

Anatomy & Physiology: Muscles—Internal Oblique.

STRUCTURE.

- Origin: anterior 2/3 of iliac crest, inguinal ligament, and thoracolumbar fascia.
- Insertion: cartilage of ribs 9-12; linea alba, and contralateral rectus sheaths.

FUNCTION.

- Concentric action: spinal bilateral flexion, lateral flexion, and ipsilateral rotation; compress abdomen.
- Reverse mover action: pelvic posterior tilt, lower trunk flexion; ipsilateral pelvic elevation; lateral trunk flexion; contralateral rotation of pelvis, contralateral rotation of lower trunk; compress abdominopelvic cavity.
- Eccentric action: control/restrains/slows spinal extension, lateral flexion, and rotation.
- Isometric action: stabilization of lumbo-pelvic hip complex.
- Innervation: thoracic spinal nerves T8-T12; iliohypogastric nerve; ilioinguinal nerve.
- Arterial supply: subcostal and posterior intercostal arteries, deep circumflex iliac artery, inferior epigastric artery.

CLINICAL SIGNIFICANCE.

References

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