

Anatomy & Physiology: Muscles—External Oblique.

STRUCTURE.

- Origin: external surface of ribs 5-12.
- Insertion: anterior iliac crest of pelvis, linea alba, and contralateral rectus.

FUNCTION.

- Concentric action: spinal flexion (especially lumbar region), lateral flexion, and contralateral rotation; compress abdomen.
- Reverse mover action: pelvic posterior tilt, lower trunk flexion, ipsilateral elevation of pelvis, lower trunk lateral flexion, ipsilateral rotation of pelvis.
- Eccentric action: controls/restrains/slows spinal extension, lateral flexion, and rotation.
- Isometric action: stabilization of lumbo-pelvic hip complex.
- Innervation: thoracic spinal nerves T7-T12; iliohypogastric L1.
- Arterial supply: subcostal and posterior intercostal arteries, deep circumflex iliac artery, inferior epigastric artery.

CLINICAL SIGNIFICANCE.

References

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