

ThomP's Tools
Axial Skeleton Muscle Review Sheet

	Muscle	Joints Crossed	Origin 1	Origin 2	Origin 3	Insertion 1	Insertion 2	Insertion 3	Action 1	Action 2	Action 3
Cervical	scalenes	all cervical intervertebral joints	ribs 1 & 2			transverse processes of cervical vertebrae			flexion of neck: bilateral contraction	lateral flexion of neck: same side unilateral	rotation of neck: same side unilateral
	splenius capitus	atlanto-occipital joint and all cervical intervertebral joints	lower cervical & upper thoracic vertebrae			mastoid process & adjacent occipital ridge			extension of neck: bilateral contraction	rotation of neck: same side unilateral contraction	
	splenius cervicus	all cervical intervertebral joints	thoracic vertebrae, spinous processes			cervical vertebrae, transverse processes			extension of neck: bilateral contraction	rotation of neck: same side unilateral contraction	
	sternocleidomastoid	atlanto-occipital joint	sternum	clavicle		mastoid process of temporal bone			flexion of neck: bilateral contraction	lateral flexion of neck: same side unilateral	rotation of neck: opposite side unilateral
	sub-occipital group	some cervical intervertebral	cervical vertebrae			dura matter	occipital ridge of cranium		extension of neck: bilateral contraction	rotation of neck: same side unilateral contraction	
Whole Vertebral Column	erector spinae	all intervertebral joints	spinalis division: spinous processes	longissimus division: transverse processes	iliocostalis division: iliac crest & all 12 ribs	same as origins, but higher			extension of the trunk: bilateral contraction	lateral flexion of trunk: same side unilateral	
	transversospinalis group	all intervertebral joints	transverse processes			semispinalis: spinous process 4-6 vertebrae higher	multifidus: spinous process 2-4 vertebrae higher	rotatore: spinous process 1 vertebrae higher	extension of trunk: bilateral contraction	rotation of trunk: opposite side unilateral	
Respiratory Accessories	serratus posterior inferior	vertebro-costal joints	vertebrae T11 through L2			ribs 9 through 12			depression of the ribs for exhalation		
	serratus posterior superior	vertebro-costal joints	vertebrae C6 through T2			ribs 2 through 5			elevation of the ribs for inhalation		
Lumbar	rectus abdominis	lumbar intervertebral joints	pubic bone			ribs 5,6,7	xiphoid process of the sternum		flexion of trunk: bilateral contraction	compression of abdomen: bilateral contraction	
	internal oblique	lumbar intervertebral joints	iliac crest			lower ribs	abdominal aponeurosis (sheath of rectus abdominis)		flexion of trunk: bilateral contraction	lateral flexion of trunk: same side unilateral	rotation of trunk: same side unilateral
	external oblique	lumbar intervertebral joints	ribs 5-12 (interdigitating w/serratus anterior)			iliac crest of pelvis	abdominal aponeurosis (sheath of rectus abdominis)		flexion of trunk: bilateral contraction	lateral flexion of trunk: same side unilateral	rotation of trunk: opposite side unilateral
	transversus abdominis	intervertebral joints	lower ribs	iliac crest		abdominal aponeurosis (sheath of rectus abdominis)			compression of abdomen	NOT a trunk flexor	
	quadratus lumborum	lumbar intervertebral joints	iliac crest of pelvis			vertebrae L1 through L5, transverse processes			extension of trunk: bilateral contraction	lateral flexion of trunk: same side unilateral	postural: stabilizes 12th rib for inhalation