

Abdomen Muscle Table

MUSCLE	PROXIMAL ATTACHMENT (ORIGIN)	DISTAL ATTACHMENT (INSERTION)	INNERVATION	MAIN ACTIONS	BLOOD SUPPLY	MUSCLE GROUP
External oblique	External surfaces of ribs 5–12	Linea alba, pubic tubercle, anterior half of iliac crest	Ventral rami of six inferior thoracic nerves	Compresses and supports abdominal viscera, flexes and rotates trunk	Superior and inferior epigastric arteries	Abdominal wall
Internal oblique	Thoracolumbar fascia, anterior 2/3 of iliac crest, lateral half of inguinal ligament	Inferior borders of ribs 10–12, linea alba, pubis via conjoint tendon	Ventral rami of six inferior thoracic and first lumbar nerves	Compresses and supports abdominal viscera, flexes and rotates trunk	Superior and inferior epigastric and deep circumflex iliac arteries	Abdominal wall
Pyramidalis	Body of pubis, anterior to rectus abdominis	Linea alba	Iliohypogastric nerve	Tenses linea alba	Inferior epigastric artery	Abdominal wall
Rectus abdominis	Pubic symphysis, pubic crest	Xiphoid process, costal cartilages 5–7	Ventral rami of six inferior thoracic nerves	Flexes trunk, compresses abdominal viscera	Superior and inferior epigastric arteries	Abdominal wall
Transversus abdominis	Internal surfaces of costal cartilages 7–12, thoracolumbar fascia, iliac crest, lateral third of inguinal ligament	Linea alba with aponeurosis of internal oblique, pubic crest, and pecten pubis via conjoint tendon	Ventral rami of six inferior thoracic and first lumbar nerves	Compresses and supports abdominal viscera	Deep circumflex iliac and inferior epigastric arteries	Abdominal wall
Diaphragm	Xiphoid process, lower six costal cartilages, L1–L3 vertebrae	Converges into central tendon	Phrenic nerve	Draws central tendon down and forward during inspiration	Pericardiophrenic, musculophrenic, superior and inferior phrenic arteries	Posterior abdominal wall
Iliacus	Superior 2/3 iliac fossa, ala of sacrum, anterior sacro-iliac ligaments	Lesser trochanter of femur and shaft inferior to it, and to psoas major tendon	Femoral nerve	Flexes hip and stabilizes hip joint; acts with psoas major	Iliac branches of iliolumbar artery	Posterior abdominal wall
Psoas major	Transverse processes of lumbar vertebrae, sides of bodies of T12–L5 vertebrae, intervening intervertebral discs	Lesser trochanter of femur	Ventral rami of first four lumbar nerves	Acting superiorly with iliacus, flexes hip; acting inferiorly, flexes vertebral column laterally; used to balance trunk in sitting position; acting inferiorly with iliacus, flexes trunk	Lumbar branches of iliolumbar artery	Posterior abdominal wall
Psoas minor	Vertebral margins of T12–L1 vertebrae, corresponding intervertebral disc	Pectineal line, iliopectineal eminence	Ventral rami of first lumbar nerve	Flexes pelvis on vertebral column	Lumbar branch of iliolumbar artery	Posterior abdominal wall
Quadratus lumborum	Medial half of inferior border of 12th rib, tips of lumbar transverse processes	Iliolumbar ligament, internal lip of iliac crest	Ventral rami of T12 and first four lumbar nerves	Extends and laterally flexes vertebral column, fixes 12th rib during inspiration	Iliolumbar artery	Posterior abdominal wall