

BACK MUSCLE TABLE

| MUSCLE | PROXIMAL ATTACHMENT (ORIGIN) | DISTAL ATTACHMENT (INSERTION) | INNERVATION | MAIN ACTIONS | BLOOD SUPPLY | MUSCLE GROUP |
|--|---|---|---|---|---|-------------------|
| Serratus posterior inferior | Spinous processes of T11–L2 | Inferior aspect of ribs 9–12 | Ventral rami of lower thoracic nerves | Depresses ribs | Posterior intercostal arteries | Intermediate back |
| Serratus posterior superior | Ligamentum nuchae, spinous processes of C7–T3 | Superior aspect of ribs 2–4 | Ventral rami of upper thoracic nerves | Elevates ribs | Posterior intercostal arteries | Intermediate back |
| Erector spinae | Posterior sacrum, iliac crest, sacrospinous ligament, supraspinous ligament, spinous processes of lower lumbar and sacral vertebrae | Iliocostalis : angles of lower ribs, cervical transverse processes Longissimus : between tubercles and angles of ribs, transverse processes of thoracic and cervical vertebrae, mastoid process Spinalis : spinous processes of upper thoracic and midcervical vertebrae | Dorsal rami of each region | Extends and laterally bends vertebral column and head | Cervical portions : occipital, deep cervical, and vertebral arteries Thoracic portions : dorsal branches of posterior intercostal, subcostal, and lumbar arteries Sacral portions : dorsal branches of lateral sacral arteries | Sacrospinalis |
| Interspinales (cervical, thoracic, lumbar) | Spinous process | Adjacent spinous process | Dorsal rami of spinal nerves | Aid in extension of vertebral column | Cervical portions : occipital, deep cervical, and vertebral arteries Thoracic portions : dorsal branches of posterior intercostal arteries Lumbar portions : dorsal branches of lumbar arteries | Segmental |
| Intertransversarii (cervical, thoracic, lumbar) | Extend between adjacent transverse processes of vertebrae | Extend between adjacent transverse processes of vertebrae | Dorsal rami of spinal nerves | Assist in lateral flexion of vertebral column | Cervical portions : occipital, deep cervical, and vertebral arteries Thoracic portions : dorsal branches of posterior intercostal, subcostal, and lumbar arteries Lumbar portions : dorsal branches of lateral lumbar arteries | Segmental |
| Splenius capitis | Nuchal ligament, spinous process of C7–T3 | Mastoid process of temporal bone, lateral third of superior nuchal line | Dorsal rami of middle cervical nerves | Bilaterally : extend head Unilaterally : laterally bends (flexes) and rotates face to same side | Descending branch of occipital artery, deep cervical artery | Spinotransverse |
| Splenius cervicis | Spinous process of T3–T6 | Transverse processes (C1–C3) | Dorsal rami of lower cervical nerves | Bilaterally : extend neck Unilaterally : laterally bends (flexes) and rotates neck toward same side | Descending branch of occipital artery, deep cervical artery | Spinotransverse |
| Obliquus capitis inferior | Spine of axis | Transverse process of atlas | Suboccipital nerve | Rotates atlas to turn face to same side | Vertebral artery, descending branch of occipital artery | Suboccipital |
| Obliquus capitis superior | Transverse process of atlas | Occipital bone | Suboccipital nerve | Extends and bends head laterally | Vertebral artery, descending branch of occipital artery | Suboccipital |
| Rectus capitis posterior major | Spine of axis | Inferior nuchal line | Suboccipital nerve | Extends and rotates head to same side | Vertebral artery, descending branch of occipital artery | Suboccipital |
| Rectus capitis posterior minor | Tubercle of posterior arch of atlas | Median inferior nuchal line | Suboccipital nerve | Extends head | Vertebral artery, descending branch of occipital artery | Suboccipital |
| Latissimus dorsi | Spinous processes of T7–L5, thoracolumbar fascia, iliac crest, and last three ribs | Humerus (intertubercular sulcus) | Thoracodorsal nerve | Extends, adducts, and medially rotates humerus | Thoracodorsal artery, dorsal perforating branches of 9th, 10th, and 11th posterior intercostal, subcostal, and first three lumbar arteries | Superficial back |
| Levator scapulae | Posterior tubercles of transverse processes of C1–C4 | Medial border of scapula from superior angle to spine | Ventral rami of C3–C4 and dorsal scapular nerve | Elevates scapula medially, inferiorly rotates glenoid cavity | Dorsal scapular artery, transverse cervical artery, ascending cervical artery | Superficial back |

| MUSCLE | PROXIMAL ATTACHMENT (ORIGIN) | DISTAL ATTACHMENT (INSERTION) | INNERVATION | MAIN ACTIONS | BLOOD SUPPLY | MUSCLE GROUP |
|-----------------------|---|--|------------------------------|--|--|--------------------|
| Rhomboid major | Spinous processes of T2–T5 vertebrae | Medial border of scapula below base of spine of scapula | Dorsal scapular nerve | Fixes scapula to thoracic wall and retracts and rotates it to depress glenoid cavity | Dorsal scapular artery <i>OR</i> deep branch of transverse cervical artery, dorsal perforating branches of the upper five or six posterior intercostal arteries | Superficial back |
| Rhomboid minor | Ligamentum nuchae, spines of C7 and T1 vertebrae | Medial border of scapula at spine of scapula | Dorsal scapular nerve | Fixes scapula to thoracic wall and retracts and rotates it to depress glenoid cavity | Dorsal scapular artery <i>OR</i> deep branch of transverse cervical artery, dorsal perforating branches of the upper five or six posterior intercostal arteries | Superficial back |
| Trapezius | Superior nuchal line, external occipital protuberance, nuchal ligament, spinous processes of C7–T12 | Lateral third of clavicle, acromion, spine of scapula | Accessory nerve (CN XI) | Elevates, retracts, and rotates scapula; lower fibers depress scapula | Transverse cervical artery, dorsal perforating branches of posterior intercostal arteries | Superficial back |
| Multifidus | Sacrum, ilium, transverse processes of T1–T12, and articular processes of C4–C7 | Spinous processes of vertebrae above, spanning two to four segments | Dorsal rami of each region | Stabilizes spine | Cervical portions: occipital, deep cervical, and vertebral arteries Thoracic portions: dorsal branches of posterior intercostal, subcostal, and lumbar arteries Sacral portions: dorsal branches of lateral sacral arteries | Transversospinalis |
| Rotatores | Transverse processes of cervical, thoracic, and lumbar regions | Lamina and transverse process of spine above, spanning one or two segments | Dorsal rami of spinal nerves | Stabilizes, extends, and rotates spine | Dorsal branches of segmental arteries | Transversospinalis |
| Semispinalis | Transverse processes of C4–T12 | Spinous processes of cervical and thoracic regions | Dorsal rami of spinal nerves | Extends head, neck, and thorax and rotates them to opposite side | Cervical portions: occipital, deep cervical, and vertebral arteries Thoracic portions: dorsal branches of posterior intercostal arteries | Transversospinalis |