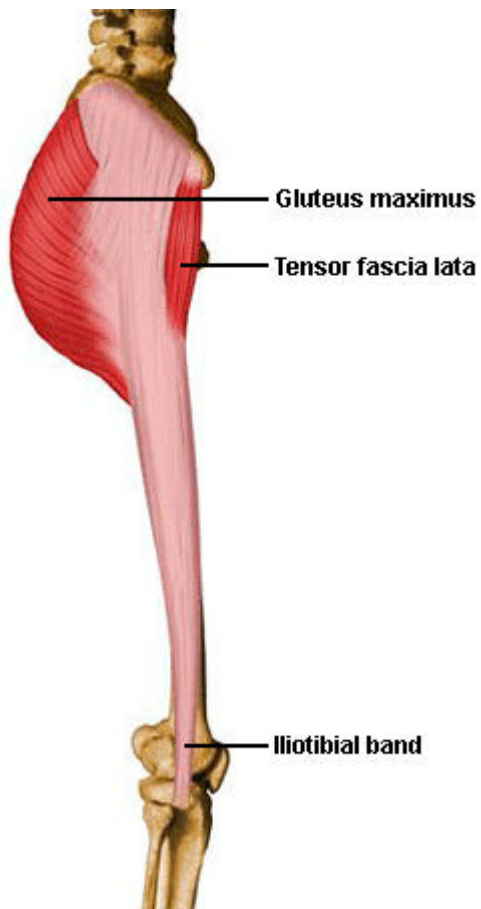


Trunk Muscles



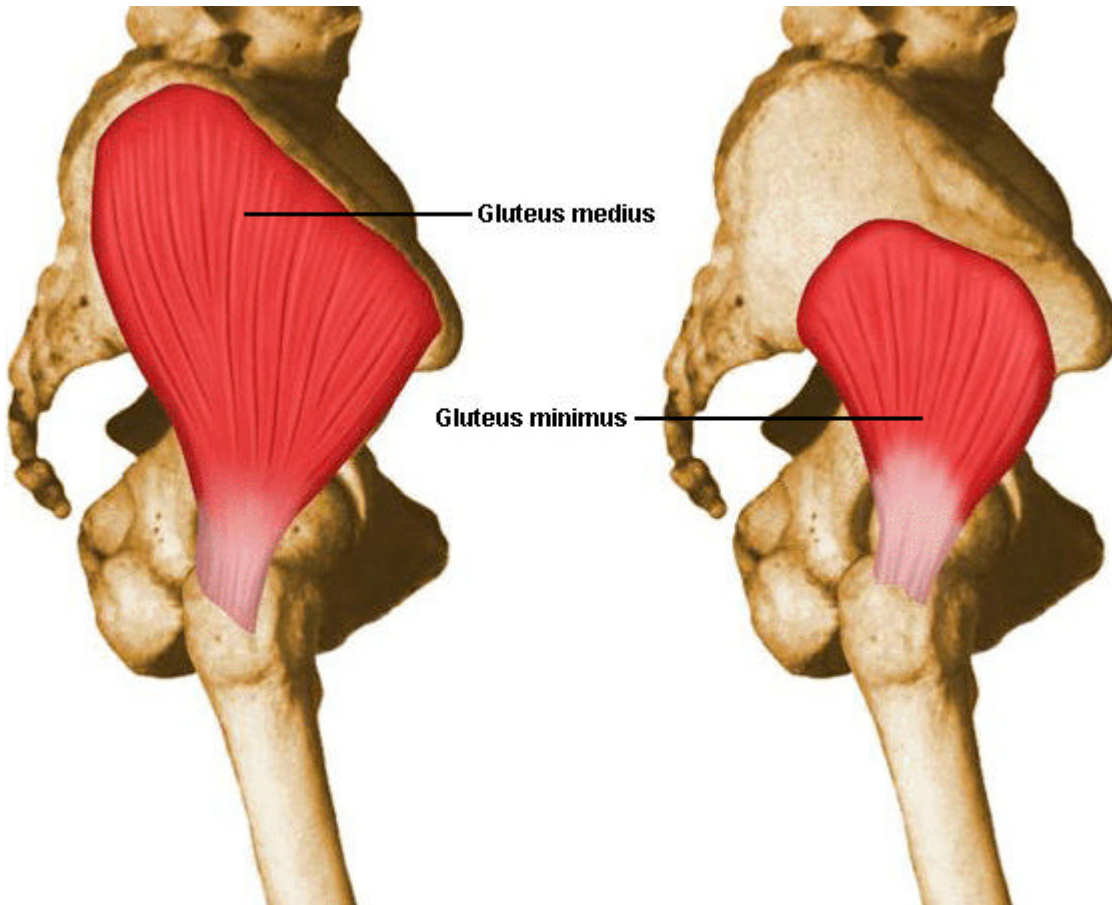
Gluteus maximus

Origin: Iliac crest to the sacrum/coccyx

Insertion: Femur

Action: Retraction of the leg and lateral rotation of the leg

Fig.1 Gluteus maximus.



Gluteus medius:

Origin: Iliac cre
 Insertion: Femu
 (Great
 Trochanter)
 Action: Lateral
 and medial
 rotation and
 abduction

Gluteus minim

Origin: Iliac cre
 Insertion: Femu
 (Great
 Trochanter)
 Action: Lateral
 and medial
 rotation and
 abduction

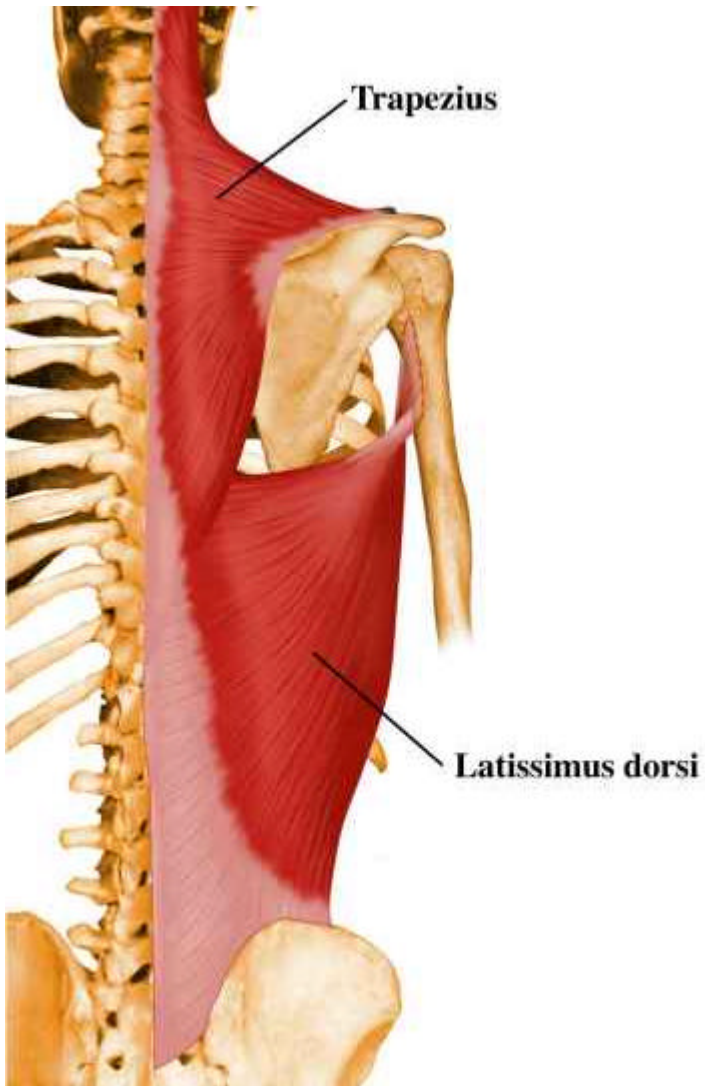
Fig.2 Gluteus medius and Gluteus minimus.

Erector spinae

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Origin: Transverse processes on the vertebral column
 Insertion: Transverse and spinous process on the
 vertebral column
 Action: Antagonists to the abdominal muscles.
 Hyperextension and extension of the spine

Fig.3 Erector
 spinae.



Trapezius

Origin: Skull to the vertebral column
Insertion: Scapula
Action: Rotation of the scapula, retraction of the skull

Latissimus dorsi

Origin: Vertebral column to the sacrum and ilium
Insertion: Humerus
Action: Adduction and some retraction

Fig.4 Trapezius and Latissimus dorsi.

