

# Interspinales Muscle

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## 1 OIAN

Table 1: Interspinales Muscles OIAN

Muscle	Origin	Insertion	Nerve	Action
<a href="#">Interspinales Cervicis</a>	C1-C7: SP of inferiorly adjacent vertebrae	C1-C7: SP of superiorly adjacent vertebrae	<a href="#">Spinal nn. (Posterior Rami)</a>	Extends cervical and Lumbar spines

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

## 2 Interspinales Cervicis

### 2.1 Origin

C1-C7: SP of inferiorly adjacent vertebrae<sup>1</sup>

### 2.2 Insertion

C1-C7: SP of superiorly adjacent vertebrae<sup>1</sup>

### 2.3 Innervation

[Spinal nn. \(Posterior Rami\)](#)<sup>1</sup>

### 2.4 Action

Extends cervical and Lumbar spines<sup>1</sup>

## 3 Interspinales Lumbora

### 3.1 Origin

L1-L5: SP of inferiorly adjacent vertebrae<sup>1</sup>

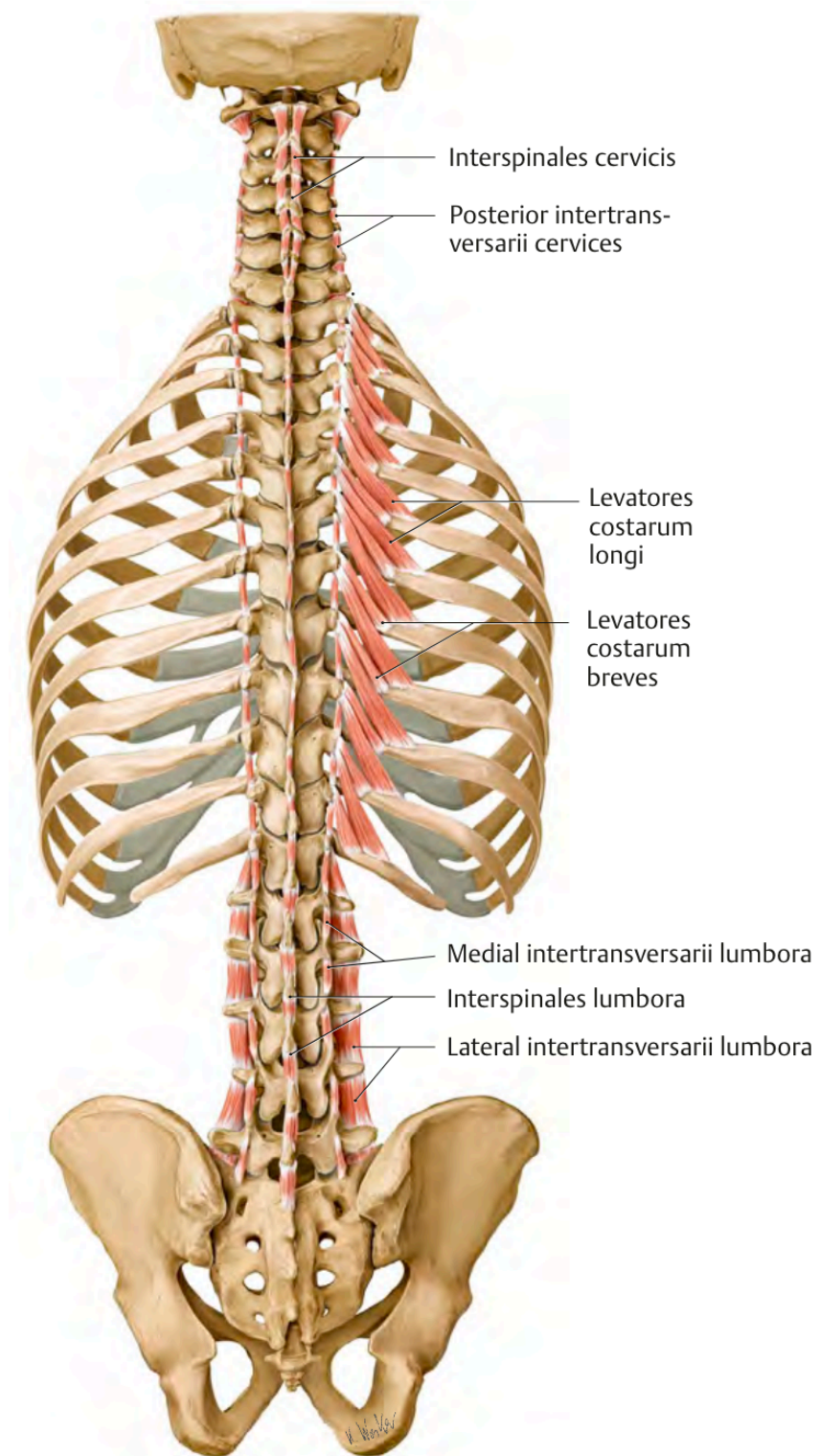


Figure 1: Posterior view of the deep segmental back muscles<sup>1</sup>

### 3.2 Insertion

L1-L5: SP of superiorly adjacent vertebrae<sup>1</sup>

### 3.3 Innervation

Spinal nn. (Posterior Rami)<sup>1</sup>

### 3.4 Action

- **BIL:** Stabilizes and extends cervical and lumbar vertebrae<sup>1</sup>
- **UNIL:** I/L SB cervical and lumbar spines<sup>1</sup>

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