

OIANs of all the muscles

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1 Muscles of the back

1.1 Suboccipitals

- [Rectus capitis posterior major](#)
- [Rectus Capitis Posterior Minor](#)
- [Obliquus capitis superior](#)
- [Obliquus capitis inferior](#)

1.2 Prevertebral Muscles

- [Longus capitis](#)
- [Longus Colli Cervicis](#)
- [Rectus Capitis anterior](#)
- [Rectus Capitis Lateralis](#)

Table 1: Prevertebral muscle group

Muscle	Origin	Insertion	Nerve	Action
Longus Capitis	C3-C6 (TP, ant tubercles)	Occipital bone (basilar part)	Direct branches from cervical plexus (C1-C3)	BIL flexes head; UNIL flexes and slight I/L rotation

1.3 Superficial intrinsic back Muscles

- [Serratus posterior superior](#)
- [Serratus posterior inferior](#)
- [Splenius capitis](#)
- [Splenius cervicis](#)

1.4 Intermediate intrinsic back muscles (Erector Spinae)

- Iliocostalis
 - [Iliocostalis Cervicis](#)
 - [Iliocostalis Thoracis](#)
 - [Iliocostalis lumborum](#)
- Longissimus
 - Longissimus Capitis
 - Longissimus Cervicis
 - Longissimus Thoracis
- Spinalis
 - Spinalis Cervicis
 - Spinalis Thoracis

Table 2: Erector Spinae 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

Muscle	Origin	Insertion	Nerve	Action
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