

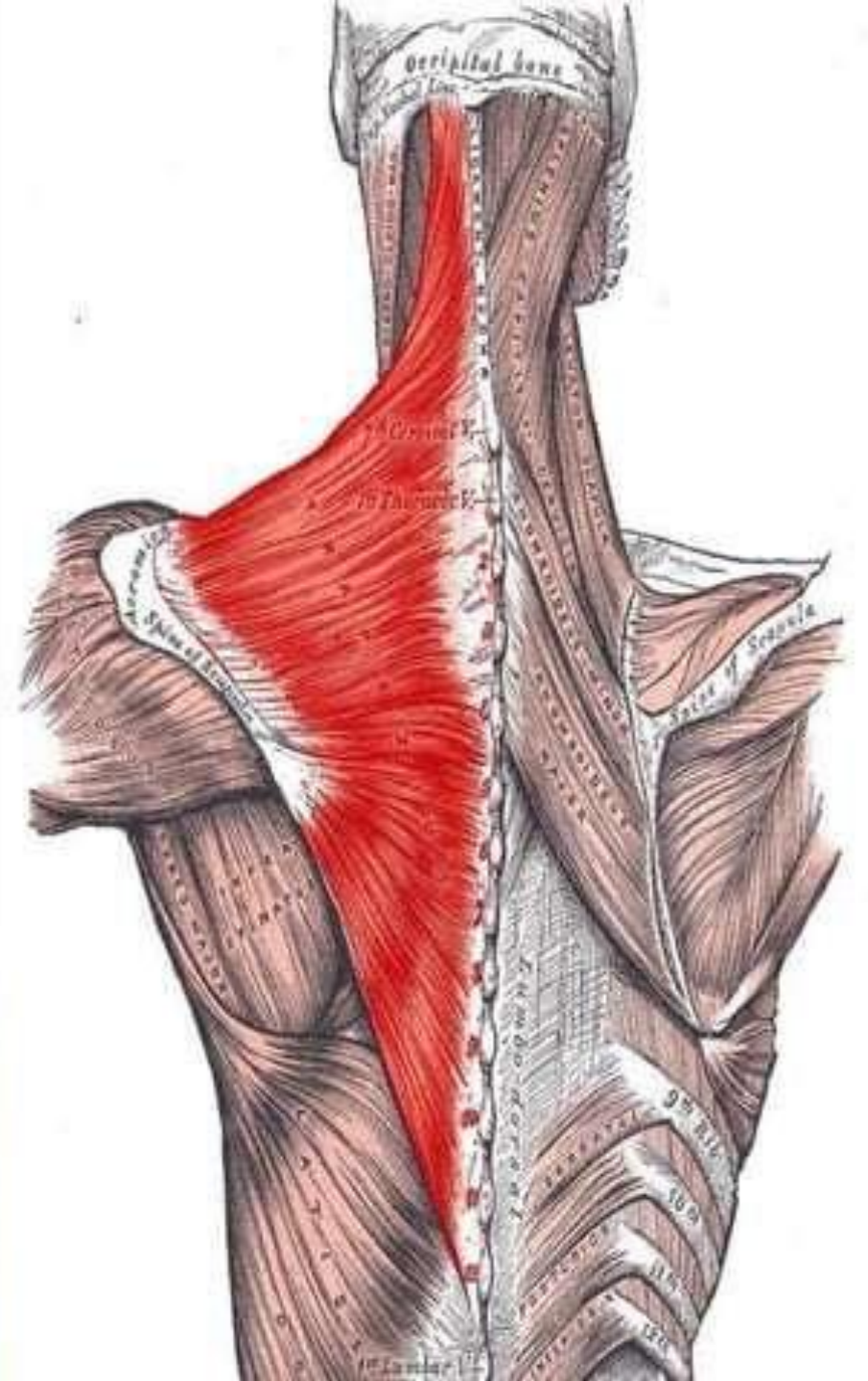
# Muscles of back

*RAVI JANGID*

The surface muscles of the upper back include the **trapezius muscles (traps)** and **posterior deltoids**. These muscles give height and breadth to back development. The mid-back muscles include the latissimi dorsi (lats), rhomboids, and teres major.

