

The suboccipital triangle is a region of the neck bounded by the following three muscles of the suboccipital group of muscles:

Rectus capitis posterior major - above and medially

Obliquus capitis superior - above and laterally

Obliquus capitis inferior - below and laterally

(Rectus capitis posterior minor is also in this region but does not form part of the triangle)

It is covered by a layer of dense fibro-fatty tissue, situated beneath the Semispinalis capitis.

The floor is formed by the posterior occipito-atlantal membrane, and the posterior arch of the atlas.

In the deep groove on the upper surface of the posterior arch of the atlas are the vertebral artery and the first cervical or suboccipital nerve.

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