

Iliocostalis

Nathaniel Yomogida, SPT

Chloë Kerstein, SPT

Table of contents

1	OIAN	2
2	Iliocostalis Cervicis	4
2.1	Origin	4
2.2	Insertion	4
2.3	Innervation	4
2.4	Action	4
3	Iliocostalis Thoracis	4
3.1	Origin	4
3.2	Insertion	4
3.3	Innervation	4
3.4	Action	4
4	Iliocostalis Lumborum	4
4.1	Origin	4
4.2	Insertion	5
4.3	Innervation	5
4.4	Action	5
5	Muscle groups	5
6	Palpation	5
	Clinical significance	5

1 OIAN

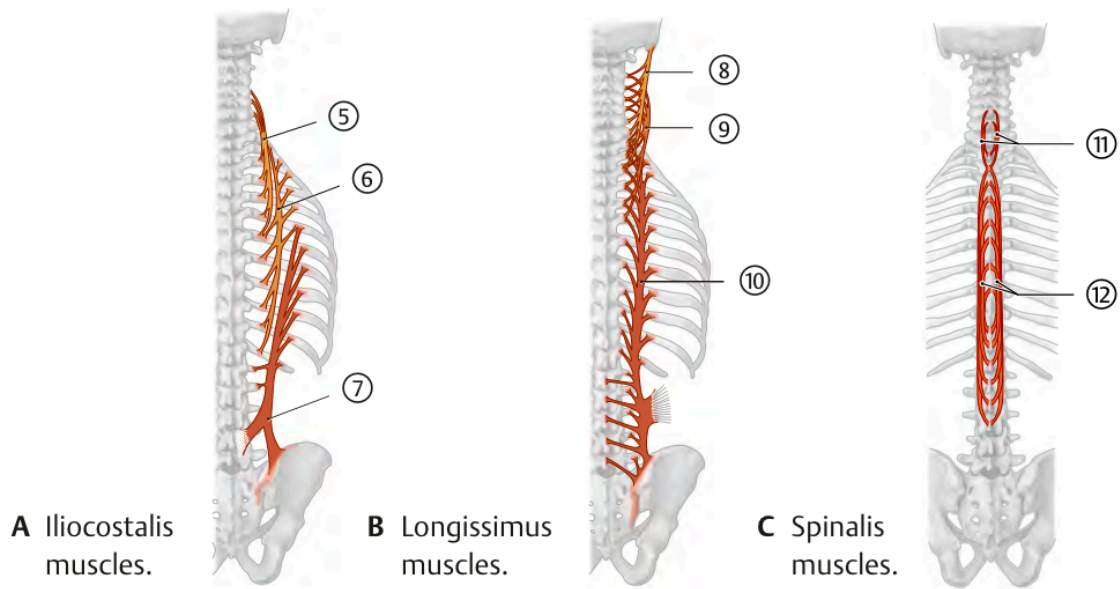


Figure 1: Schematic view of the intermediate intrinsic muscles of the back (Erector spinae)¹

Table 1: Iliocostalis OIAN

Muscle	Origin	Insertion	Nerve	Action
Iliocostalis cervicis	3rd-7th ribs	C4-C6 TP	Spinal nn. C8-L1 (Post rami, lateral branches)	BIL: Extends spine; UNIL: I/L spine lat-flexion
Iliocostalis thoracis	7-12th ribs	1st-6th ribs	Spinal nn. C8-L1 (Post rami, lateral branches)	BIL: Extends spine; UNIL: I/L spine lat-flexion
Iliocostalis lumborum	Sacrum, iliac crest, lumbar vertebrae SP; lower thoracic vertebrae TP	6-12th ribs, thoracolumbar fascia (posterior layer), upper lumbar vertebrae (TP)	Spinal nn. C8-L1 (Post rami, lateral branches)	BIL: Extends spine; UNIL: I/L spine lat-flexion

