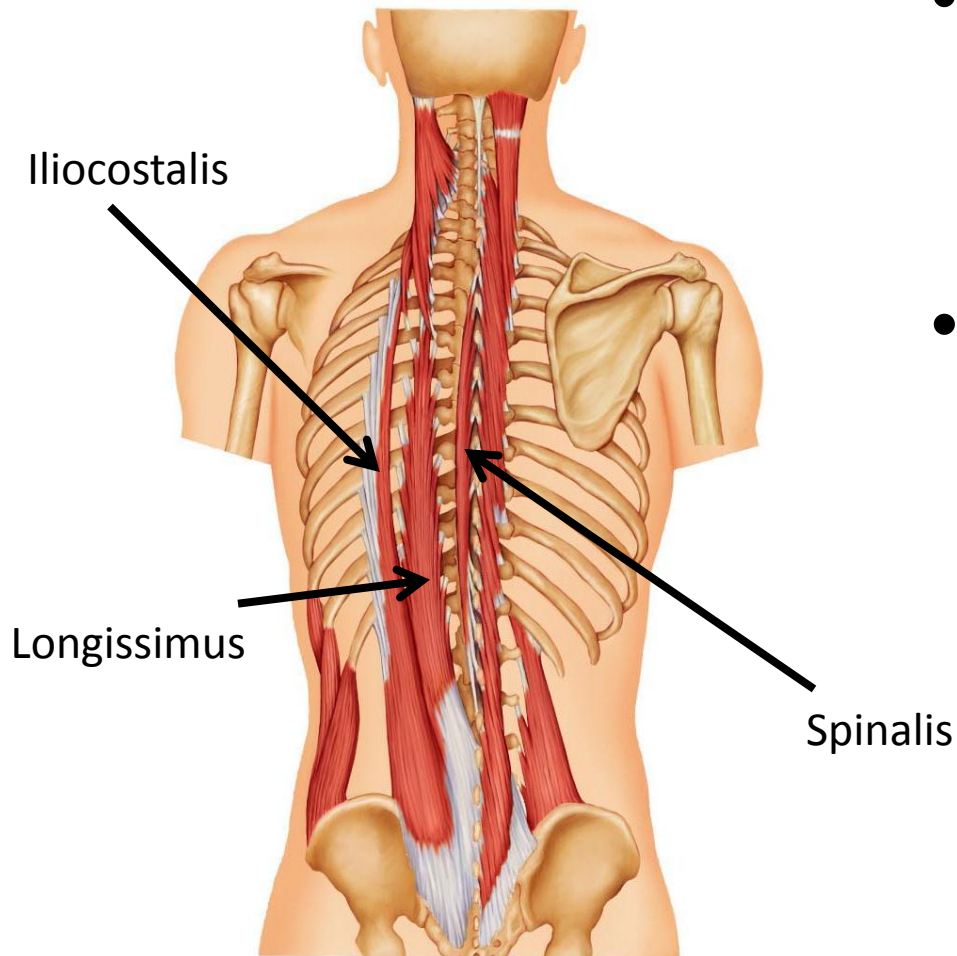


Muscles of the Human Body!

Vertebral Column and Thorax

Erector Spinae (Iliocostalis, Longissimus, Spinalis)

