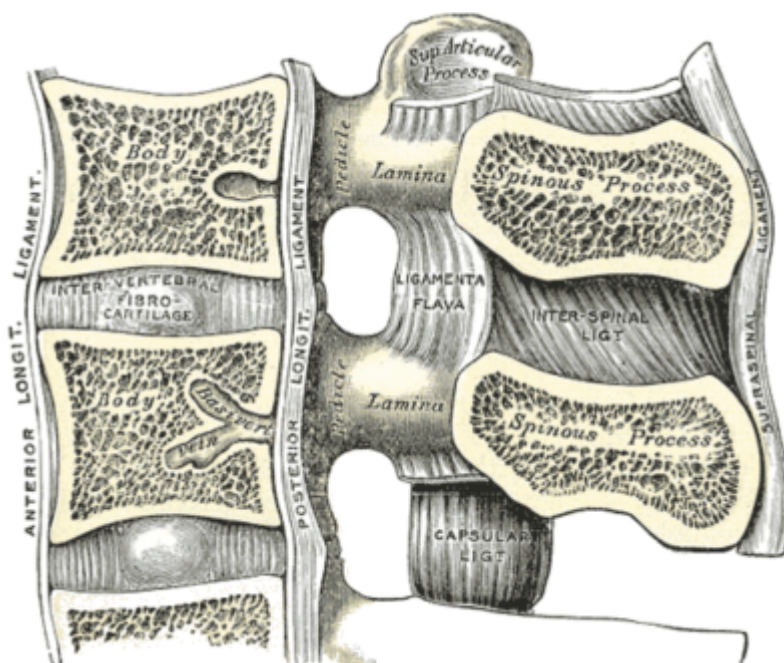


The supraspinous ligament, also known as the supraspinal ligament, is a ligament found along the vertebral column.



The supraspinous ligament connects the tips of the spinous processes from the seventh cervical vertebra to the sacrum. Above the seventh cervical vertebrae, the supraspinous ligament is continuous with the ligamentum nuchae.

Between the spinous processes it is continuous with the [interspinous ligaments](#).

It is thicker and broader in the lumbar than in the thoracic region, and intimately blended, in both situations, with the neighboring fascia.

The most superficial fibers of this ligament extend over three or four vertebrae; those more deeply seated pass between two or three vertebrae while the deepest connect the spinous processes of neighboring vertebrae.

The supraspinous ligament helps maintain the upright position of the head.

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