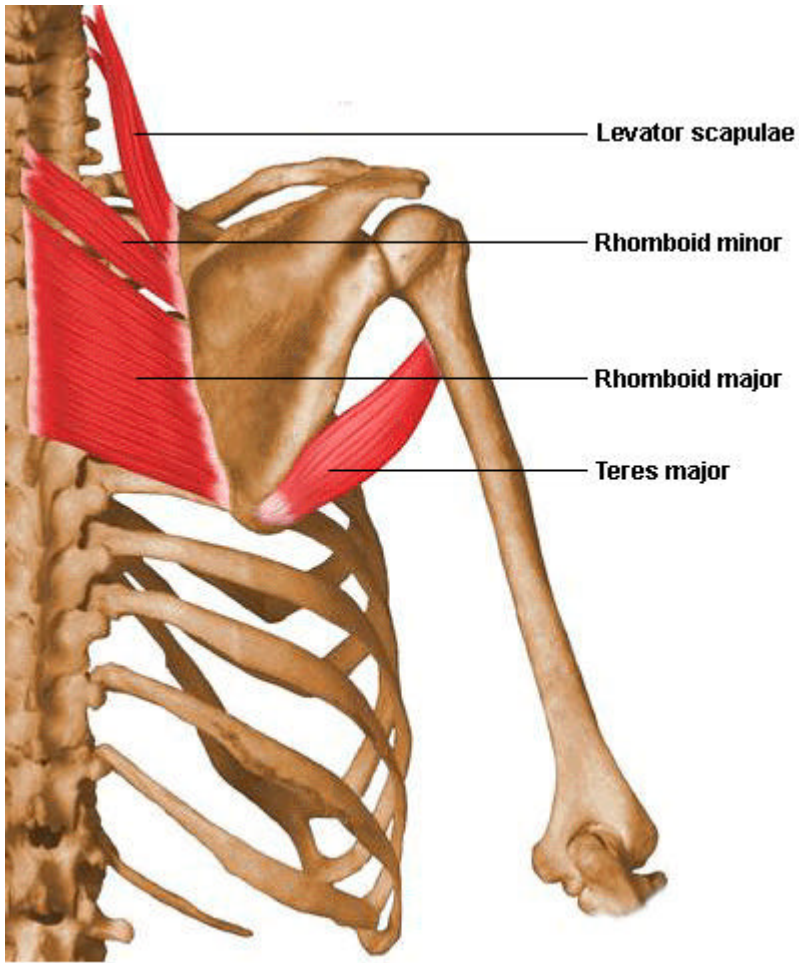


Fig.5 Rhomboids, Teres major and Levator scapulae.

Rhomboids

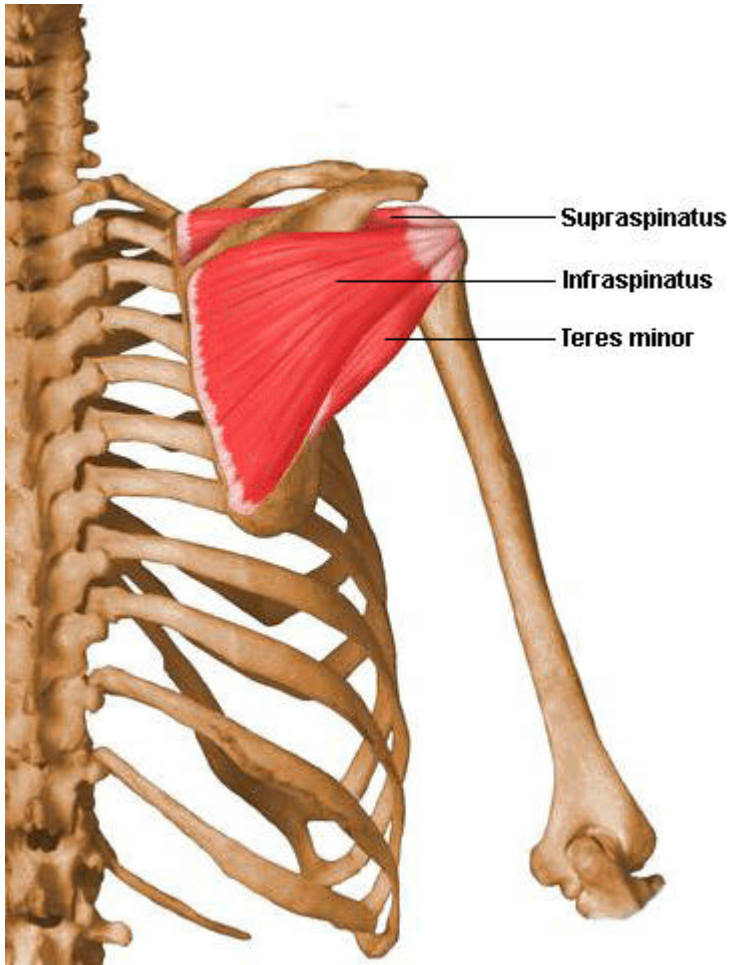
Origin: Vertebral column
Insertion: Scapula
Action: Rotation of the scapula

