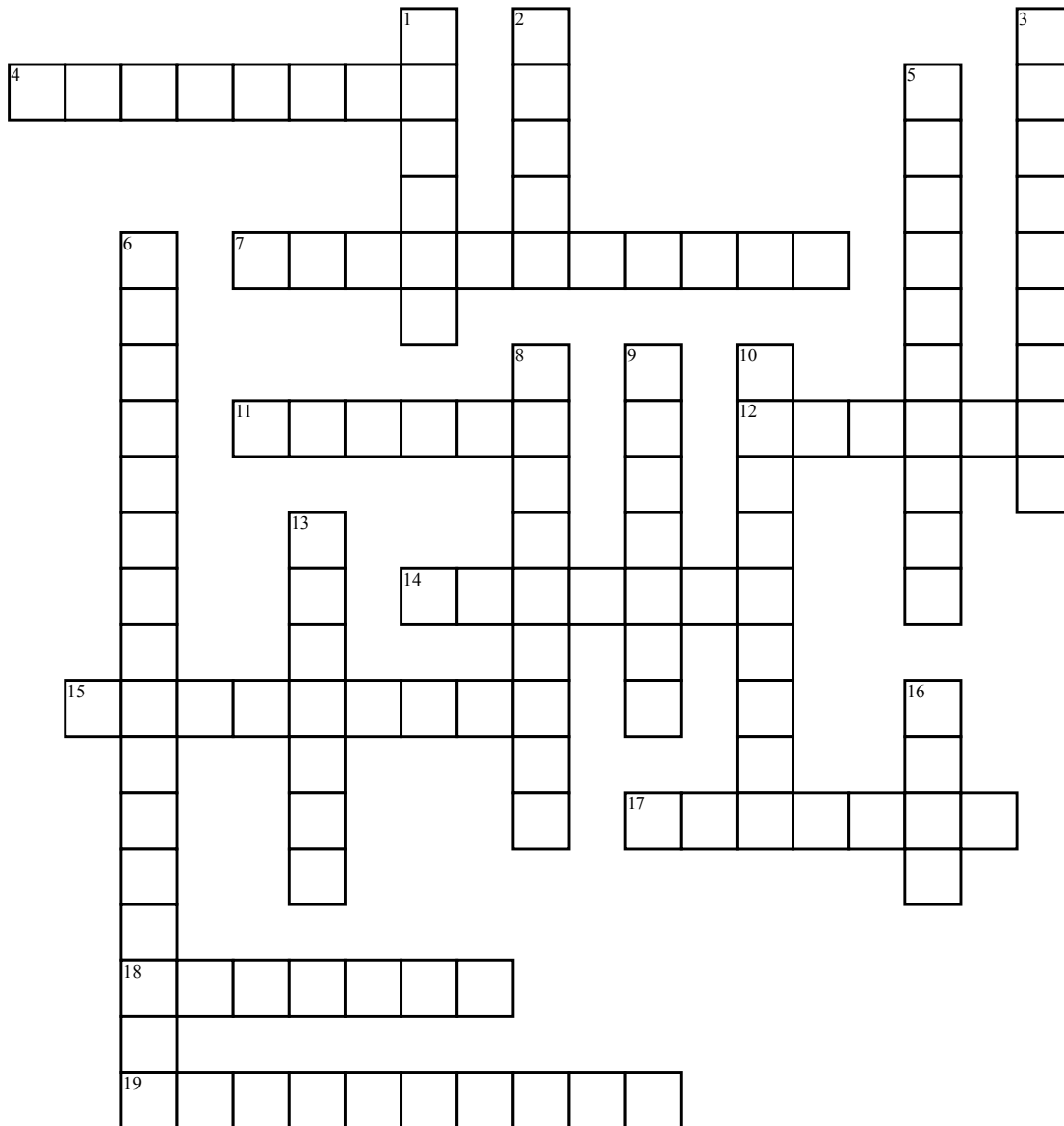


# Traps, Rhomboids, Levator Scaps



## Across

4. The trapezius muscle inserts on the lateral 1/3 of this bone

7. Levator Scapula \_\_\_\_\_ extends the head and neck

11. Upper trapezius fibers unilaterally \_\_\_\_\_ the head and neck to the opposite side

12. upper trapezius fibers bilaterally \_\_\_\_\_ the head and neck

14. rhomboids assist with this action to the scapula

15. Kite Shaped muscle extends from occiput to T12

17. Origin of the Trapezius Muscle

18. The levator scapula muscle inserts on what bone?

19. The middle fibers of the trapezius does this to the scapula

## Down

1. what border of the scapula do the rhomboids insert at

2. You use your levator scapula when holding a \_\_\_\_\_ between your ear and shoulder

3. These muscles are located between the scapula and vertebral column

5. What landmark (process) does the levator scapula originate from

6. landmark that the rhomboids originate from

8. The lower fibers of the trapezius does this to the scapula

9. carrying what can be and example of how we use our trapezius muscle

10. the rhomboid muscles got their name because of their \_\_\_\_\_ shape

13. Levator Scapula is located on the \_\_\_\_\_ and posterior sides of neck.

16. How many vertebrae does the levator scapula muscle originate from