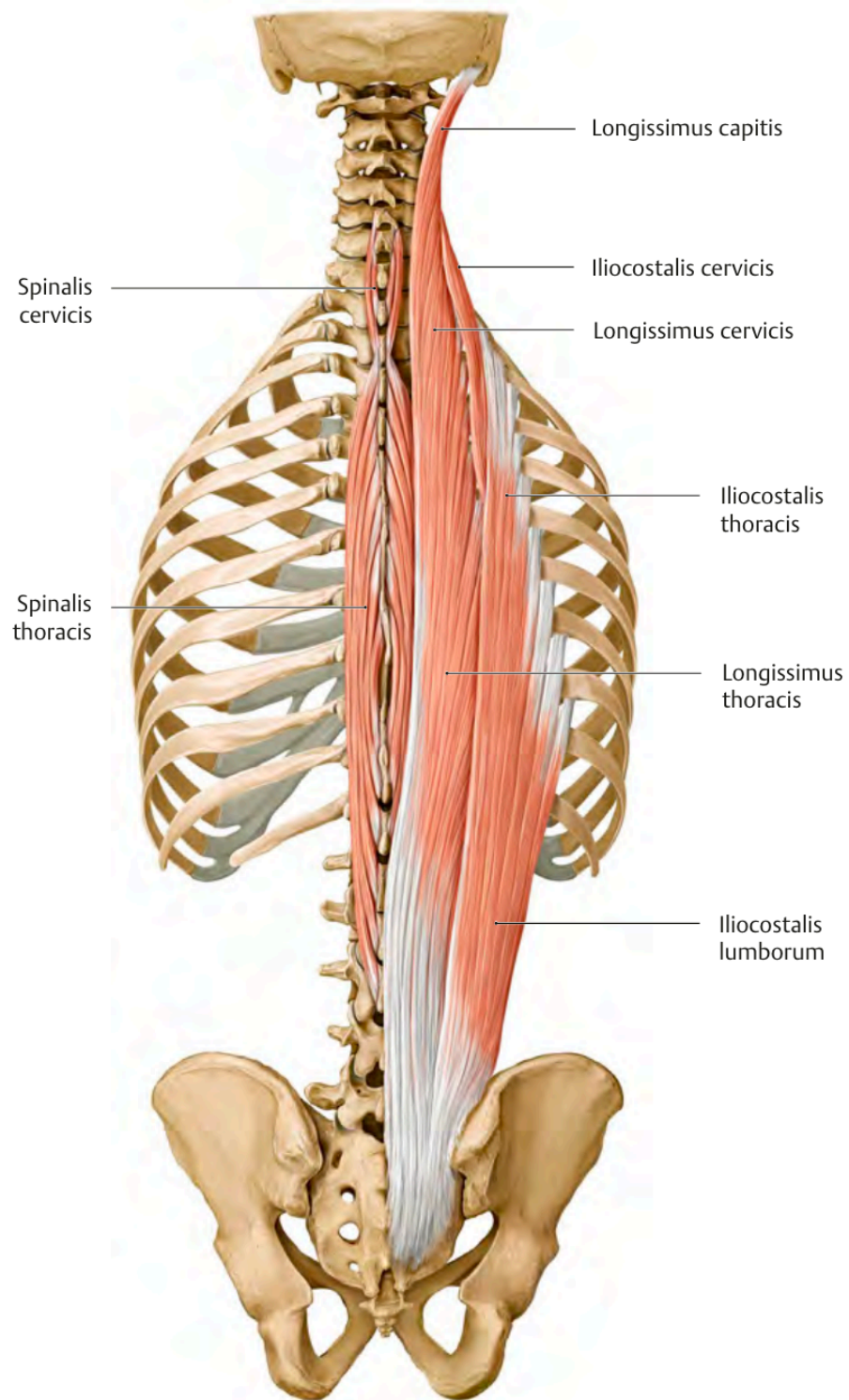


Figure 2: Intermediate intrinsic muscles of the back / Erector spinae (Posterior view)¹

2 Iliocostalis Cervicis

2.1 Origin

3rd-7th ribs¹

2.2 Insertion

C4-C6 TP¹

2.3 Innervation

[Spinal nn.](#) C8-L1 (Post rami, lateral branches)¹

2.4 Action

3 Iliocostalis Thoracis

3.1 Origin

7-12th ribs¹

3.2 Insertion

1st-6th ribs¹

3.3 Innervation

[Spinal nn.](#) C8-L1 (Post rami, lateral branches)¹

3.4 Action

4 Iliocostalis Lumborum

4.1 Origin

Sacrum, iliac crest, lumbar vertebrae SP; lower thoracic vertebrae TP¹

4.2 Insertion

6-12th ribs, thoracolumbar fascia (posterior layer), upper lumbar vertebrae (TP)¹

4.3 Innervation

Spinal nn. C8-L1 (Post rami, lateral branches)¹

4.4 Action

- **Bilateral:** Extends spine¹
- **Unilateral:** I/L spine lat-flexion¹

5 Muscle groups

Iliocostalis is part of the Intermediate intrinsic back muscles (erector spinae)

6 Palpation

Clinical significance

1. Gilroy AM, MacPherson BR, Wikenheiser JC, Voll MM, Wesker K, Schünke M, eds. *Atlas of Anatomy*. 4th ed. Thieme; 2020.