# **Trapezius Muscle.**

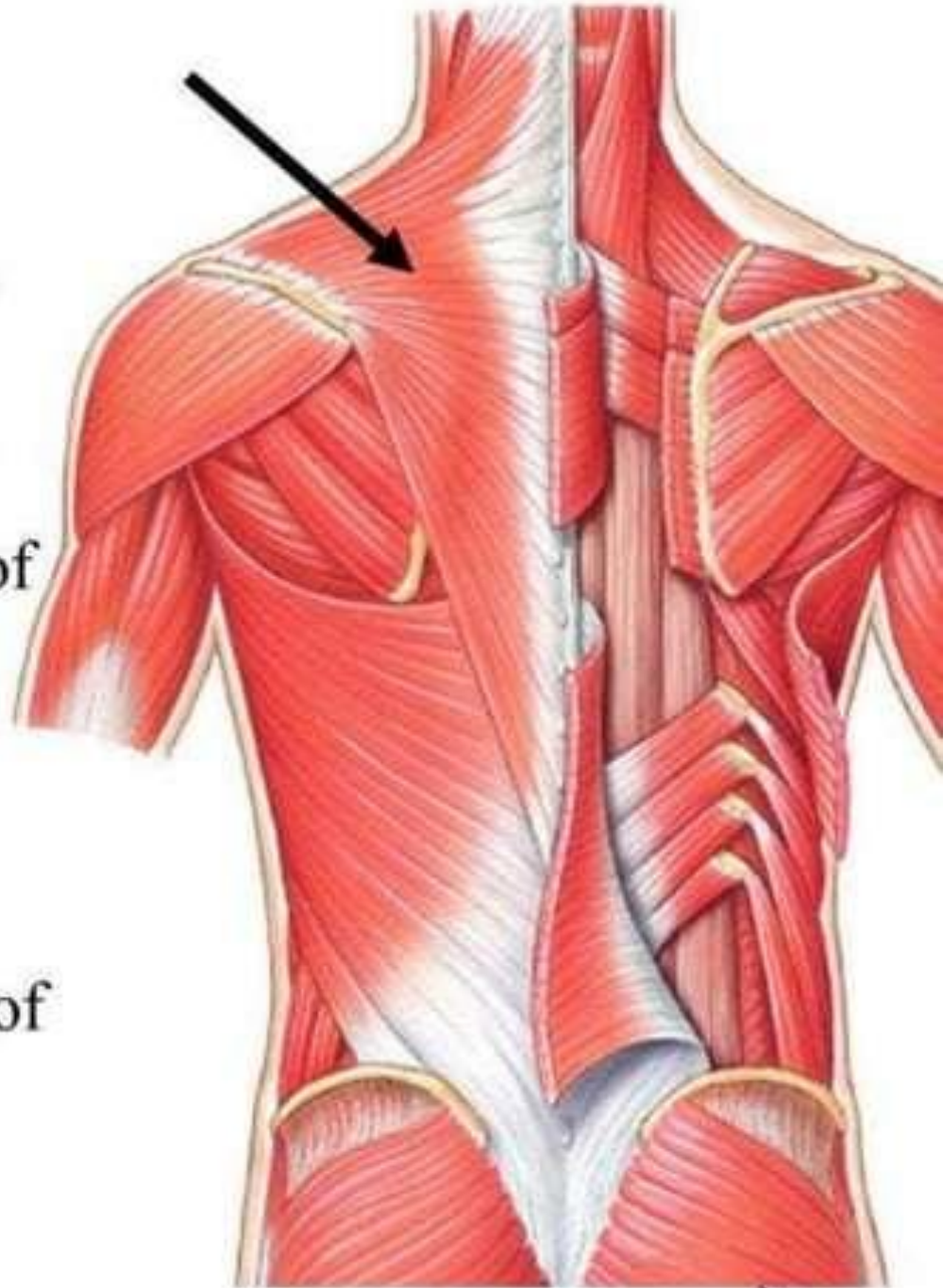
The trapezius is one of the major muscles of the back and is responsible for moving, rotating, and stabilizing the scapula (shoulder blade) and extending the head at the neck. It is a wide, flat, superficial muscle that covers most of the upper back and the posterior of the neck.