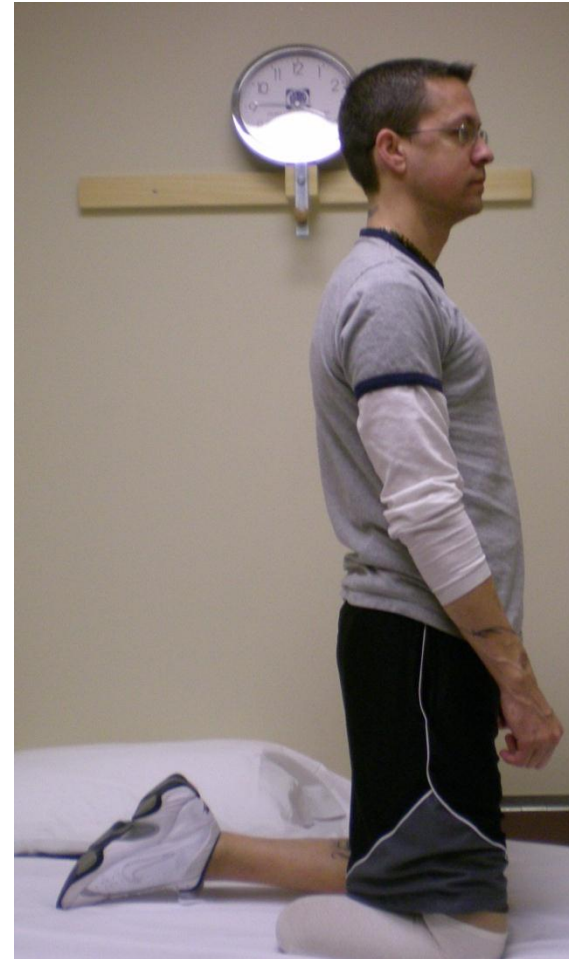
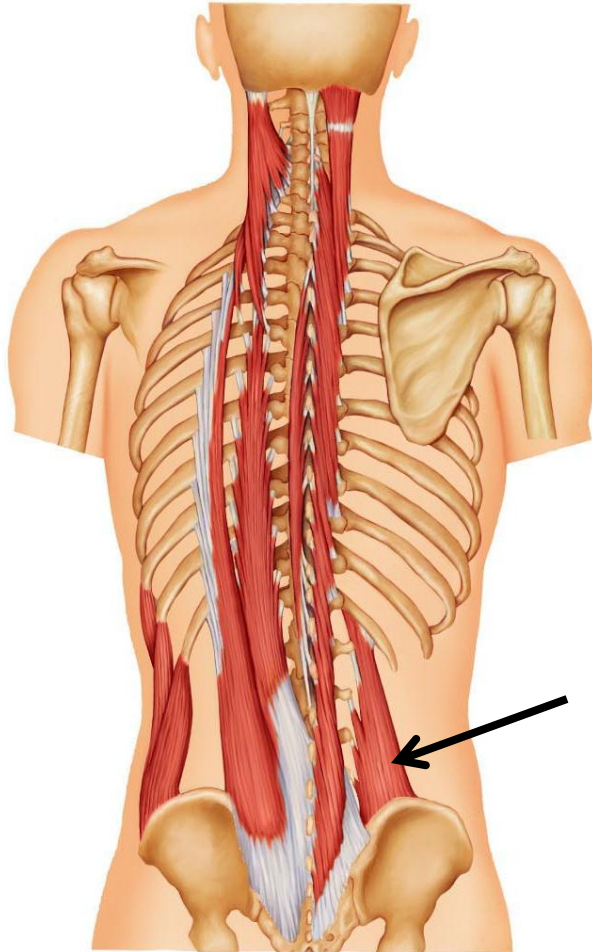


- Prime mover of back extension (3 columns of muscles)
- Elevates and straightens the spine



