

# MUSCLES OF BACK



## Superficial Group

Muscles	Origin	Insertion	Innervation	Action
<b>Trapezius Muscle</b>	Medial third of superior nuchal line, external occipital protuberance, ligamentum nuchae, Spinous processes of C7 and T1 to T12 vertebrae	Lateral third of clavicle, Medial margin of acromion, Spine of scapula	Spinal part of accessory nerve (XI), Sensory fibers from C3, C4	Rotation of Scapulae, Elevate Scapula, Depress Scapulae, Adduct Scapulae, Draws head laterally
<b>Lattismus Dorsi Muscle</b>	Thoracolumbar fascia, Spinous process of lower 6 thoracic vertebrae, 5 lumbar vertebrae	Floor of intertubercular sulcus of Humerus	Thoracodorsal nerve from Brachial Plexus	Extends, Adducts, medially rotates scapulae

## Intermediate Muscles of Back

Muscles	Origin	Insertion	Innervation	Action
<b>Rhomboid Major Muscle</b>	Spinous process of T2 to T5 thoracic Vertebrae	Medial Border of Scapulae between scapular spine and inferior angle	Dorsal Scapular Nerve	Adducts, Rotates, Fix Scapulae to Thoracic Wall
<b>Rhomboid Minor Muscle</b>	Spinous Process of C7 and T1 Vertebrae	Medial Border of Scapulae at level of spine of scapulae	Dorsal Scapular Nerve (C5)	Assists Rhomboides Muscles
<b>Levator Scapulae Muscle</b>	Transverse process of atlas and axis and posterior tubercle of the transverse process of C3 and C4 vertebrae	Superior angle and upper medial border of scapulae	C3 and C4 nerves and dorsal scapular nerve	Elevates superior border of scapulae, Rotates scapulae laterally
<b>Serratus Posterior Superior</b>	Spinous Process of C7 and T1 to T3 thoracic Vertebrae	Onto the upper borders of 2 <sup>nd</sup> , 3 <sup>rd</sup> , 4 <sup>th</sup> and 5 <sup>th</sup> ribs	Ventral rami of T1 to T4	Elevates 2 <sup>nd</sup> to 5 <sup>th</sup> ribs
<b>Serratus Posterior Inferior</b>	Spinous process of T11, T12 and upper 3 lumbar vertebrae	Onto the inferior border of the lower 4 ribs	Ventral rami of T9, T10, T11 and T12 Spinal Nerves	Draws the lower 4 ribs downwards and backwards

## Deep Group

<b>Superficial Vertically running Muscles</b>	Erector Spinae	Iliocostalis
		Longissimus
		Spinalis
<b>Intermediate Oblique Running Muscles</b>	Transversospinalis	Semispinalis
		Multifidus
		Rotatores
<b>Deepest Muscles</b>	Interspinalis	
	Intertransversarii	