

# Module 9 LO3

## Axial Musculature: Trunk Muscles

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[Link to video recording](#)

### 3. Axial Musculature: Torso

#### A. Thoracic cage muscles

- a) Internal and external intercostals
- b) Diaphragm

#### B. Back muscles

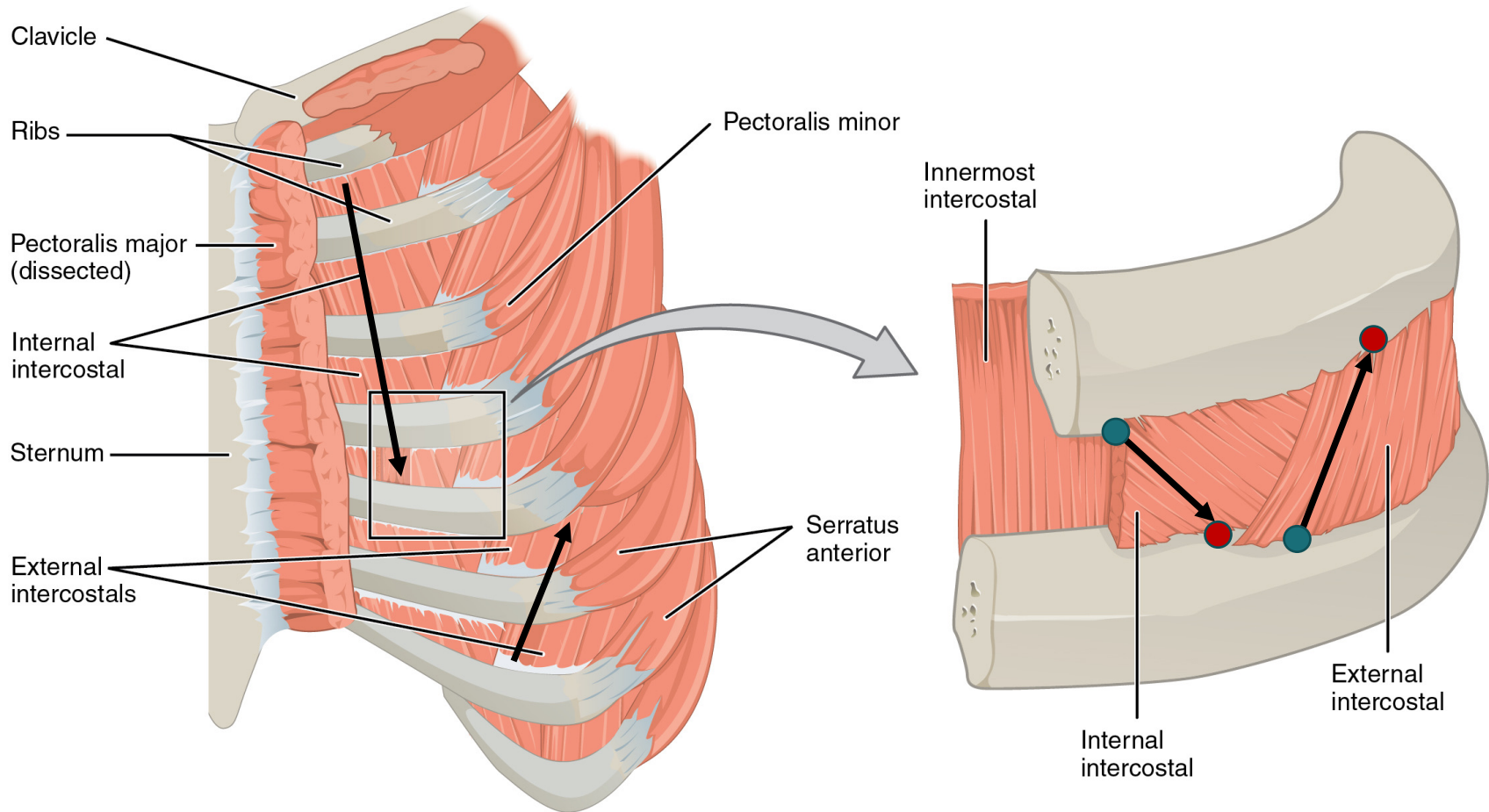
- a) Intrinsic muscles – axial skeleton
- b) Extrinsic muscles – appendicular skeleton

