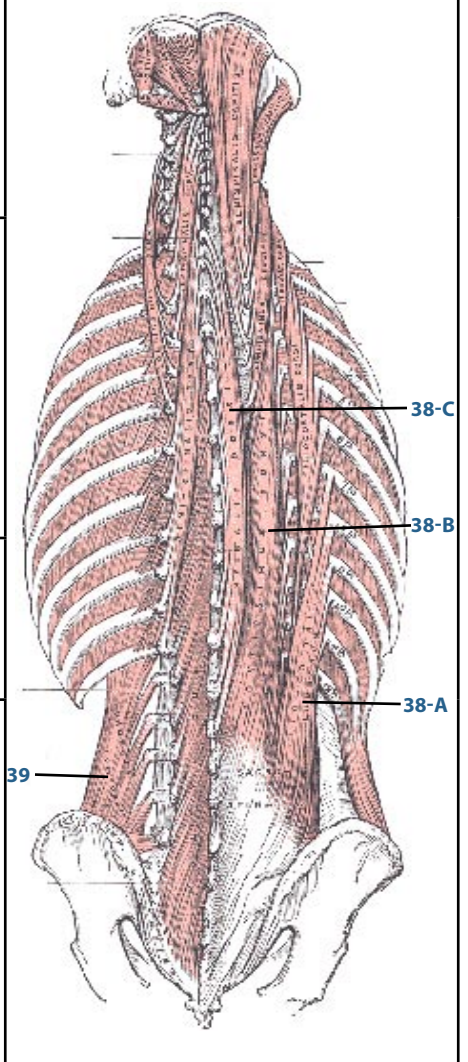


	NAME	ORIGIN	INSERTION	ACTION	NERVE	
TORSO EXTENDERS	Erector spinae Iliocostalis 38-A	iliac crests (lumborum) inferior 6 ribs (thoracis) ribs 3-6 (cervicis)	angle of ribs (lumborum & thoracis) cervical vertebrae C6-C4 (cervicis)	- extend vertebral column, maintain posture - bend vertebral column to same side when act on one side	Spinal nerves (dorsal rami)	
	Erector spinae Longissimus 38-B	transverse process of lumbar through cervical vertebrae	transverse process of thoracic or cervical vertebrae and to ribs superior to origin; mastoid process for turning	- thoracis & cervicis act together to extend vertebral column - act on one side, bend it laterally - capitis extends heads and turns the face toward same side	Spinal nerves (dorsal rami)	
	Erector spinae Spinalis 38-C	spines of upper lumbar & lower thoracic vertebrae	spines of upper thoracic & cervical vertebrae	extends vertebral column	Spinal nerves (dorsal rami)	
	Quadratus lumborum 39	iliac crest & lumbar fascia	transverse process of upper lumbar vertebrae & lower margin of 12th rib	- flexes vertebral column laterally when alone - when together extends lumbar spine & fixes 12th rib - maintains upright posture - assists in forced breathing	T12 & upper lumbar spinal nerves (ventral rami)	

	NAME	ORIGIN	INSERTION	ACTION	NERVE	
ABDOMINAL MUSCLES	Rectus Abdominis 43	pubic crest & symphysis	xyphoid process & costal cartilages of ribs 5-7	- flex & rotate lumbar region of vertebral column - fix & depress ribs - stabilize pelvis during walking - increase intra-abdominal pressure	Intercostals	
	External oblique 44	outer surface of lower 8 ribs	linea alba via aponeurosis	- when together, synergist to rectus abdominis, flex vertebral column & compress abdominal wall - when alone, synergist to muscles of back, rotate & lateral flexion of trunk	Intercostals	
	Internal oblique 45	lumbar fascia, iliac crest, & inguinal ligament	linea alba, pubic crest, last 3 or 4 ribs, & costal margin	same as external oblique	Intercostals	
	Transverse abdominis 46	inguinal ligament, lumbar fascia, cartilages of last 6 ribs, iliac crest	linea alba, pubic crest	compresses abdominal contents	Intercostals	

	NAME	ORIGIN	INSERTION	ACTION	NERVE	
PELVIC FLOOR MUSCLES	Levator ani 47	inside pelvis from pubis to ischial spine	inner surface of coccyx	- supports & maintains pelvic viscera - resists downward thrusts - forms sphincters at ano-rectal junction & vagina - lifts anal canal during defecation	S4 & inferior rectal	
	Coccygeus 48	spine of ischium	sacrum & coccyx	- supports pelvic viscera - supports coccyx & pulls it forward	S4 & S5	