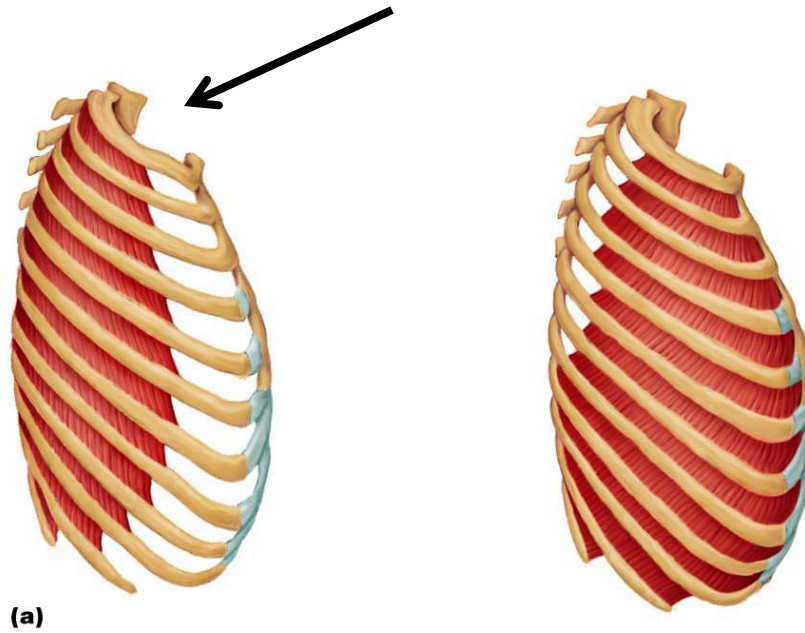
Quadratus Lumborum

- When acting together, extends lumbar spine; maintains upright posture



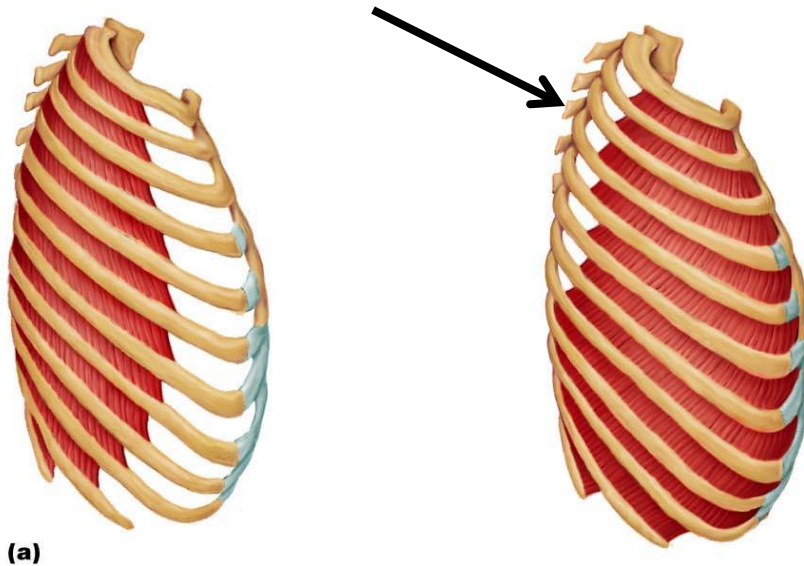
External Intercostals

- Pulls ribs towards one another to elevate rib cage, aides in breathing in.