#### C. Abdominal muscles

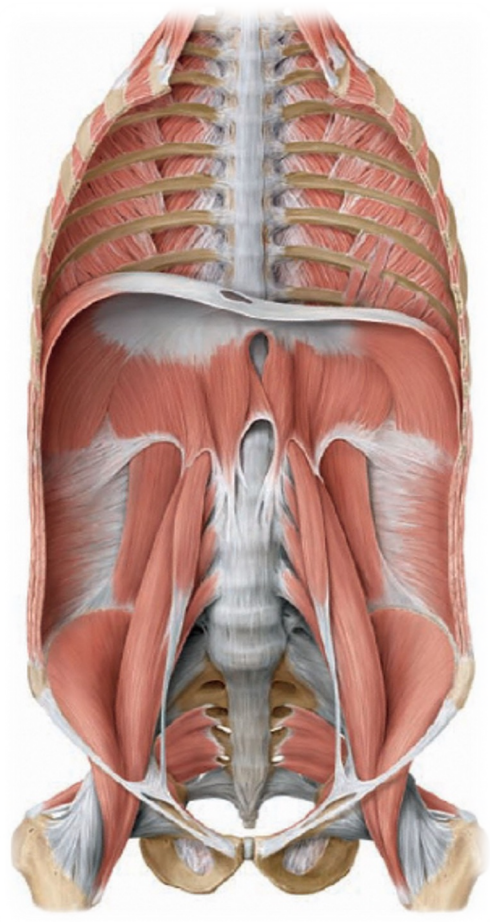
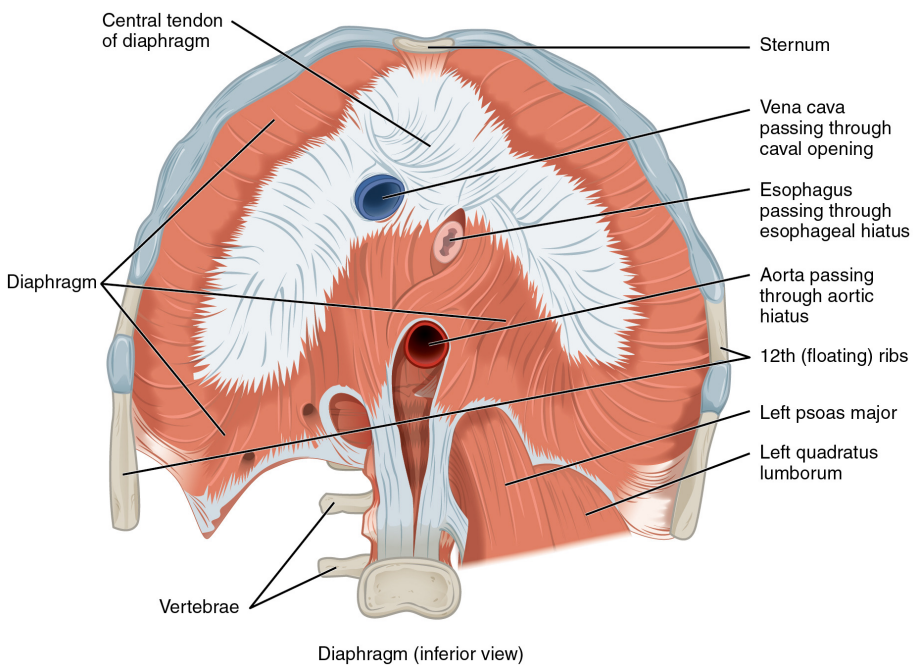
- a) Anterior abdominal muscles
- b) Posterior abdominal muscles

