



### Major Groups of Back Muscles

- Those that arise from the mid-line and run superiorly and laterally – The Splenius Muscles (Bandage)
- Those that arise from near the mid-line or slightly laterally and run almost longitudinally with no marked inward or outward slant – called the Erector Spinae

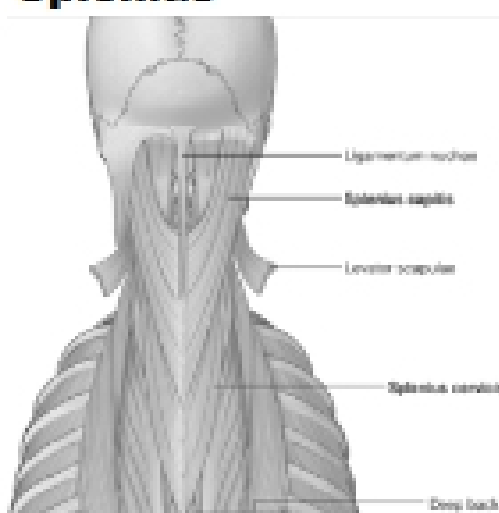
### Major Groups

- The third group are those that arise laterally and run towards the mid-line as they travel up
  - Called the Transversospinalis group
- Last – small muscles that run from one spinous process to another or one transverse process to another (interspinales and intertransversus)

### Splenius Muscles

- Splenius Capitis
  - Lig. Nuchae and Spinous Process of C7-T4 to sup. Nuchal line and mastoid process
- Splenius Cervicis
  - Spinous processes of T3-T6 to Transvers process of C2-C4
- Both extend head and neck and can laterally flex (side bend) the head; Also support and can contribute to rotation of cervical spine and, thus, the head
- Dorsal rami of spinal nerves nearest their respective origins

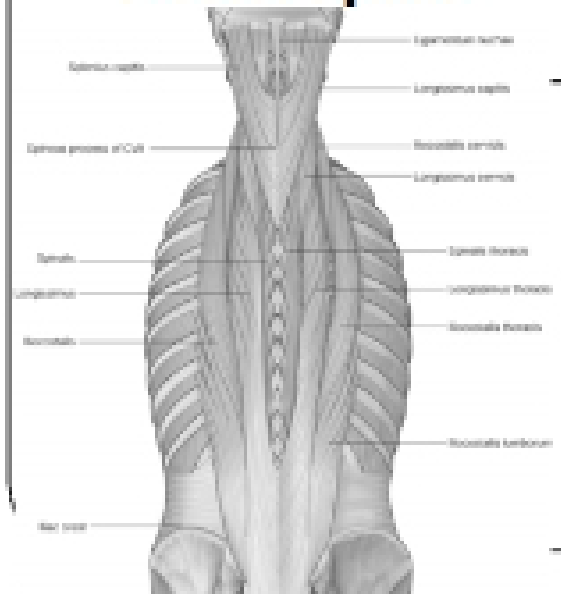
### Splenius

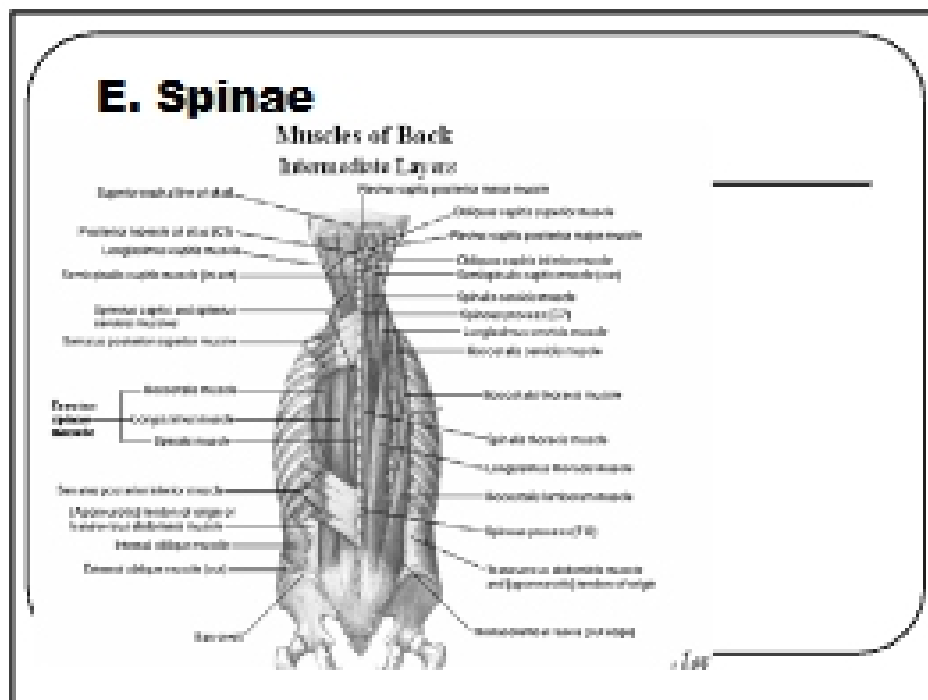


### Erector Spinae

- Long Muscles with multiple, overlapping, origins
- Three sub groups; iliocostalis, longissimus, spinalis
- Common "origin" of the entire group is a muscle mass located on the posterior sacrum, iliac crest, and spinous process of lumbar vertebrae
- Beyond that, specific muscles have various attachments

### Erector Spinae





**E. Spinae**

- The three groups are broken down into sub-subgroups based upon where they are located
- E.G., in the lumbar region called lumborum, in thoracic region called thoracis, in cervical region called cervicis and, if they reach anywhere on the skull, they are called capitis.
- E.G., iliocostalis lumborum

**E. Spinae**

- Overlap or multiple attachments
- Despite the common "origin" of the group, most muscles have various and multiple origins and insertions
- These tend to overlap so that the group can traverse a large length of the back
- Some components will attach as an insertion while new fibers will originate from the same region

**E. Spinae**

- For example, the iliocostalis lumborum muscles will attach to the lower six ribs while the iliocostalis thoracis will originate from the lower six ribs and insert on the upper six ribs
- Likewise the iliocostalis cervicis will originate from the upper six ribs and insert on the transverse process of C4 thru C6
- All are innervated by the dorsal rami of the nerves nearest their origin – e.g., iliocostalis thoracis will be innervated by the lower thoracic nerves (T6-T12)

**Longissimus**

- Generally, run from the transverse processes of one level of v. column up several levels to attach to another transverse process
- The longissimus capitis originates on t. processes of T1-T4 and attach to the skull at the mastoid process, hence the name capitis
- Is the only E. Spinae to attach to skull

**Spinalis**

- E. Spinae nearest the mid-line, hence, the name spinalis
- The spinalis group run from spines of one group of vertebrae to spines of v. several segments up
- Most prominent in thoracic spine but also located in cervical and lumbar spine