

# Iliocostalis

Nathaniel Yomogida, SPT

Chloë Kerstein, SPT

## Table of contents

<b>1</b>	<b>OIAN</b>	<b>1</b>
<b>2</b>	<b>Iliocostalis Cervicis</b>	<b>4</b>
2.1	Origin . . . . .	4
2.2	Insertion . . . . .	4
2.3	Innervation . . . . .	4
2.4	Action . . . . .	4
<b>3</b>	<b>Iliocostalis Thoracis</b>	<b>4</b>
3.1	Origin . . . . .	4
3.2	Insertion . . . . .	4
3.3	Innervation . . . . .	4
3.4	Action . . . . .	4
<b>4</b>	<b>Iliocostalis Lumborum</b>	<b>4</b>
4.1	Origin . . . . .	4
4.2	Insertion . . . . .	5
4.3	Innervation . . . . .	5
4.4	Action . . . . .	5
<b>5</b>	<b>Muscle groups</b>	<b>5</b>
<b>6</b>	<b>Palpation</b>	<b>5</b>
	<b>Clinical significance</b>	<b>5</b>

## 1 OIAN

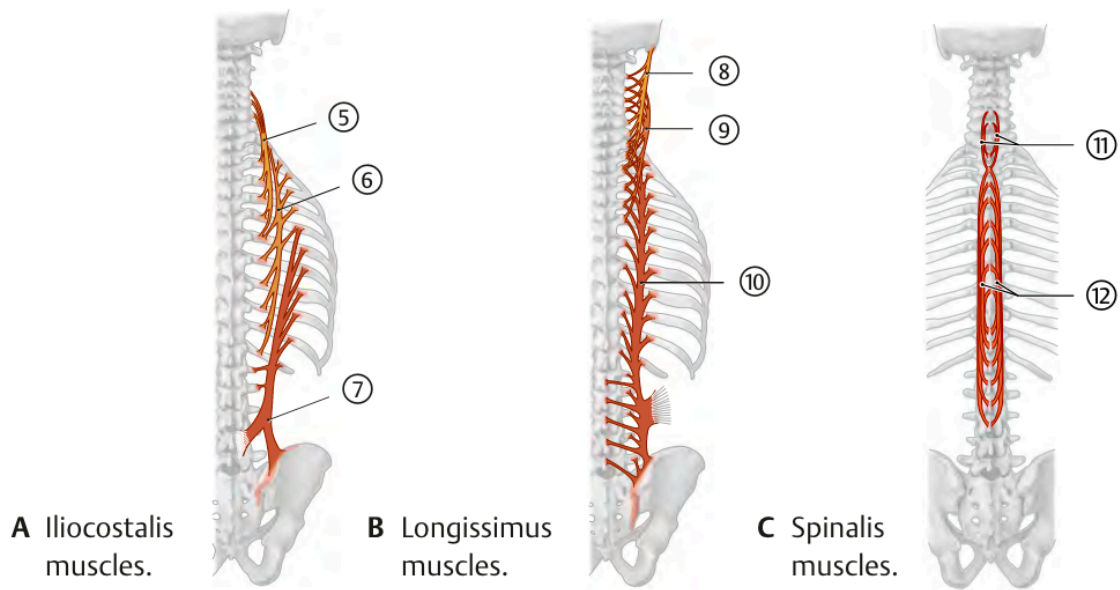


Figure 1: Schematic view of the intermediate intrinsic muscles of the back (Erector spinae)<sup>1</sup>

Table 1: Iliocostalis OIAN

Muscle	Origin	Insertion	Nerve	Action
<a href="#">Iliocostalis cervicis</a>	3rd-7th ribs	C4-C6 TP	<a href="#">Spinal nn.</a> C8-L1 (Post rami, lateral branches)	<b>BIL:</b> Extends spine; <b>UNIL:</b> I/L spine lat-flexion
<a href="#">Iliocostalis thoracis</a>	7-12th ribs	1st-6th ribs	<a href="#">Spinal nn.</a> C8-L1 (Post rami, lateral branches)	<b>BIL:</b> Extends spine; <b>UNIL:</b> I/L spine lat-flexion
<a href="#">Iliocostalis lumborum</a>	Sacrum, iliac crest, lumbar vertebrae SP; lower thoracic vertebrae TP	6-12th ribs, thoracolumbar fascia (posterior layer), upper lumbar vertebrae (TP)	<a href="#">Spinal nn.</a> C8-L1 (Post rami, lateral branches)	<b>BIL:</b> Extends spine; <b>UNIL:</b> I/L spine lat-flexion

