

# Longissimus Muscle

Nathaniel Yomogida, SPT

Chloë Kerstein, SPT

## Table of contents

<b>1</b>	<b>OIAN</b>	<b>1</b>
<b>2</b>	<b>Longissimus Capitis</b>	<b>4</b>
2.1	Origin . . . . .	4
2.2	Insertion . . . . .	4
2.3	Innervation . . . . .	4
2.4	Action . . . . .	4
<b>3</b>	<b>Longissimus Cervicis</b>	<b>4</b>
3.1	Origin . . . . .	4
3.2	Insertion . . . . .	4
3.3	Innervation . . . . .	4
3.4	Action . . . . .	4
<b>4</b>	<b>Longissimus Thoracis</b>	<b>5</b>
4.1	Origin . . . . .	5
4.2	Insertion . . . . .	5
4.3	Innervation . . . . .	5
4.4	Action . . . . .	5

## 1 OIAN

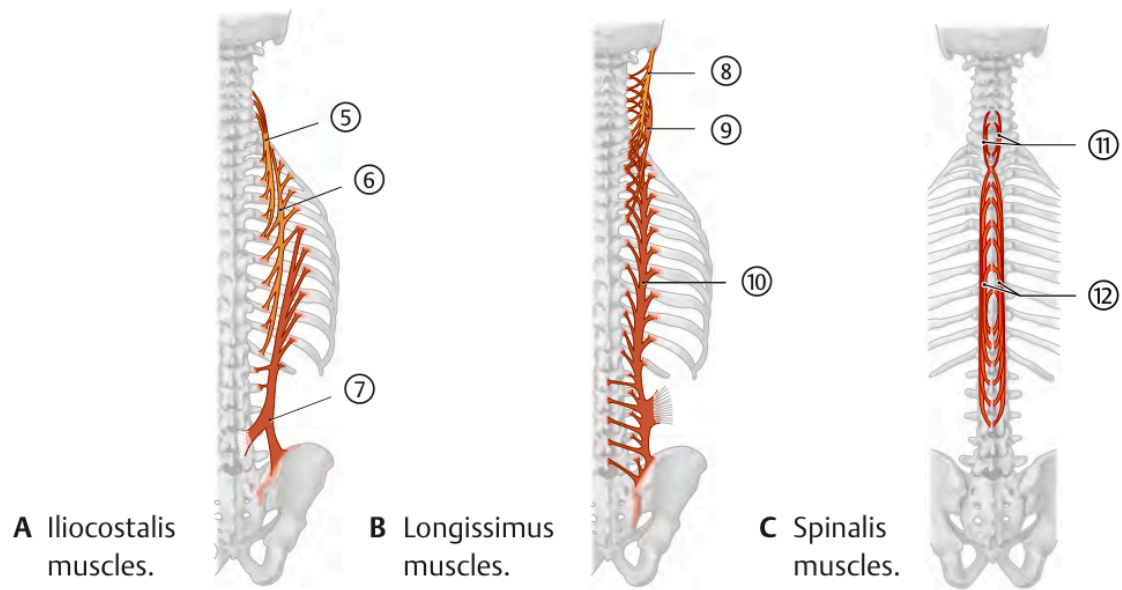


Figure 1: Schematic view of the intermediate intrinsic muscles of the back (Erector spinae)<sup>1</sup>

Table 1: Longissimus OIAN

Muscle	Origin	Insertion	Nerve	Action
Longissimus Capitis	T1-T3 (TP), C4-C7 (TP & articular process)	Temporal bone (Mastoid process)	Spinal nn. C1-L5 (Post rami, lateral branches)	<b>BIL:</b> Extends head; <b>UNIL:</b> Flexes and I/L rotation
Longissimus Cervicis	T1-T6 (TP)	C2-C5 (TP)	Spinal nn. C1-L5 (Post rami, lateral branches)	<b>BIL:</b> Extends spine; <b>UNIL:</b> I/L SB
Longissimus Thoracis	Sacrum; Iliac crest; Lumbar vertebrae (SP); Lower thoracic vertebrae (TP)	2nd-12th ribs; Thoracic & Lumbar vertebrae (TP)	Spinal nn. C1-L5 (Post rami, lateral branches)	<b>BIL:</b> Extends spine; <b>UNIL:</b> I/L SB

