

Interspinales Muscle

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1 OIAN

Table 1: Interspinales Muscles OIAN

Muscle	Origin	Insertion	Nerve	Action
Interspinales Cervicis	C1-C7: SP of inferiorly adjacent vertebrae	C1-C7: SP of superiorly adjacent vertebrae	Spinal nn. (Posterior Rami)	Extends cervical and Lumbar spines

Muscle	Origin	Insertion	Nerve	Action
Interspinales Lumbora	L1-L5: SP of inferiorly adjacent vertebrae	L1-L5: SP of superiorly adjacent vertebrae	Spinal nn. (Posterior Rami)	BIL: Stabilizes and extends cervical and lumbar vertebrae; UNIL: I/L SB cervical and lumbar spines

2 Interspinales Cervicis

2.1 Origin

C1-C7: SP of inferiorly adjacent vertebrae¹

2.2 Insertion

C1-C7: SP of superiorly adjacent vertebrae¹

2.3 Innervation

[Spinal nn. \(Posterior Rami\)](#)¹

2.4 Action

Extends cervical and Lumbar spines¹

3 Interspinales Lumbora

3.1 Origin

L1-L5: SP of inferiorly adjacent vertebrae¹

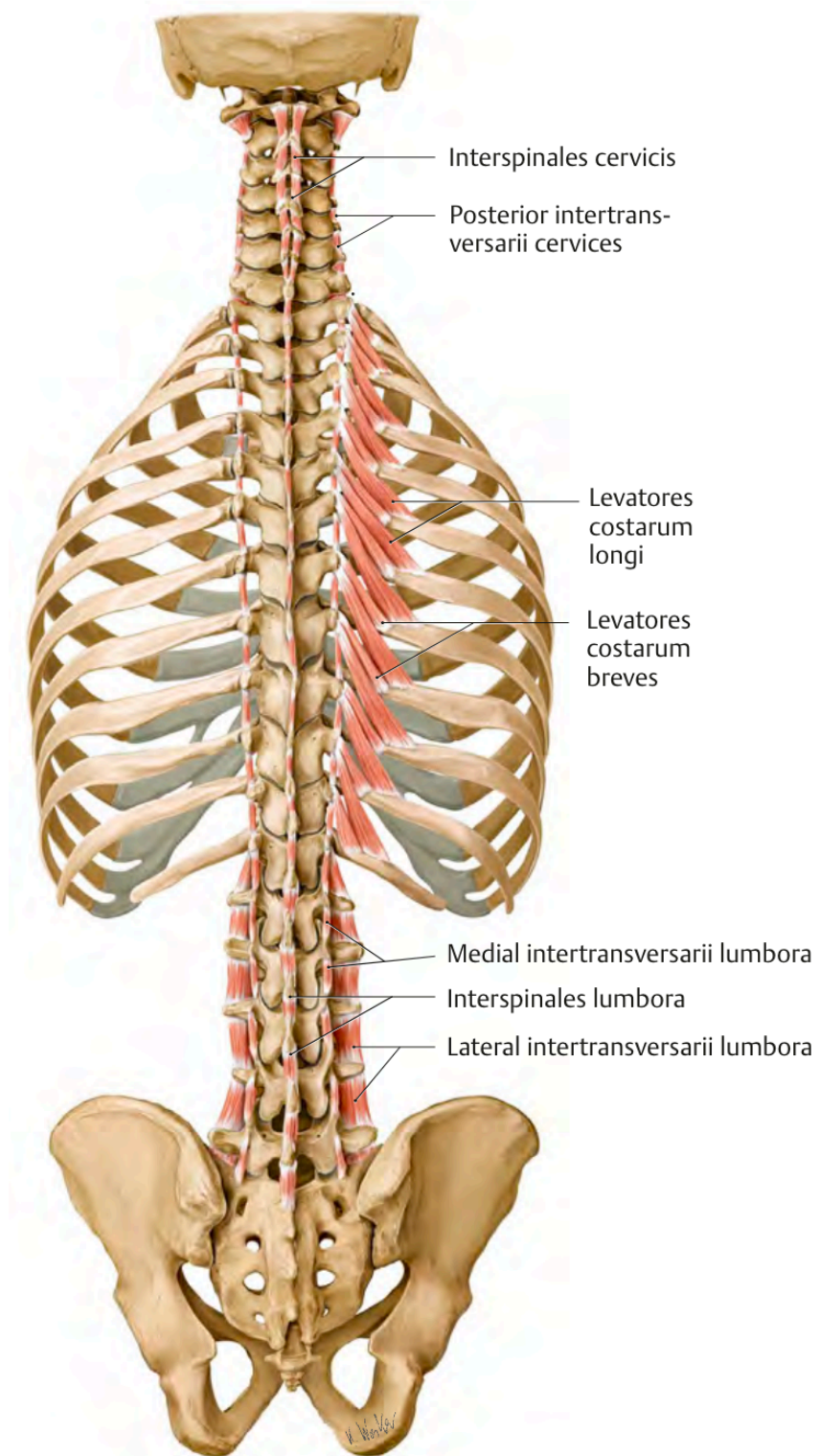


Figure 1: Posterior view of the deep segmental back muscles¹

3.2 Insertion

L1-L5: SP of superiorly adjacent vertebrae¹

3.3 Innervation

Spinal nn. (Posterior Rami)¹

3.4 Action

- **BIL:** Stabilizes and extends cervical and lumbar vertebrae¹
- **UNIL:** I/L SB cervical and lumbar spines

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