The Spine and Back Muscles

THE SPINE

- Vertebrae: 9 cervical, 12 thoracic, 5 lumbar
- Discs
- 3 Curves
  - Cervical, Thoracic, Lumbar
  - Developmental progression
  - Individual variations in movement, shape and range lordosis, kyphosis, scoliosis

LIGAMENTS

- 3 strong ligaments run along front and back of spine: anterior longitudinal, posterior longitudinal, supraspinus ligament
- smaller ligaments between two vertebrae

MUSCLES

**Group One: Deep & Small Muscles*

transversospinalis

5 muscles that span between 2-6 vertebrae
semispinalis
multifidus
rotatores
interspinales
intertransversii
*Deep small muscles for core stabilization

Group Two: Deep & Large

iliopsoas
quadratus lumborum

Group Three: Intermediate

erector spinae

3 divisions
lateral-illiocostalis
medial-longissimus
Near vertebral spine- spinalis

Group Four: Superficial

trapezius, latissimus dorsi

Note: Muscles of the neck not included here

* From Anatomy &Yoga: A Guide for Teachers and Students, Saltonstall, 2016