# a) Internal and External Intercostals

- Origin
- Insertion

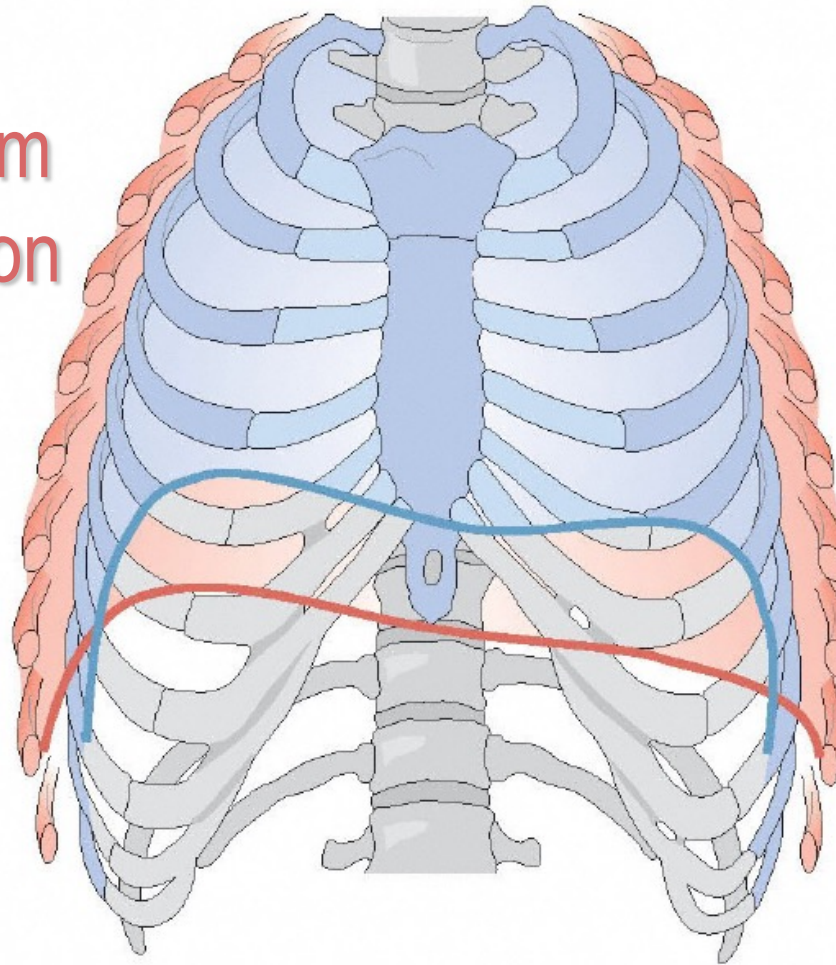


# b) Diaphragm: Assists in Breathing



# Maximum Inspiration and Expiration

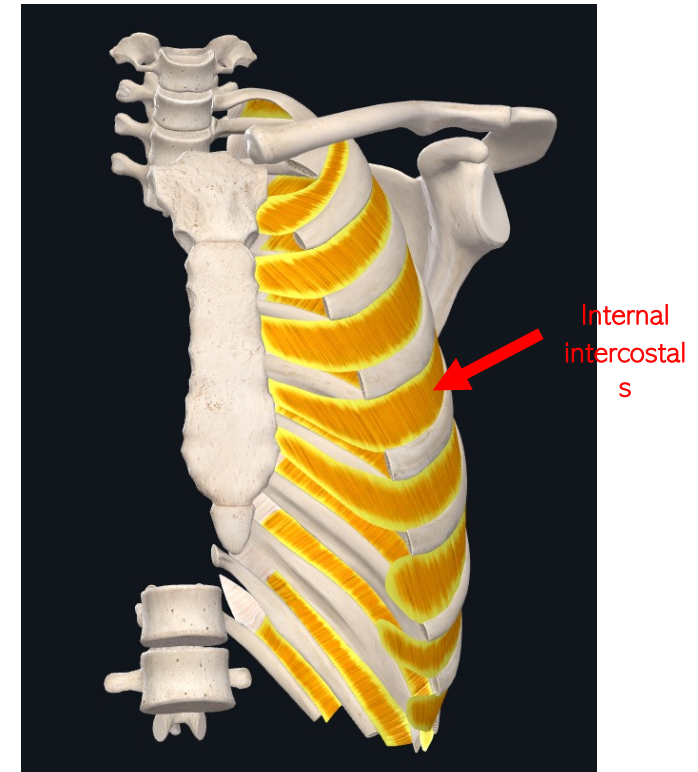
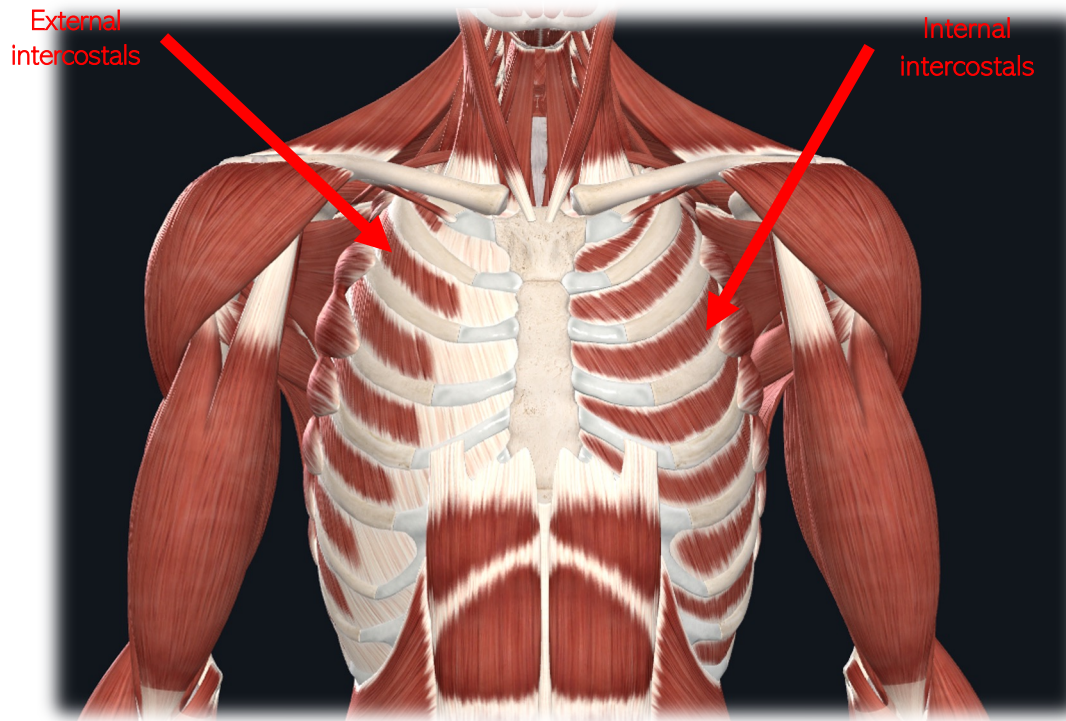
Maximum  
Inspiration



