

Anatomy & Physiology: Muscles—Iliocostalis, of erector spinae group.

STRUCTURE.

- Iliocostalis Cervicis
 - Origin: angles of ribs 3-6.
 - Insertion: transverse processes of C4-C6.
- Iliocostalis Thoracis
 - Origin: angles of ribs 7-12.
 - Insertion: angles of ribs 1-6 and transverse process of C7.
- Iliocostalis Lumborum
 - Origin: medial iliac crest and medial and lateral sacral crests.
 - Insertion: angles of ribs 7-12.

FUNCTION.

- Concentric action: spinal extension, rotation and lateral flexion; maintain erect position.
- Reverse mover action: anterior tilt of pelvis at lumbosacral joint; extension of lower spine relative to upper spine; ipsilateral elevation of pelvis at LS and lateral flexion of lower spine; contralateral rotation of the pelvis at LS and lower spine contralateral rotation.
- Eccentric action: controls/restrains/slows spinal flexion, rotation, and lateral flexion of trunk and neck; also the posterior tilt and ipsilateral depression of pelvis.
- Isometric action: stabilization of the spine, ribs, and sacroiliac joint.
- 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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