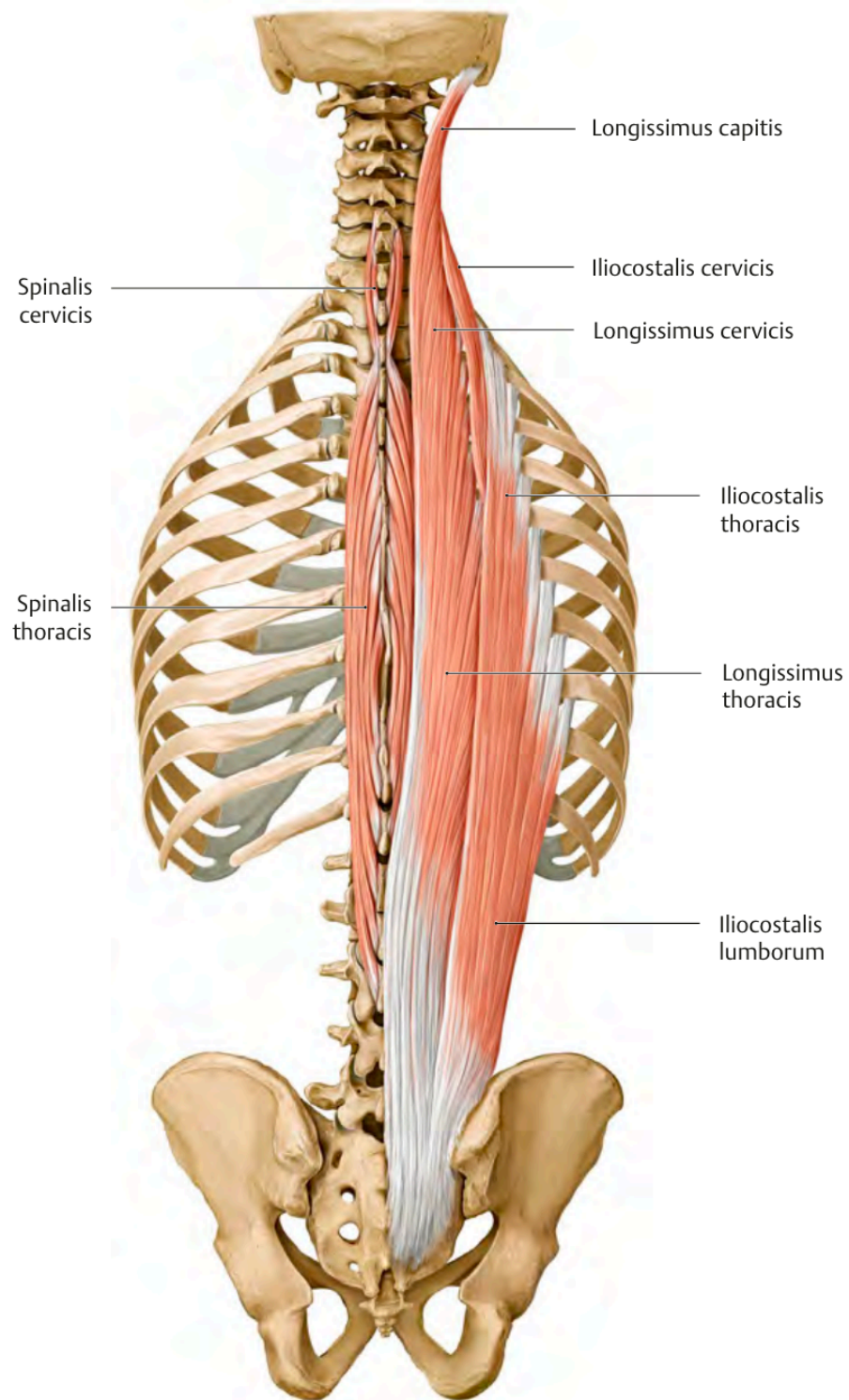


Figure 2: Intermediate intrinsic muscles of the back / Erector spinae (Posterior view)<sup>1</sup>

## **2 Iliocostalis Cervicis**

### **2.1 Origin**

3rd-7th ribs<sup>1</sup>

### **2.2 Insertion**

C4-C6 TP<sup>1</sup>

### **2.3 Innervation**

[Spinal nn.](#) C8-L1 (Post rami, lateral branches)<sup>1</sup>

### **2.4 Action**

## **3 Iliocostalis Thoracis**

### **3.1 Origin**

7-12th ribs<sup>1</sup>

### **3.2 Insertion**

1st-6th ribs<sup>1</sup>

### **3.3 Innervation**

[Spinal nn.](#) C8-L1 (Post rami, lateral branches)<sup>1</sup>

### **3.4 Action**

## **4 Iliocostalis Lumborum**

### **4.1 Origin**

Sacrum, iliac crest, lumbar vertebrae SP; lower thoracic vertebrae TP<sup>1</sup>

## 4.2 Insertion

6-12th ribs, thoracolumbar fascia (posterior layer), upper lumbar vertebrae (TP)<sup>1</sup>

## 4.3 Innervation

Spinal nn. C8-L1 (Post rami, lateral branches)<sup>1</sup>

## 4.4 Action

- **Bilateral:** Extends spine<sup>1</sup>
- **Unilateral:** I/L spine lat-flexion<sup>1</sup>

# 5 Muscle groups

Iliocostalis is part of the Intermediate intrinsic back muscles (erector spinae)

## 6 Palpation

### Clinical significance

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