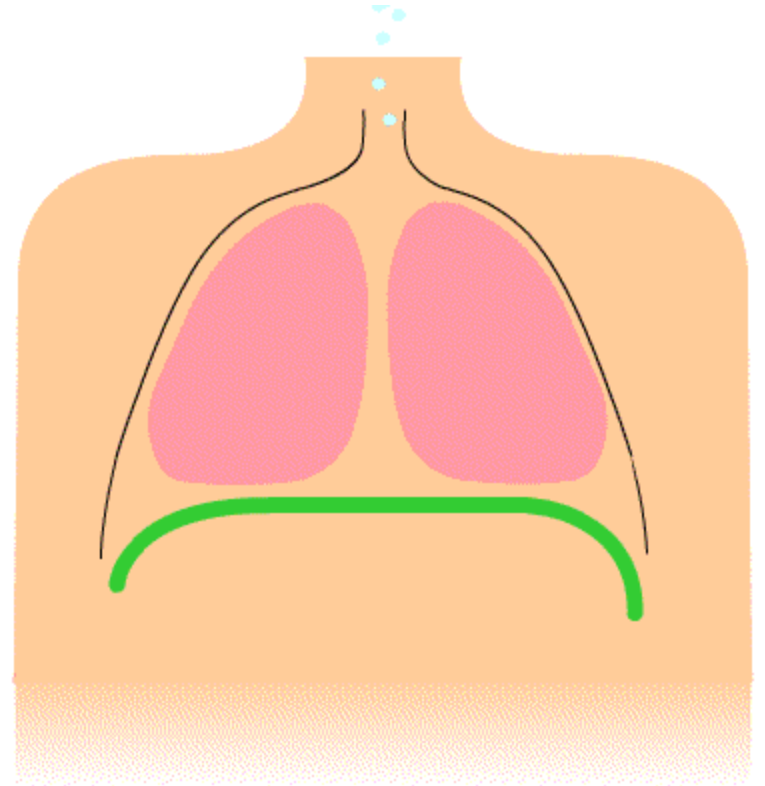
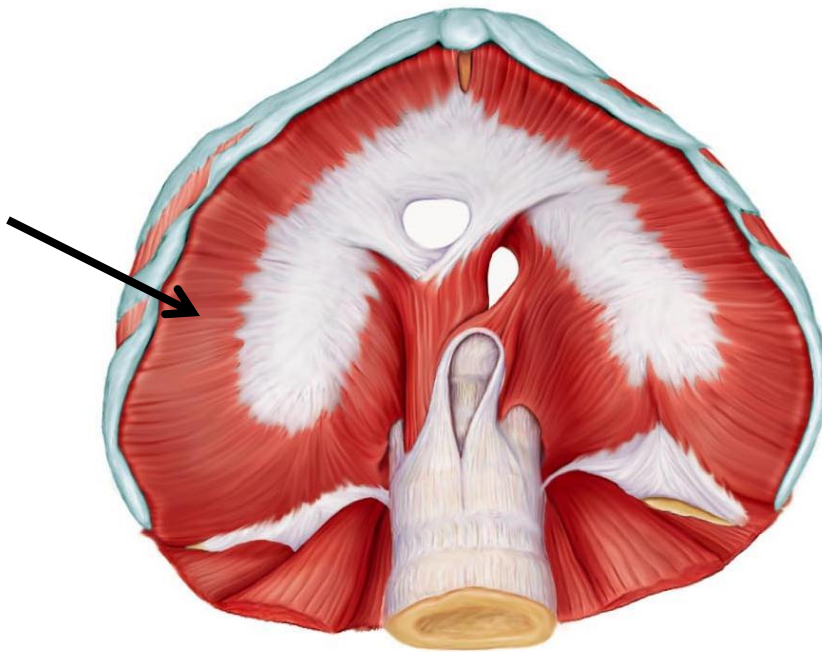
Internal Intercostals

