight with C1 superiority.	Left and right lateral head flexion.
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C2 MUSCLES C2 is freely moveable and therefore most difficult to analyze.

Scalenus anterior/ middle/ posterior	C2-C7 t.p.'s to first rib.	Tight on side of body movement of C2. (or lower cervical)	Sustained deep breath.
Splenius cervicis	C1-C4 t.p.'s to T3-T7 s.p.'s	Tight opposite body movement of C2. (or lower cervical)	Extension.
Rectus capitis posterior major	Occiput to C2 s.p.	Tight opposite 2 s.p. movement.	Extension and rotation.
Inferior oblique	C1 t.p. to C2 s.p.	Tight opposite C2 s.p.	Rotation.

LOWER SPINE MUSCLES AND LIGAMENTS

MUSCLES	LOCATION	INDICATION	ISOLATION
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Multifidi	C3-L5 s.p. to t.p. below or 3 below.	Tight opposite spinous laterality.	
Rotatores	Thoracic area t.p. to Lamina below.	Tight opposite spinous laterality.	
Post. Superior Serratus	C7-T3 s.p. to ribs 2-5.	Tight opposite spinous laterality	Inspiration
Post Inferior Serratus	T11-L2 s.p. to ribs 9-12.	Tight opposite spinous laterality.	Expiration
Erector spinae (longissimus)	T.p.-t.p. to sacrum and ilium.	Tight on side of PI ilium or inferior sacrum.	
Sacro-iliac Ligament	Across Sacro-iliac joint.	Edema/tight @ top - PI ilium Edema/tight @ bottom - AS ilium Edema/tight @ center/throughout - Sacral deviation?	
Sacro-spinous Ligament	Near sacral notch to ischial spine.	Tense on side of sacral inferiority.	
Sacro-tuberous Ligament	Near sacral notch to ischial tuberosity.	Tense on side of PI ilium. Tight bilateral with apex posterior or 2x PI.	