Teres major

Origin: Scapula
Insertion: Humerus
Action: Adduction of the arm

Levator scapulae

Origin: Cervical vertebral column
Insertion: top of the scapula
Action: Raises the scapula



Supraspinatis

Origin: Scapula
Insertion: Humerus
Action: Adduction of the arm, rotation

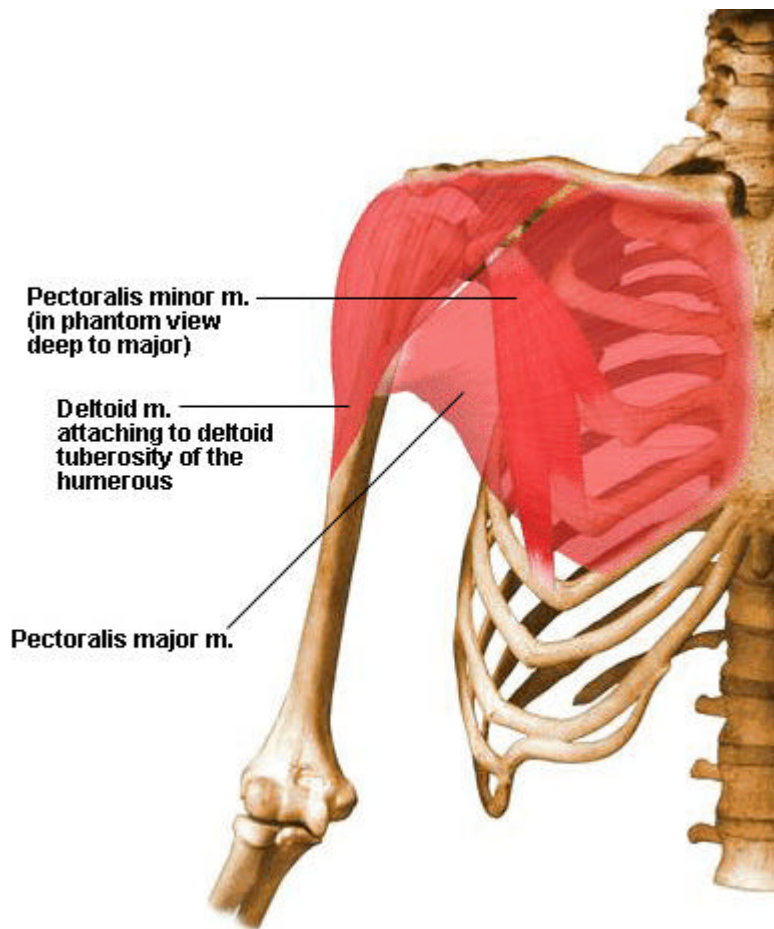
Infraspinatis

Origin: Scapula
Insertion: Humerus
Action: Adduction of the arm, rotation

Teres minor

Origin: Scapula
Insertion: Humerus
Action: Adduction of the arm, rotation

Fig.6 Supraspinatis, Infraspinatis and Teres minor.



Pectoralis major

Origin: Sternum to
the clavicle

Insertion: Humerus
Action: Adduction

Deltoideus

Origin: Scapula
and clavicle

Insertion: Humerus
Action: Moves the
arm; abduction,
rotation and
retraction

Fig.7 Pectoralis major and Deltoideus.

