

# 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](#)

Table 1: Suboccipital muscle group

Muscle	Origin	Insertion	Nerve	Action
<a href="#">Rectus Capitis Posterior Major</a>	C2 (SP)	Occipital bone (inferior nuchal line, middle third)	<a href="#">Suboccipital N.</a>	<b>BIL:</b> Extend head; <b>UNIL:</b> I/L head rotation
<a href="#">Rectus Capitis Posterior Minor</a>	C1 (posterior tubercle)	Occipital bone (inferior nuchal line, inner 1/3)	<a href="#">Suboccipital N.</a>	<b>BIL:</b> Extend head; <b>UNIL:</b> I/L head rotation

Muscle	Origin	Insertion	Nerve	Action
Obliquus Capitis Superior	C1 (TP)	Occipital bone (inferior nuchal line, middle third)	Suboccipital N.	<b>bil:</b> Extend head; <b>UNIL:</b> I/L SB, C/L rotation
Obliquus Capitis Inferior	C2 (SP)	C1 TP	Suboccipital N.	<b>BIL:</b> Extend head; <b>UNIL:</b> I/L rotation

## 1.2 Prevertebral Muscles

- Longus capitis
- Longus Colli Cervicis
- Rectus Capitis anterior
- Rectus Capitis Lateralis

Table 2: 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)	<b>BIL</b> flexes head; <b>UNIL</b> flexes and slight I/L rotation
Longus colli cervicis	<b>Vertical part:</b> C5-T3 (ant side of vertebral body); <b>Sup-oblique</b> C3-C5 (TP, Ant tubercle) <b>Inf-Oblique:</b> T1-T3 (ant side of vertebral body)	<b>Vertical part:</b> C2-C4 (ant sides of vertebral bodies); <b>Sup-oblique</b> C1 (TP, ant tubercle) <b>Inf-Oblique:</b> C5-C6 (TP, Ant tubercles)	Direct branches from cervical plexus (C2-C6)	<b>BIL:</b> Flex AO Joint; <b>UNIL:</b> Lat flex at AO joint
Rectus Capitis Anterior	C1 (lateral mass)	Occipital bone (basilar part)	C1 Ant ramus	<b>BIL:</b> flex AO Joint; <b>UNIL:</b> Lateral Flexion of AO joint

Muscle	Origin	Insertion	Nerve	Action
<a href="#">Rectus Capitis Lateralis</a>	C1 (TP)	Occipital bone (basilar part, lateral to occipital condyles)	C1 Anterior Ramus	<b>BIL:</b> flex AO Joint; <b>UNIL:</b> Lateral Flexion of AO joint

### 1.3 Superficial intrinsic back Muscles

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

Table 3: Superficial intrinsic back Muscles OIANS

Muscle	Origin	Insertion	Nerve	Action
<a href="#">Serratus Posterior Superior</a>	<a href="#">Nuchal ligament</a> , C7-T3 SP	2-4th ribs (sup border)	<a href="#">Spinal nn.</a> T2-T5 (Ant ramus)	Elevates ribs
<a href="#">Serratus Posterior Inferior</a>	T11-L2 (SP)	8-12th ribs (inferior borders near angles)	<a href="#">Spinal nn.</a> T9-T12 (Anterior rami)	Depresses ribs
<a href="#">Splenius Capitis</a>	<a href="#">Nuchal ligament</a> , - C7-T3/T4 SP	Lateral 1/3 nuchal line (occipital bone), Mastoid process (temporal bone)	<a href="#">spinal nn.</a> C1-C6 (Post rami, lateral branches)	<b>BIL:</b> Extends C/S and head; <b>UNIL:</b> I/L head SB and Rotation
<a href="#">Splenius Cervicis</a>	T3-T6/T7 (SP)	C1-C3/4 (TP)	<a href="#">Spinal nn.</a> C1-C6 (Post rami, lateral branches)	<b>BIL:</b> Extends C/S and head; <b>UNIL:</b> I/L head SB and Rotation

### 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 4: Erector Spinae OIAN

Muscle	Origin	Insertion	Nerve	Action
Iliocostalis cervicis	3rd-7th ribs	C4-C6 TP	Spinal nn. C8-L1 (Post rami, lateral branches)	<b>BIL:</b> Extends spine; <b>UNIL:</b> I/L spine lat-flexion
Iliocostalis thoracis	7-12th ribs	1st-6th ribs	Spinal nn. C8-L1 (Post rami, lateral branches)	<b>BIL:</b> Extends spine; <b>UNIL:</b> 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)	<b>BIL:</b> Extends spine; <b>UNIL:</b> I/L spine lat-flexion