

Anatomy & Physiology: Muscles—Multifidus, of transversospinalis group.

STRUCTURE.

- Origin: posterior aspect of sacrum, ilium; transverse processes of L1-L5, T1-T12, and C1-C4.
- Insertion: spinous processes above the origin.

FUNCTION.

- Concentric action: neck and spinal extension, lateral flexion, and contralateral flexion.
- Reverse mover action: anterior til of pelvis, lower spine extension. Lesser: ipsilateral elevation of pelvis, lateral flexion of lower spine, ipsilateral rotation of pelvis.
- Eccentric action: controls/restrains/slows spinal flexion and rotation.
- Isometric action: stabilization of the spine.
- Innervation: corresponding cervical, thoracic, and lumbar spinal nerves.
- Arterial supply: dorsal branches of posterior intercostal and lumbar arteries.

CLINICAL SIGNIFICANCE.

References

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