

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

### STRUCTURE.

- Spinalis Capitis
  - Origin: ligamentum nuchae and spinous process of C7; considered to be the medial portion of semispinalis capitis.
  - Insertion: spinous process of axis.
- Spinalis Cervicis
  - Origin: inferior nuchal ligament and spinous process of C7.
  - Insertion: spinous process of C2.
- Spinalis Thoracis
  - Origin: spinous processes of T11-L2.
  - Insertion: spinous processes of T4-T8.

### FUNCTION.

- Concentric action: trunk and neck extension at spinal joints; lateral flexion of the trunk and neck at spinal joints.
- Reverse mover action: lower spine extension; lateral flexion of lower spine.
- Eccentric action: controls/restrains/slows flexion and contralateral flexion of trunk and neck.
- Isometric action: stabilization of the spine.
- Innervation: inferior cervical and thoracic spinal nerves.
- Arterial supply: dorsal branches of posterior intercostal and lumbar arteries.

### CLINICAL SIGNIFICANCE.



## References

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