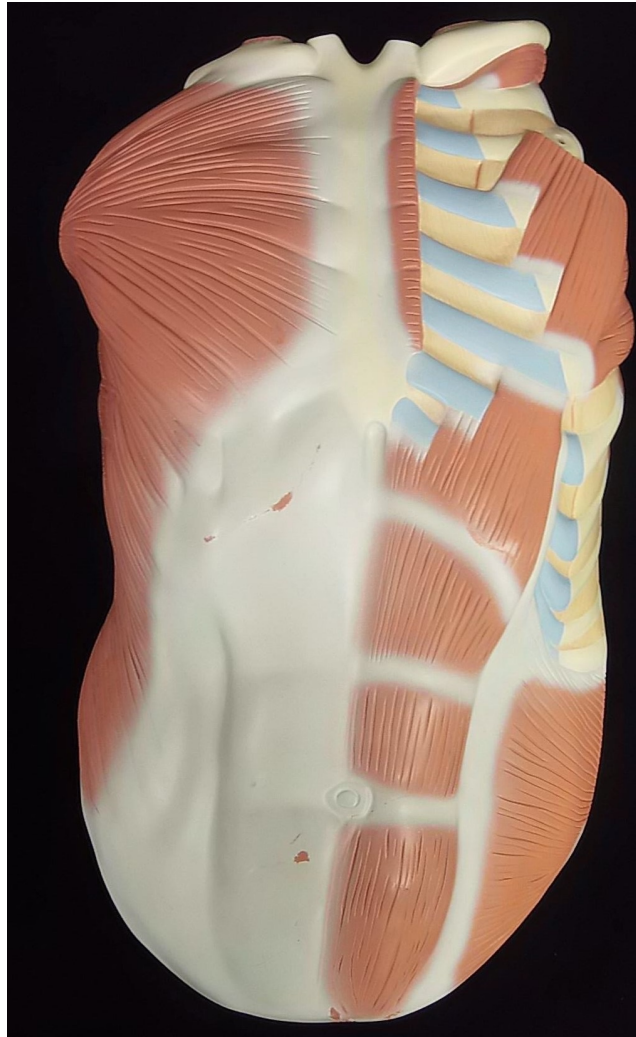
Maximum  
Expiration



# Intercostals



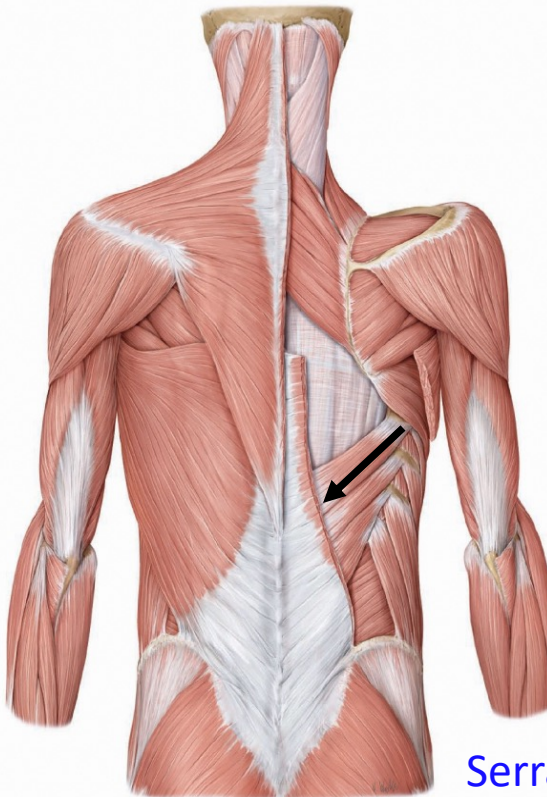
# Intercostals Lab Model



## B. Back Muscles

### EXTRINSIC MUSCLES (Appendicular)

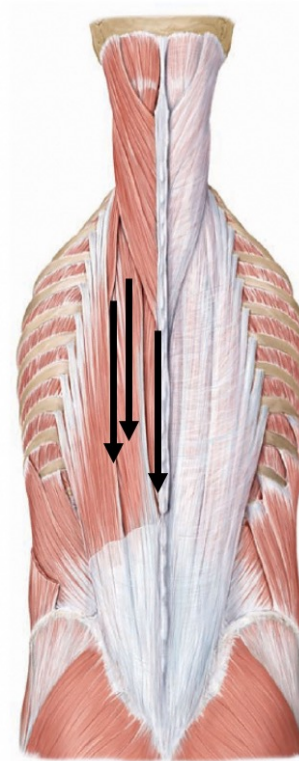
- Originate from vertebrae or ribs
- Insert on bones of upper limb
- Move/stabilize upper limb



Serratus posterior

### INTRINSIC MUSCLES (Axial)

- Originate from vertebrae or ribs
- Insert on vertebrae or ribs
- Move/stabilize axial skeleton

