

Anatomy & Physiology: Muscles—Erector Spinae Group.

STRUCTURE.

- Origin: pelvis.
- Insertion: spine, rib cage, and head.

FUNCTION.

- Concentric action: trunk, neck, and head extension at the spinal joints; lateral flexion of the trunk, neck, and head at the spinal joints. Lesser: ipsilateral rotation of the trunk, neck, and head at spinal joints.
- Reverse mover action: pelvic anterior tilt at lumbosacral joint; lower spine extension relative to upper spine. Lesser: ipsilateral elevation of pelvis at LS joint; lateral flexion of lower spine relative to upper spine; contralateral rotation of pelvis and lower spine.
- Eccentric action: spinal flexion, rotation, and lateral flexion.
- Isometric action: stabilization of the spine.
- Innervation: cervical and thoracic spinal nerves.
- Arterial supply: dorsal branches of posterior intercostal and lumbar arteries; thoracodorsal artery.

CLINICAL SIGNIFICANCE.

References

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