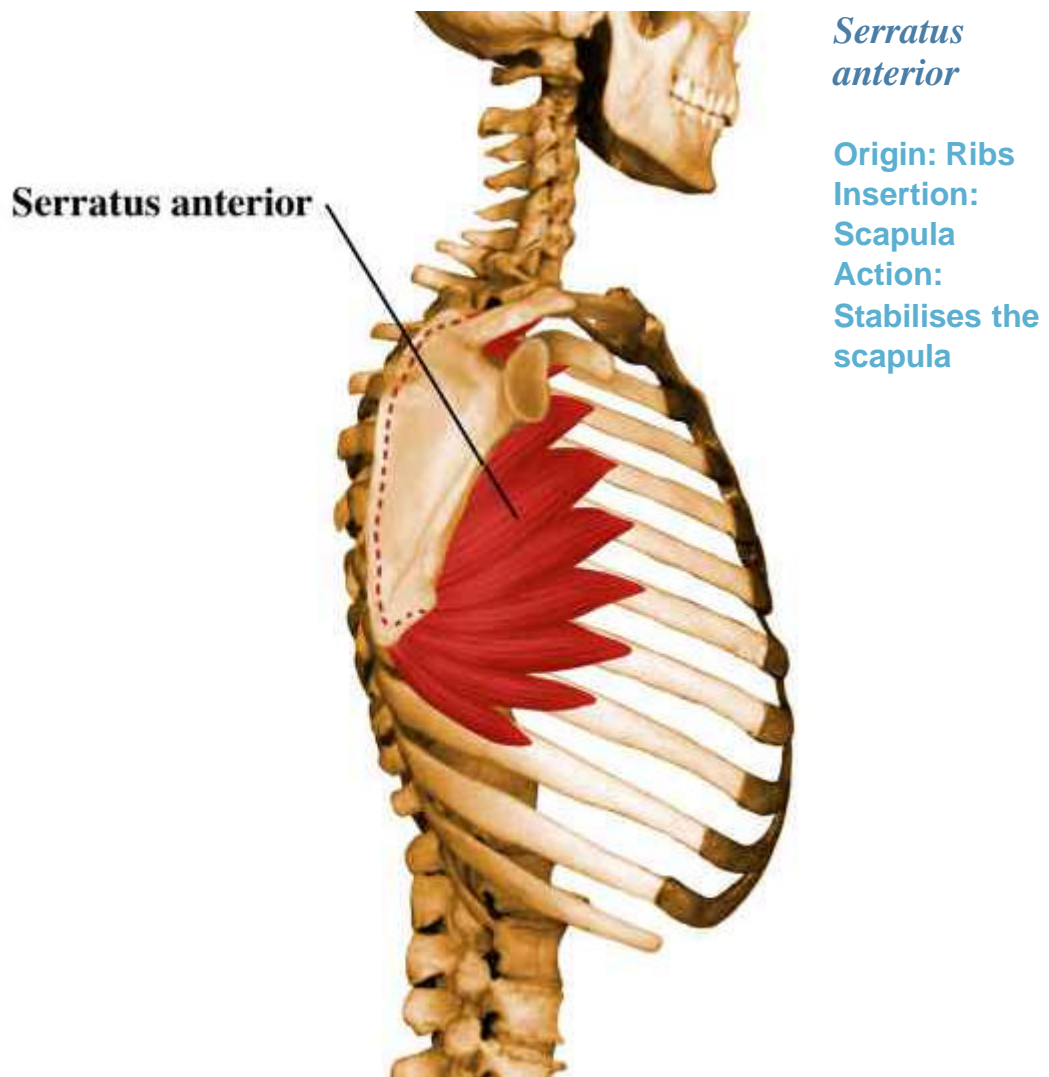


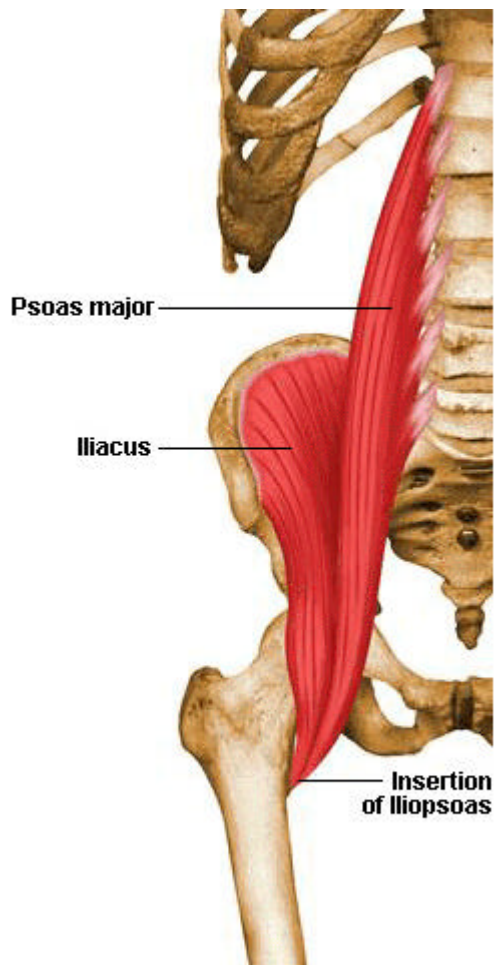
Fig.8 Serratus anterior.