# Trapezius

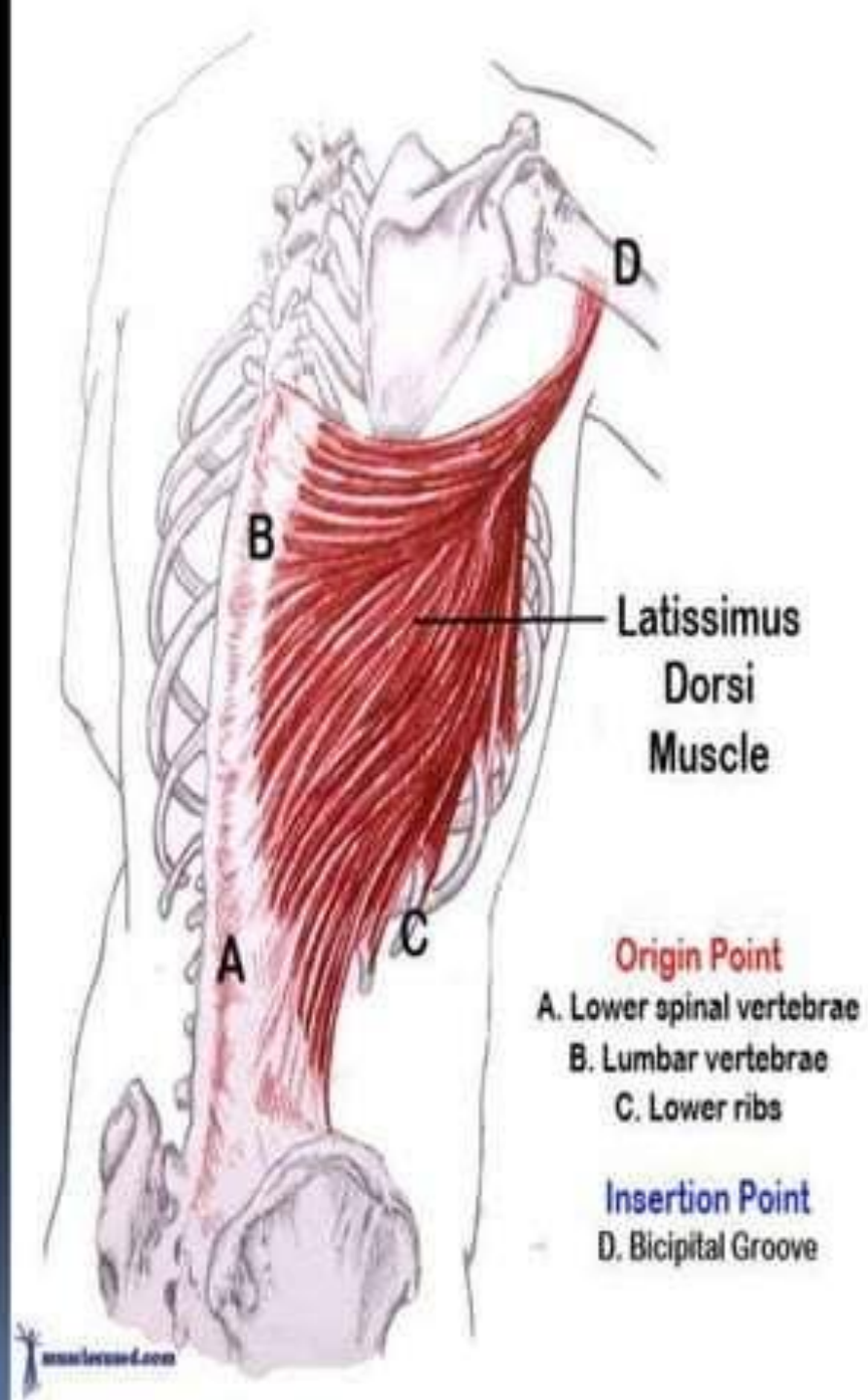
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- **Action:** Elevate, retracts and depresses scapula.
- **Origin:** Posterior surface of occipital bone; ligamentum nuchae; spinous processes of thoracic vertebrae.
- **Insertion:** Lateral third of clavicle; acromion; spine of scapula