- Draw ribs together and depresses rib cage; aids in forced expiration



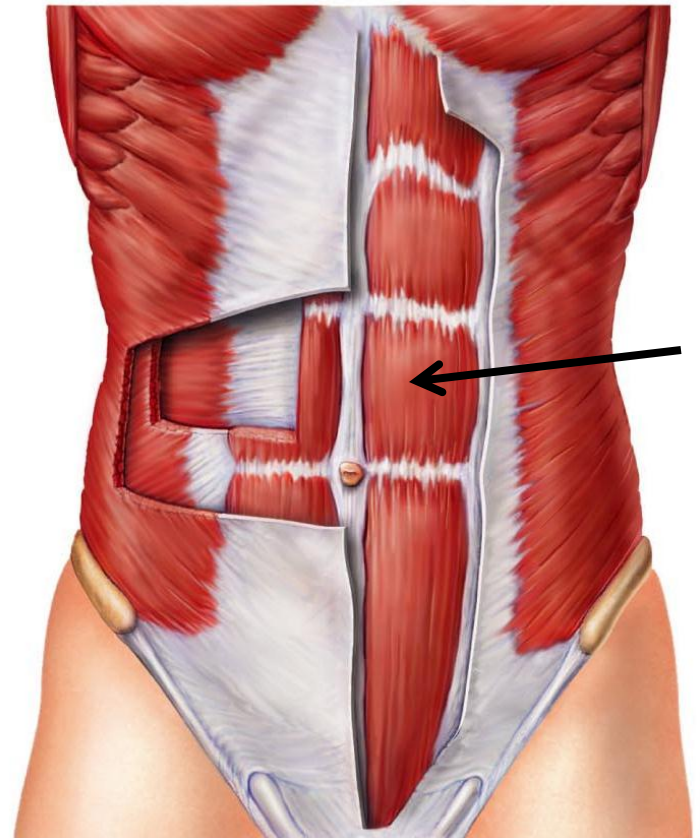
Diaphragm

- Prime mover of inspiration. Dome-shaped when relaxed, flattened when contracted.



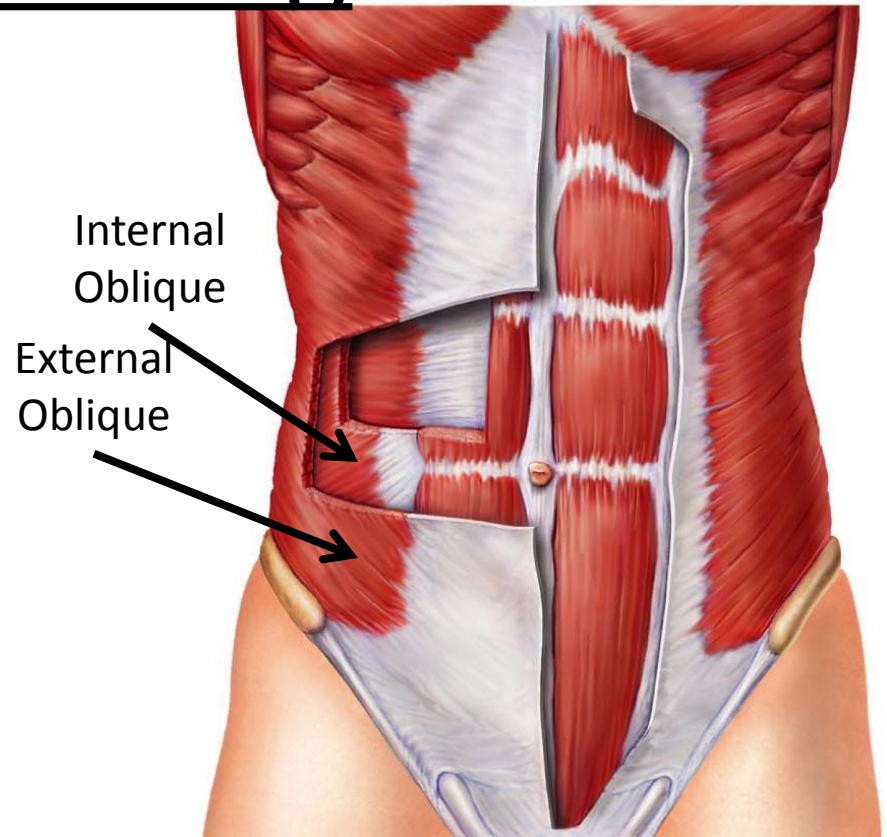
Rectus Abdominis

- Flexes lumbar region of vertebral column.
Flexes the vertebral column as in a sit up.