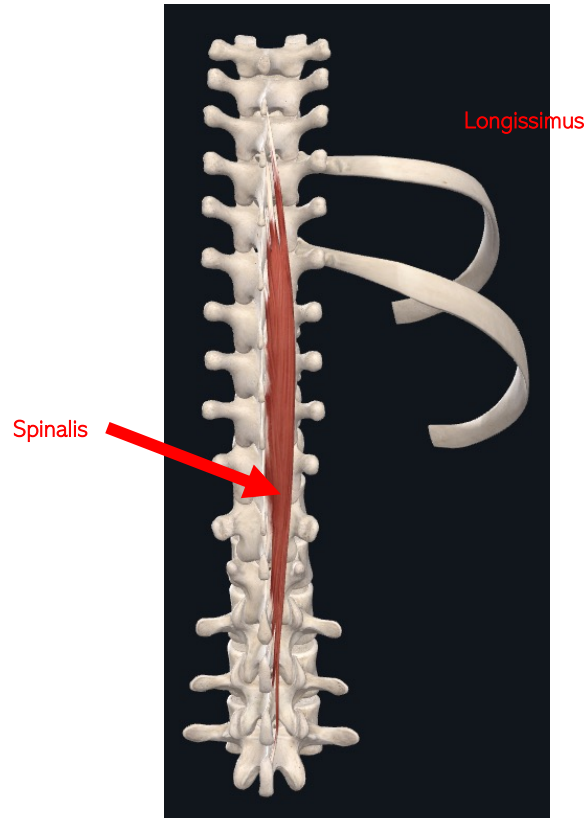


#### Erector Spinae Group:

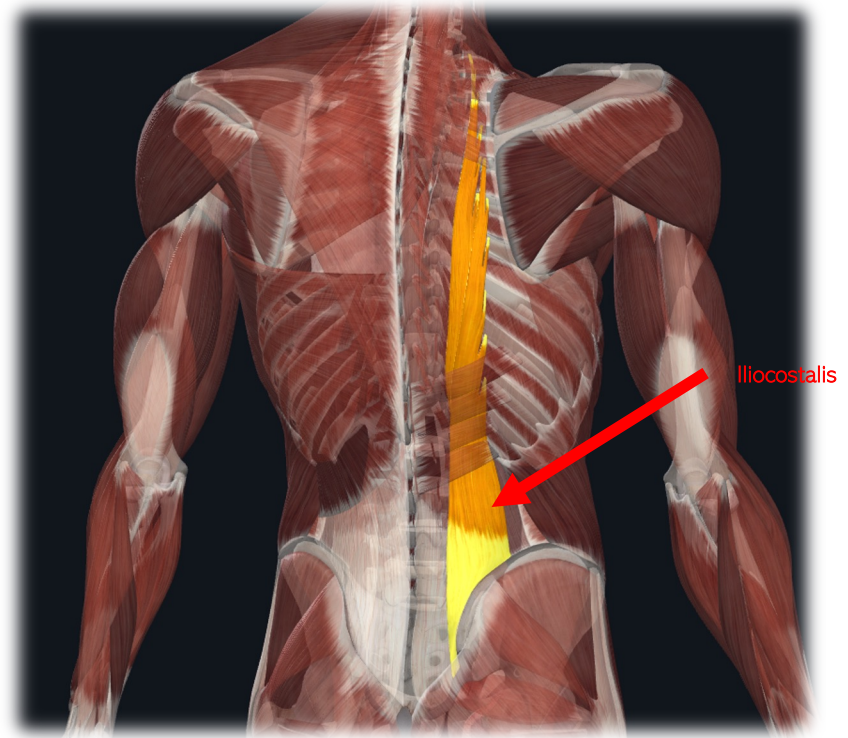
- Spinalis
- Longissimus
- Iliocostalis



# Erector Spinae Group



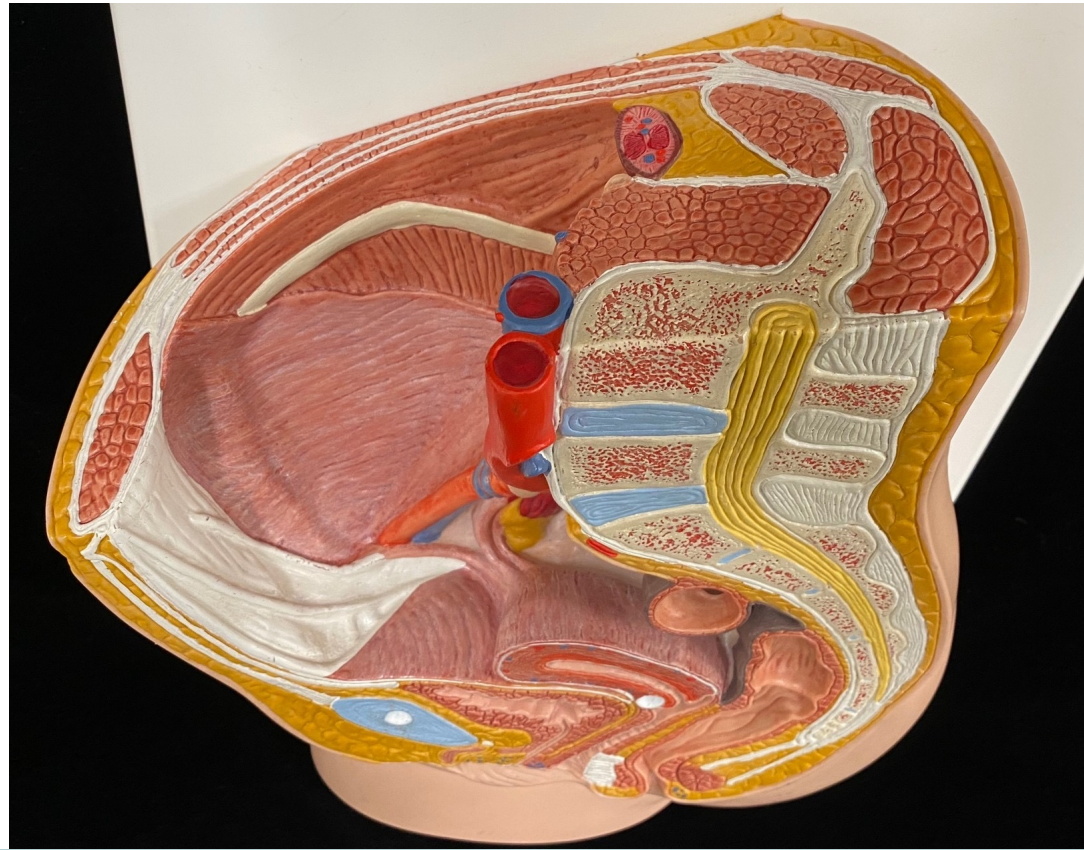
Longissimus



POSTERIOR

SUPERIOR

# Erector Spinae Group Lab Model





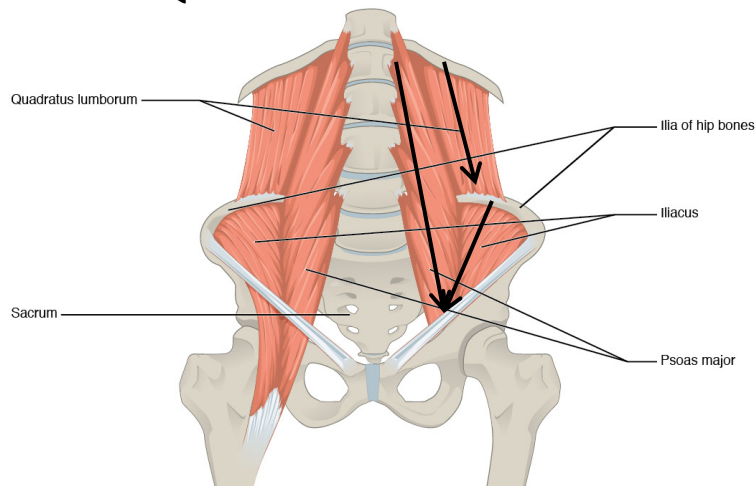
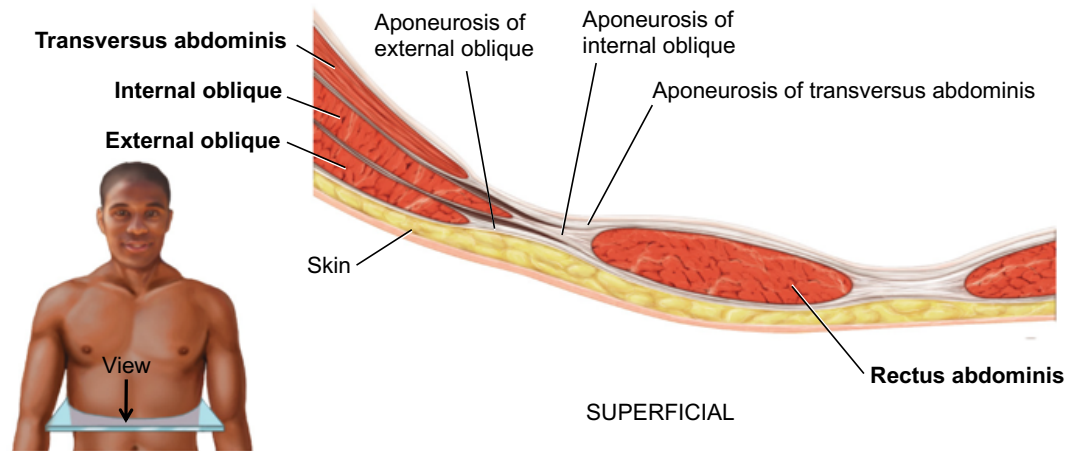
# C. Abdominal Muscles