# ***Latissimus Dorsi***

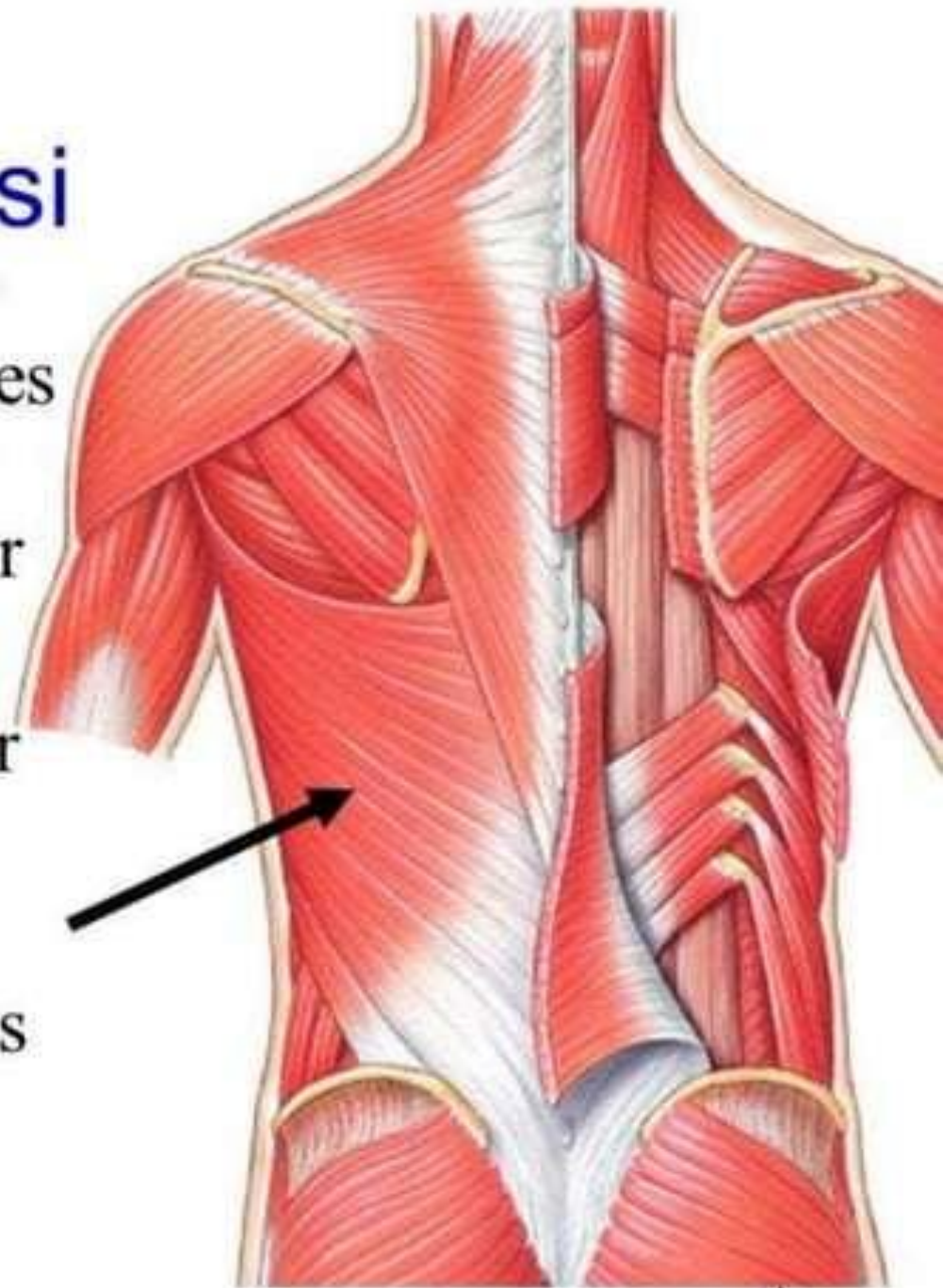
Its derived from latin meaning broadest [muscle] of the back **latissimus** , The **Latissimus Dorsi Muscle** (also referred to in short as the Lats) is one of the largest surface muscle located on the back on either side of the back bone.