Splenius capitus

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Origin: Top of the vertebral column
Insertion: Base of the skull
Action: Hyper extend the vertebrae and lateral flexing

Fig.9 Splenius capitus.



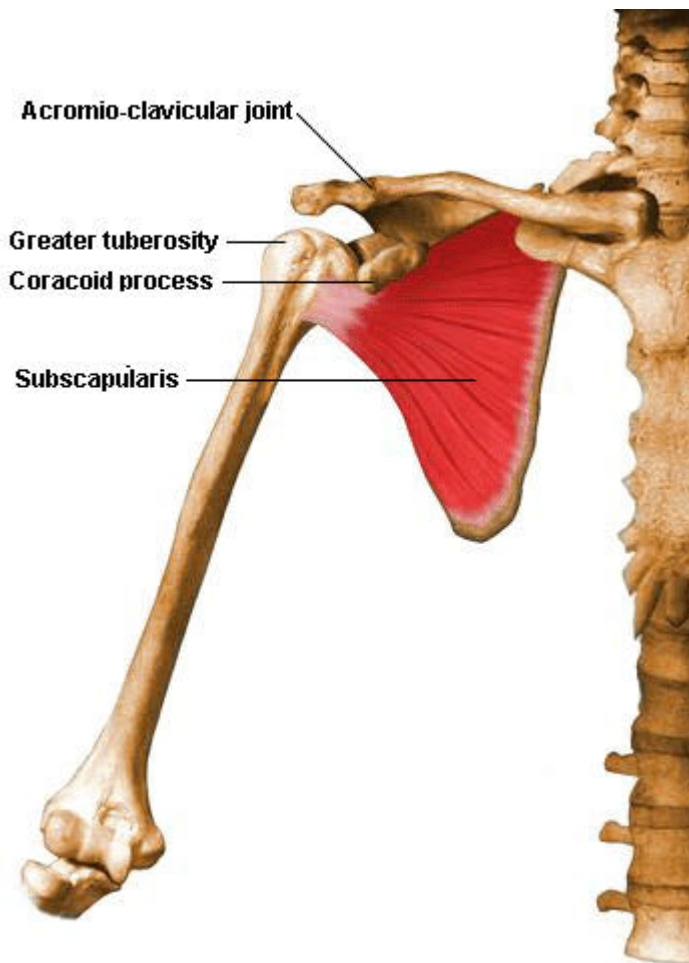
Psoas

Origin: Base of the vertebral column
Insertion: Top and medial of the femur
Action: Hip flexor

Iliacus

Origin: Iliac crest
Insertion: Top and medial of the femur
Action: Hip flexor

Fig.10 Psoas and Iliacus.



Subscapularis

Origin: Scapula
Insertion: Humerus
Action: Medial rotation and stabilises the shoulder

Fig.11 Subscapularis.

Sternocleidomastoid

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Origin:
Insertion:
Action:

Fig.12 Sternocleidomastoid.

Abdominus rectus

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Origin: Sternum
Insertion: Pubis
Action: Flexing lumbar vertebrae

Fig.13 Abdominus rectus.

Abdominus transversalis

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Origin: -
Insertion: -
Action: Supporting trunk muscles

Fig.14 Abdominus transversalis.

Internal oblique

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Origin: Pelvic girdle
Insertion: Linea alba
Action: Twisting the trunk

Fig.15 Internal oblique.

External oblique

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Origin: Ribs
Insertion: Pelvic girdle (opposite side)
Action: Twisting the trunk

Fig.16 External oblique.