## a) Anterior abdominal muscles

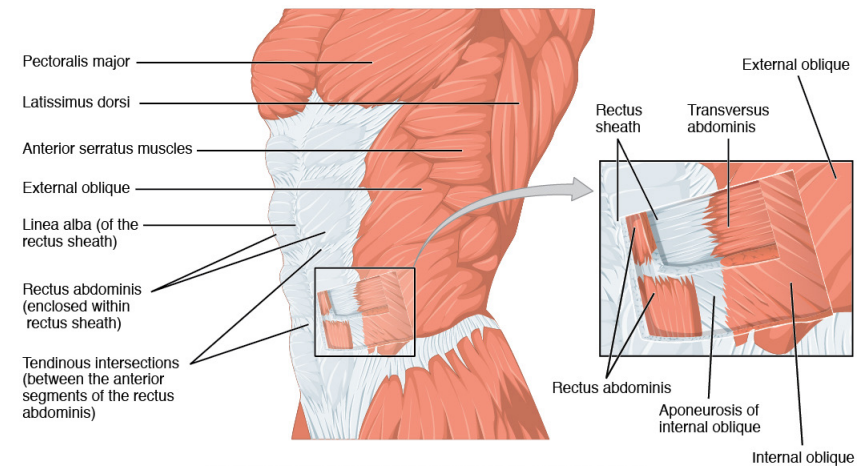
- Obliques
  - External
  - Internal
- Transversus abdominis
- Rectus abdominis

## b) Posterior abdominal muscles

- Iliacus
- Psoas major
- Quadratus lumborum

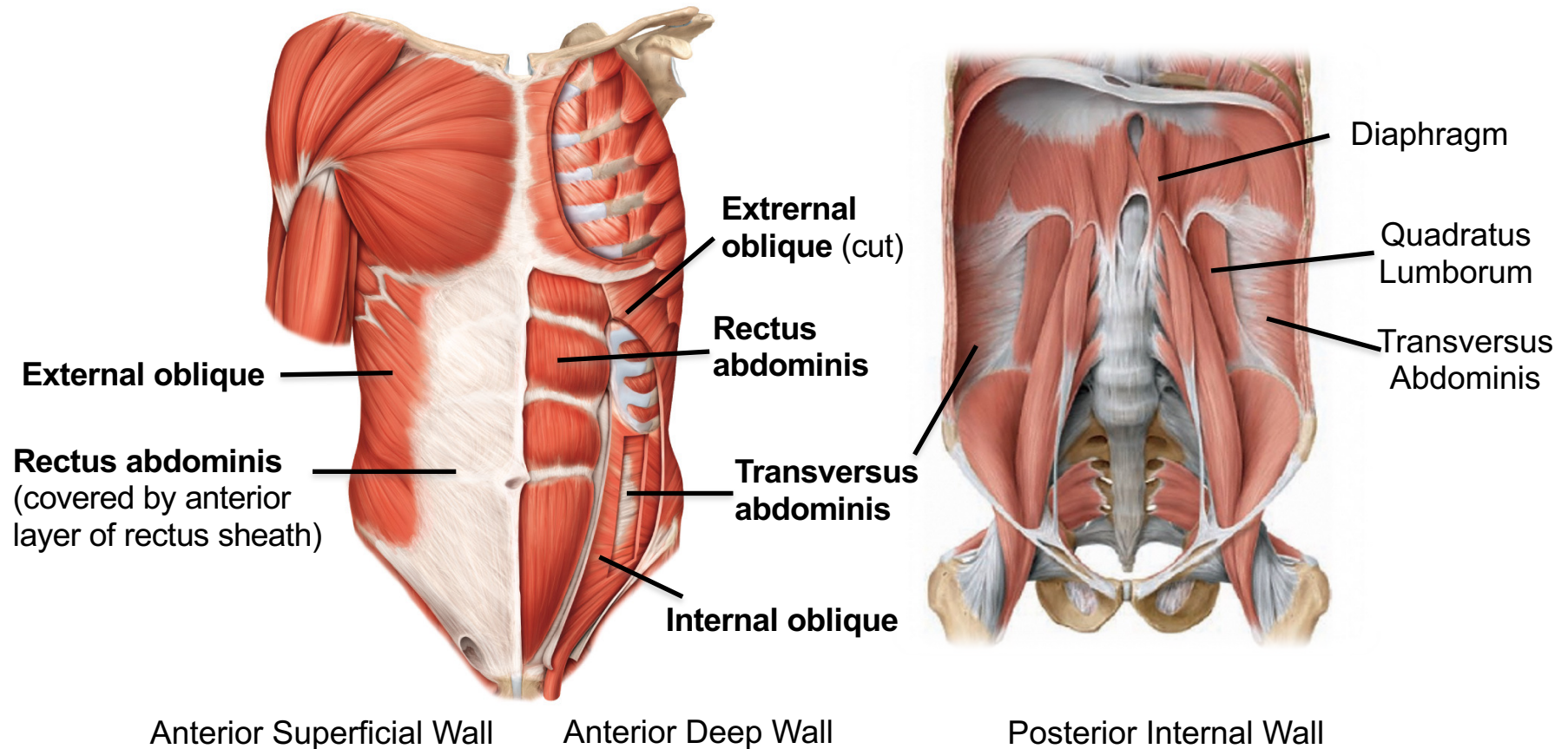


(b) Posterior abdominal muscles (anterior view)



(a) Superficial and deep abdominal muscles (anterior lateral view)