# Latissimus Dorsi

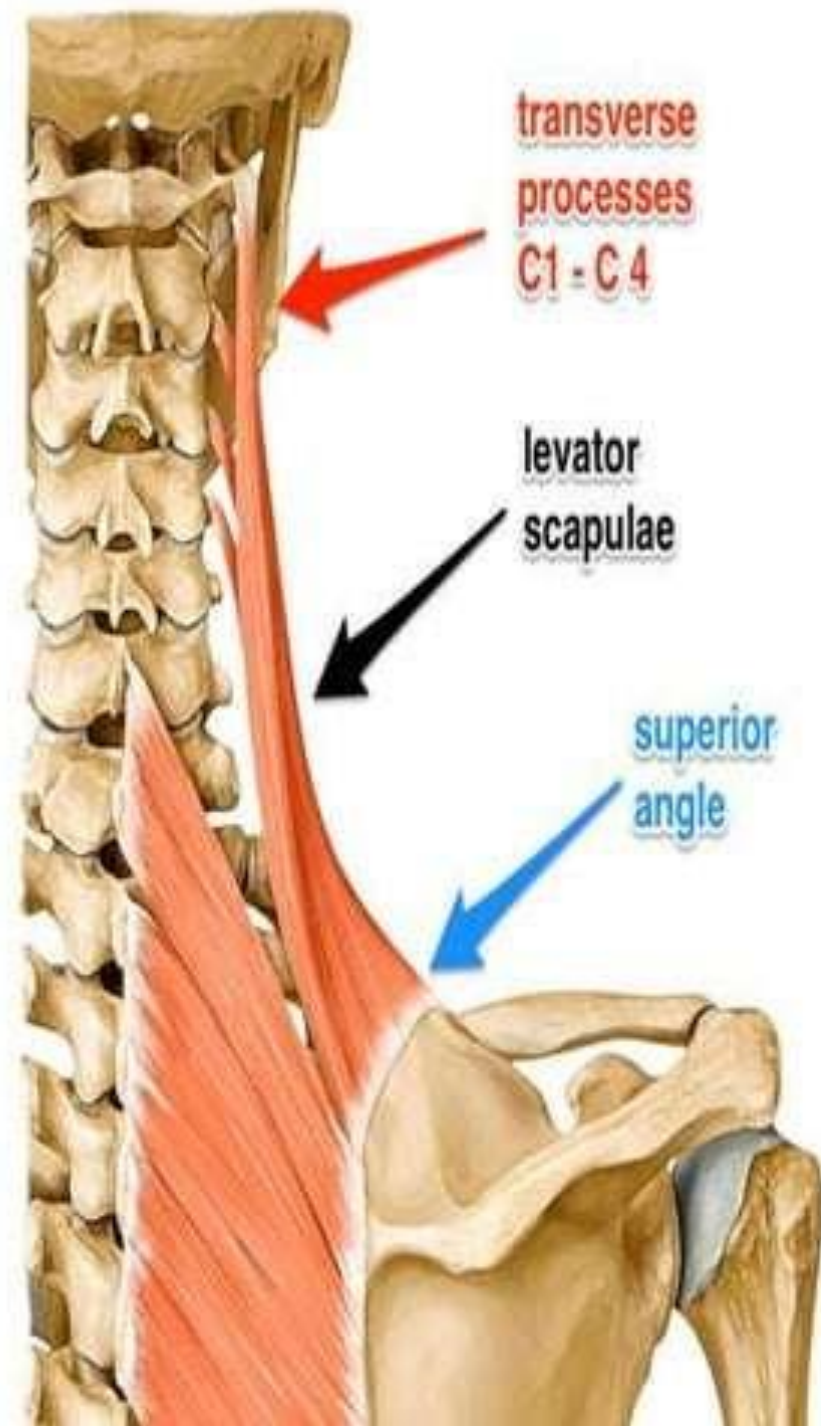
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- **Origin:** Spinous processes of lower 6 thoracic vertebrae, thoracolumbar fascia, crest of ilium
- **Insertion:** Intertubercular groove of humerus
- **Action:** Extends, rotates humerus medially, draws shoulder down and backward



## ***levator scapulae***

Its muscle resides at that back and side of the neck. **Levator** means to lift in Latin, so as the name implies, its goal is to lift the **scapula**. It comes up by tendinous slips from the transverse processes of the atlas and axis and from the posterior tubercles of the transverse processes of the third and fourth cervical vertebrae.



