

Muscles

I. Deep muscles of the back

A. Erector spinae

attachments – from sacrum, lumbar & thoracic supraspinous lig., sacrotuberous lig. to costal angles (iliocostalis), ribs & transverse processes (longissimus), and spinous processes (spinalis)

actions – extension & lateral flexion of the vertebral column

innervation – dorsal rami of spinal nerves

B. Semispinalis (transversospinalis)

attachments – from transverse processes to distant superior spinous processes

actions – extension & contralateral rotation of the vertebral column

innervation – dorsal rami of spinal nerves

C. Multifidus and rotatores (transversospinalis)

attachments – from transverse process to more superior spinous processes

actions – stabilizes vertebrae, and assists with extension & rotation of the vertebral column

innervation – dorsal rami of spinal nerves

D. Interspinalis

attachments – from spinous process to adjacent spinous process

actions – flexion of the vertebral column

innervation – dorsal rami of spinal nerves

E. Intertransversarii

attachments – from transverse process to adjacent transverse processes

actions – lateral flexion of the vertebral column

innervation – dorsal rami of spinal nerves