# Abdomen Muscles of Anterior and Posterior Wall

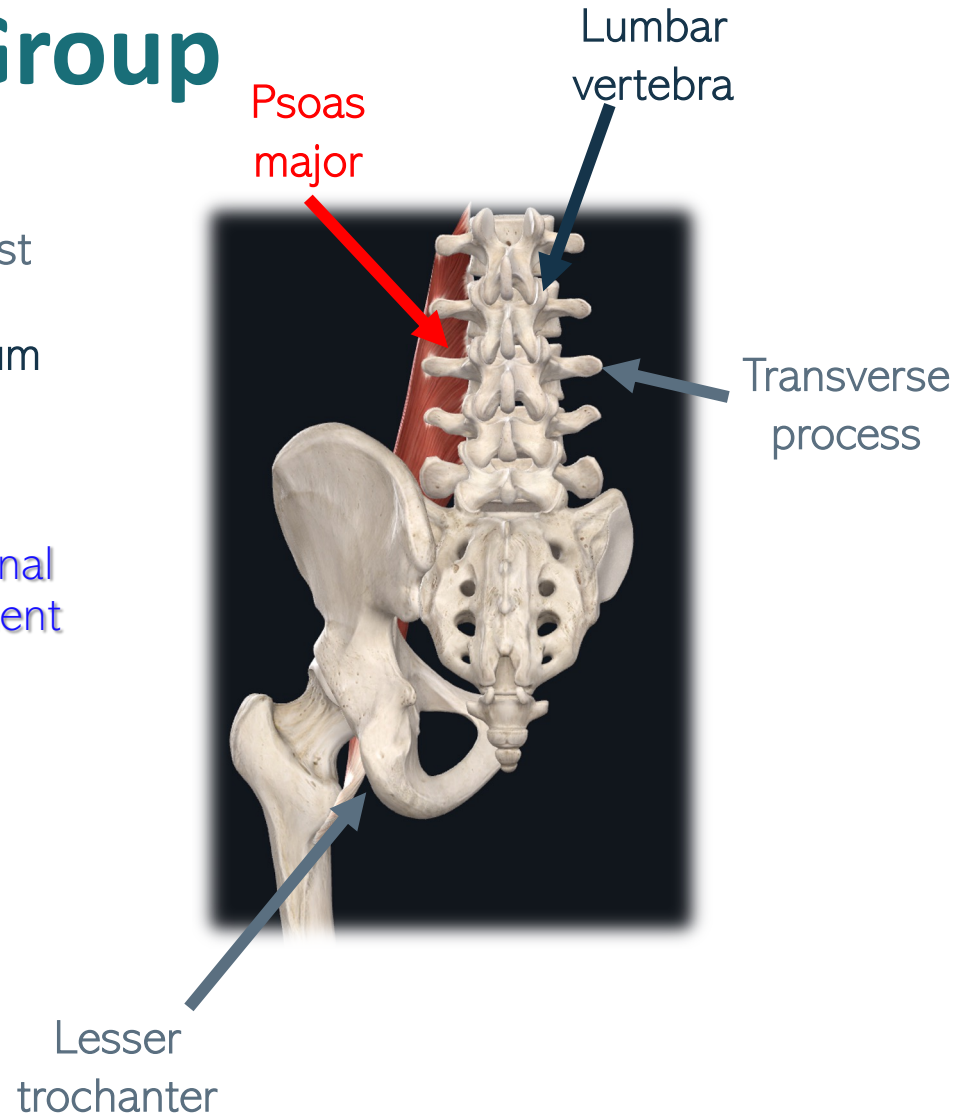
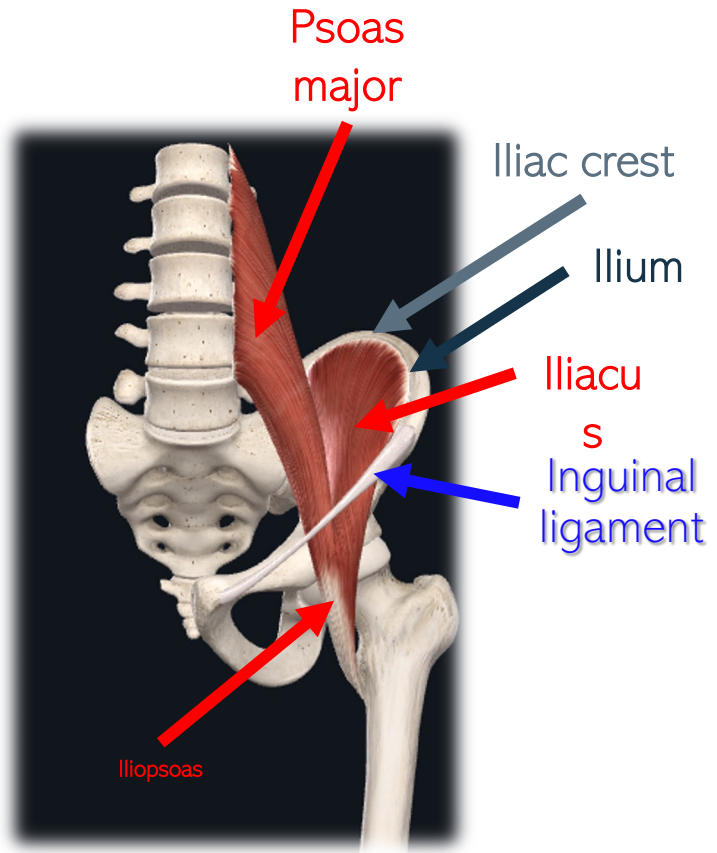