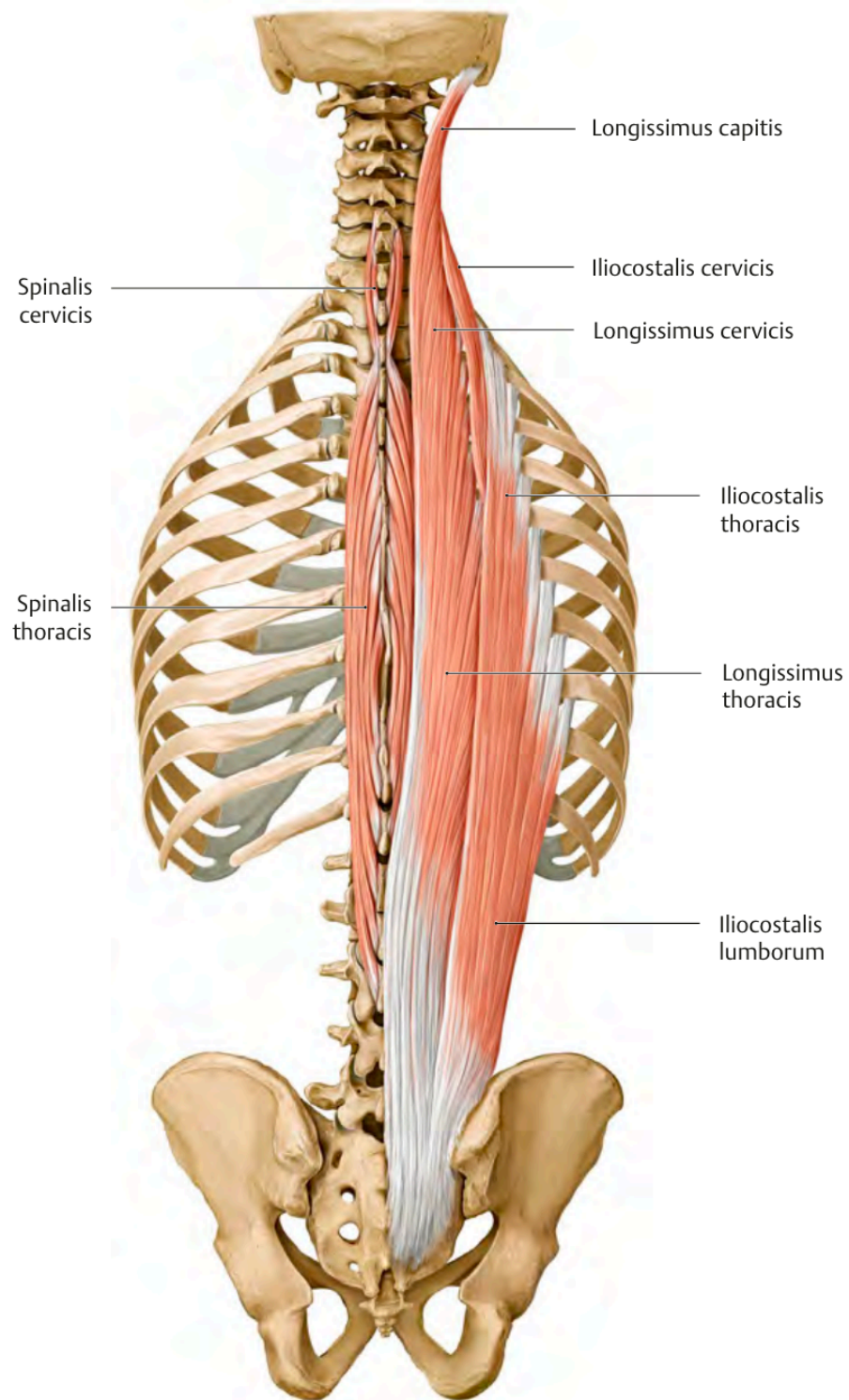


Figure 2: Intermediate intrinsic muscles of the back / Erector spinae (Posterior view)<sup>1</sup>

## 2 Longissimus Capitis

### 2.1 Origin

T1-T3 (TP), C4-C7 (TP & articular process)<sup>1</sup>

### 2.2 Insertion

Temporal bone (Mastoid process)

### 2.3 Innervation

Spinal nn. C1-L5 (Posterior Rami, lateral branches)<sup>1</sup>

### 2.4 Action

- BIL: Extends head<sup>1</sup>
- UNIL: Flexes and I/L rotation<sup>1</sup>

## 3 Longissimus Cervicis

### 3.1 Origin

T1-T6 (TP)<sup>1</sup>

### 3.2 Insertion

C2-C5 (TP)<sup>1</sup>

### 3.3 Innervation

Spinal nn. C1-L5 (Posterior Rami, lateral branches)<sup>1</sup>

### 3.4 Action

- BIL: Extends spine<sup>1</sup>
- UNIL: I/L SB<sup>1</sup>

## 4 Longissimus Thoracis

### 4.1 Origin

Sacrum; Iliac crest; Lumbar vertebrae (SP); Lower thoracic vertebrae (TP)<sup>1</sup>

### 4.2 Insertion

2nd-12th ribs; Thoracic & Lumbar vertebrae (TP)<sup>1</sup>

### 4.3 Innervation

Spinal nn. C1-L5 (Posterior Rami, lateral branches)<sup>1</sup>

### 4.4 Action

- BIL: Extends spine<sup>1</sup>
  - UNIL: I/L SB<sup>1</sup>
1. Gilroy AM, MacPherson BR, Wikenheiser JC, Voll MM, Wesker K, Schünke M, eds. *Atlas of Anatomy*. 4th ed. Thieme; 2020.