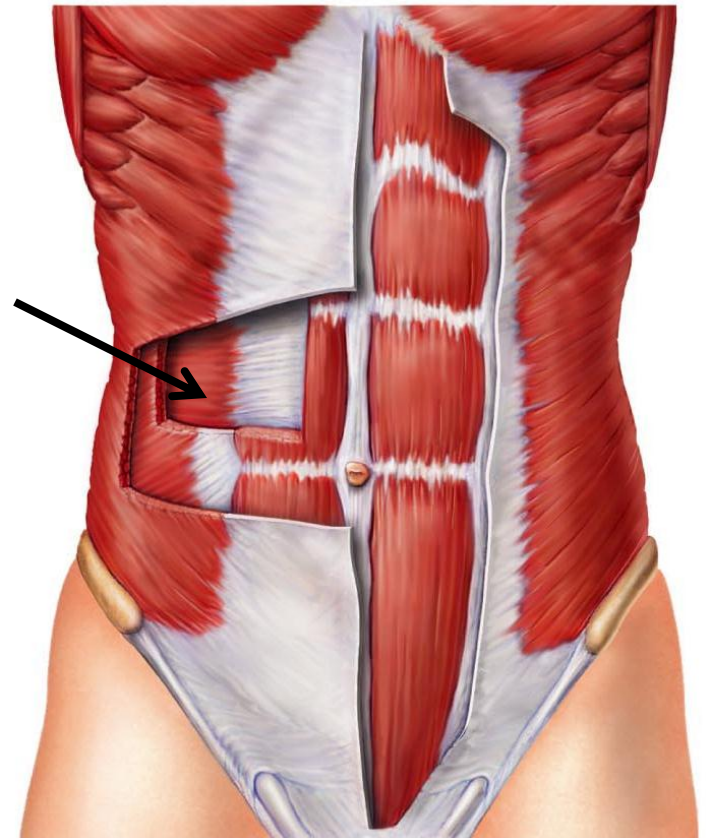
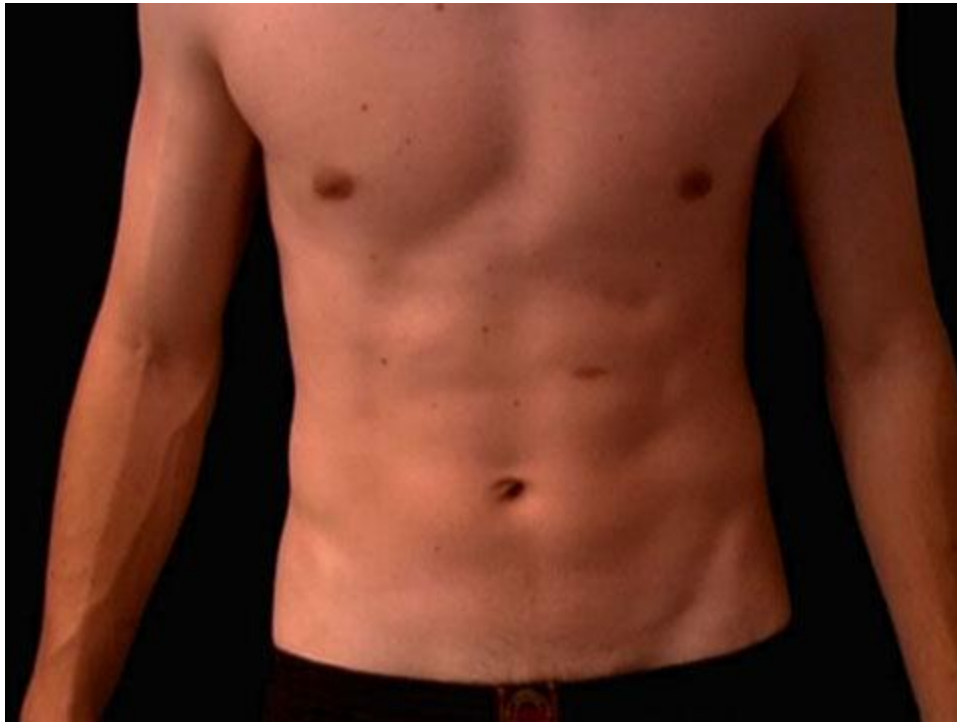
External & Internal Oblique

Synergist to Rectus abdominis when the pair contracts at the same time (sit-up). **Compresses the abdomen. Acting individually, used in trunk rotation, lateral flexion (side sit up)**



Transversus Abdominis

Compresses abdomen



Linea Alba

“White seam”, a tendinous seam that runs from the sternum to the pubic symphysis. Rectus abdominis muscle fuses here