ANTERIOR

POSTERIOR

# Iliopsoas Muscle Group

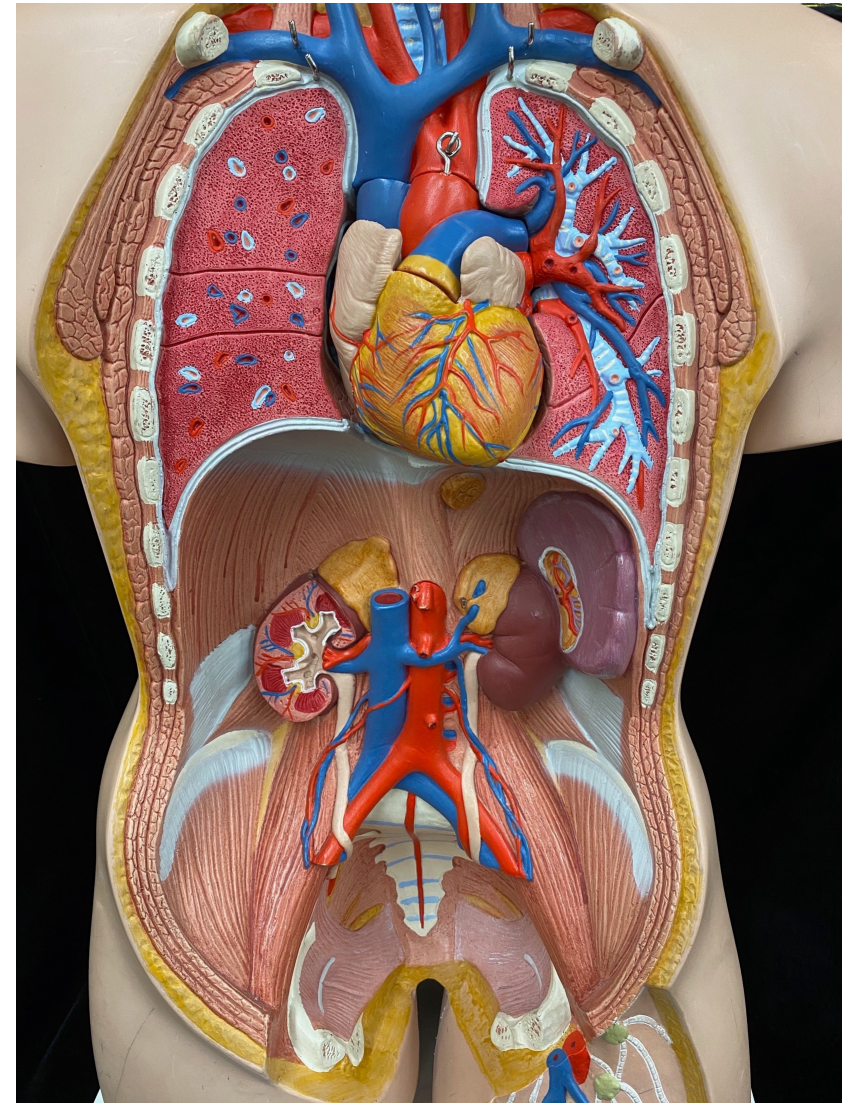


**SUPERIOR**

# Lab Model

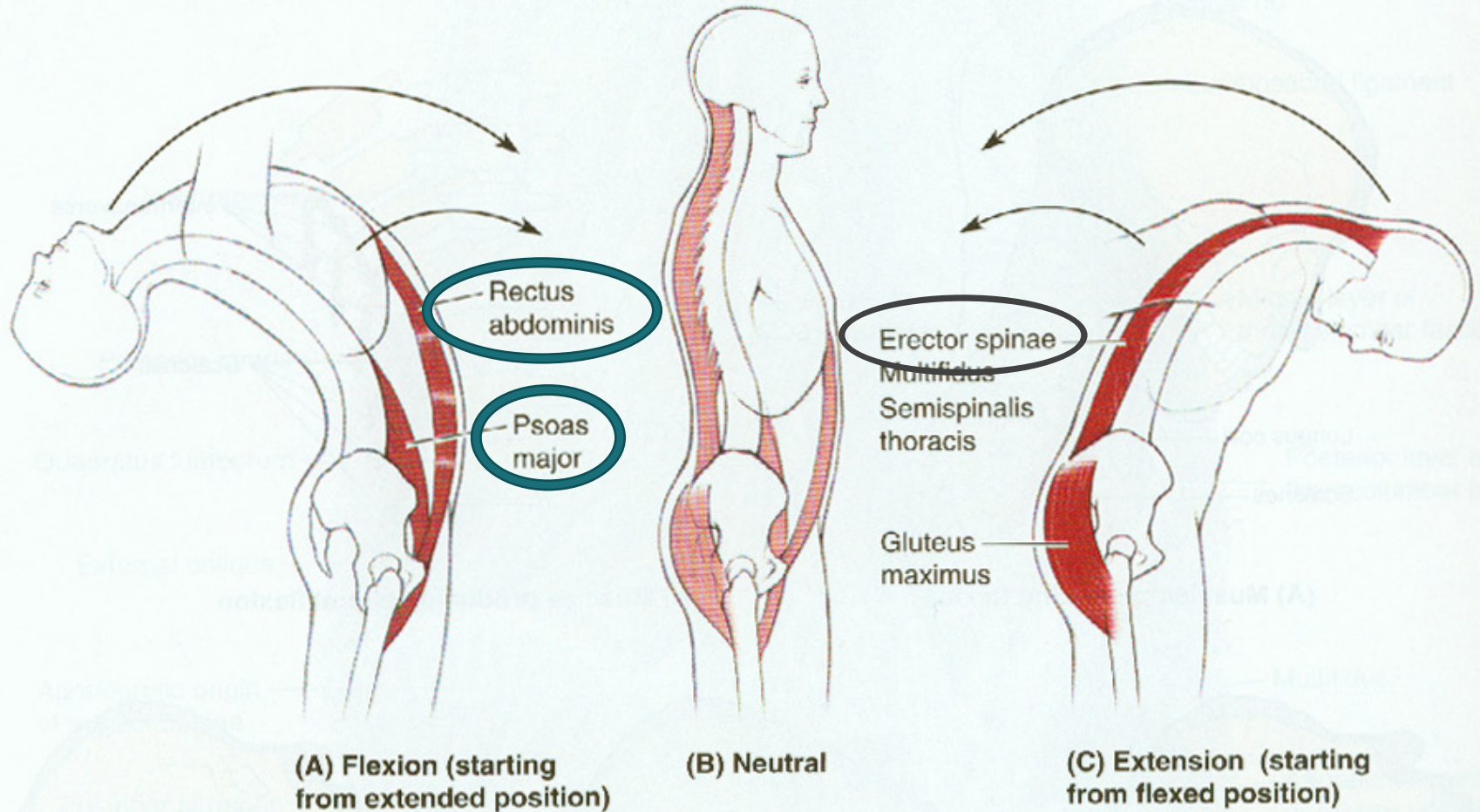


**ANTERIOR**





# TORSO MOTIONS: Flexion/Extension



# TORSO MOTIONS: Lateral Flexion & Rotation