# Levator Scapulae

- Origin – transverse process of Superior four or five cervical vertebrae.
- Insertion – superior vertebral border of scapula
- Action – Elevates scapula and rotates it downward.
- Nerve supply – dorsal scapular nerve and cervical spinal nerve





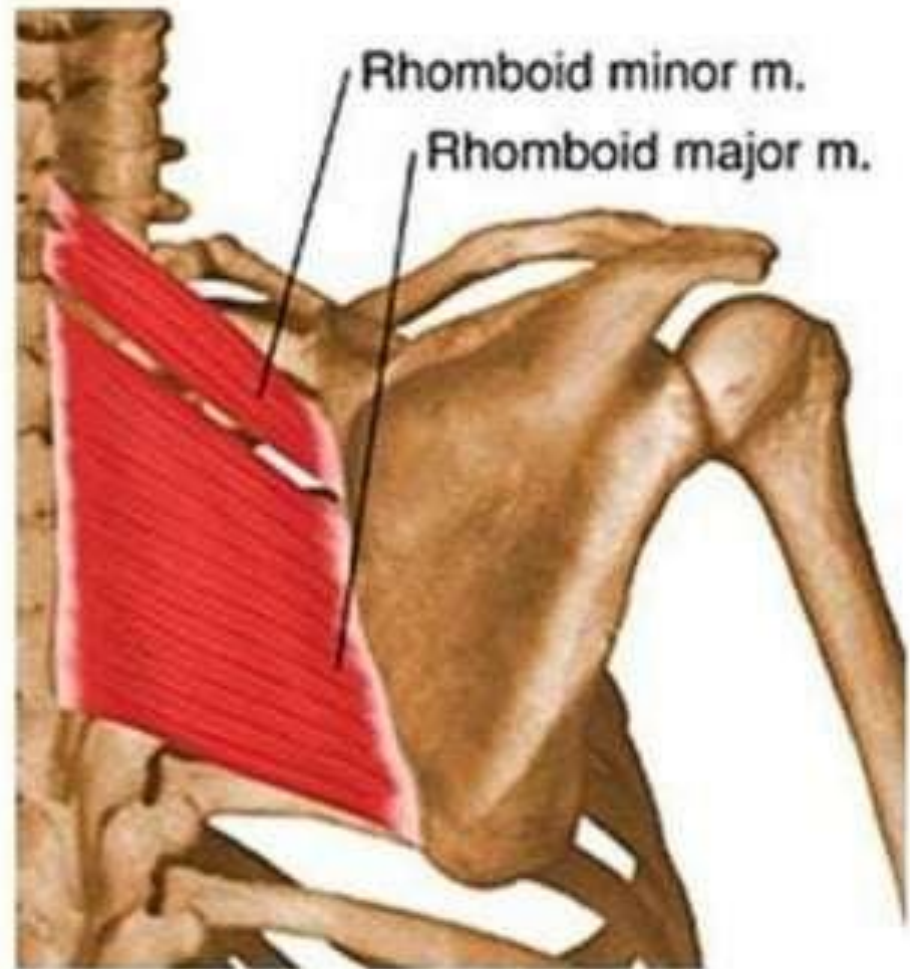
## ***Rhomboid major and minor***

In human anatomy, the **rhomboid minor** is a small skeletal muscle on the back that connects the scapula with the vertebrae of the spinal column. Located inferior to levator scapulae and superior to **rhomboid major**, it acts together with the latter to keep the scapula pressed against the thoracic wall

The **rhomboid major** muscle is located in the back region and helps keep the scapula, or shoulder blade, attached to the ribcage. It also rotates the scapula and retracts it towards the spinal column.

# Rhomboid Major and Minor

- **Origin**
- **Minor:** nuchal ligament and spinous processes of C7 and T1 vertebrae
- **Major:** spinous processes of T2 - T5 vertebrae
- **Insertion** Medial border of scapula from level of spine to inferior angle
- **Action** Retract scapula and rotate it to depress glenoid cavity; fix scapula to thoracic wall
- **Innervation** Dorsal scapular nerve ( C4 and **C5**)



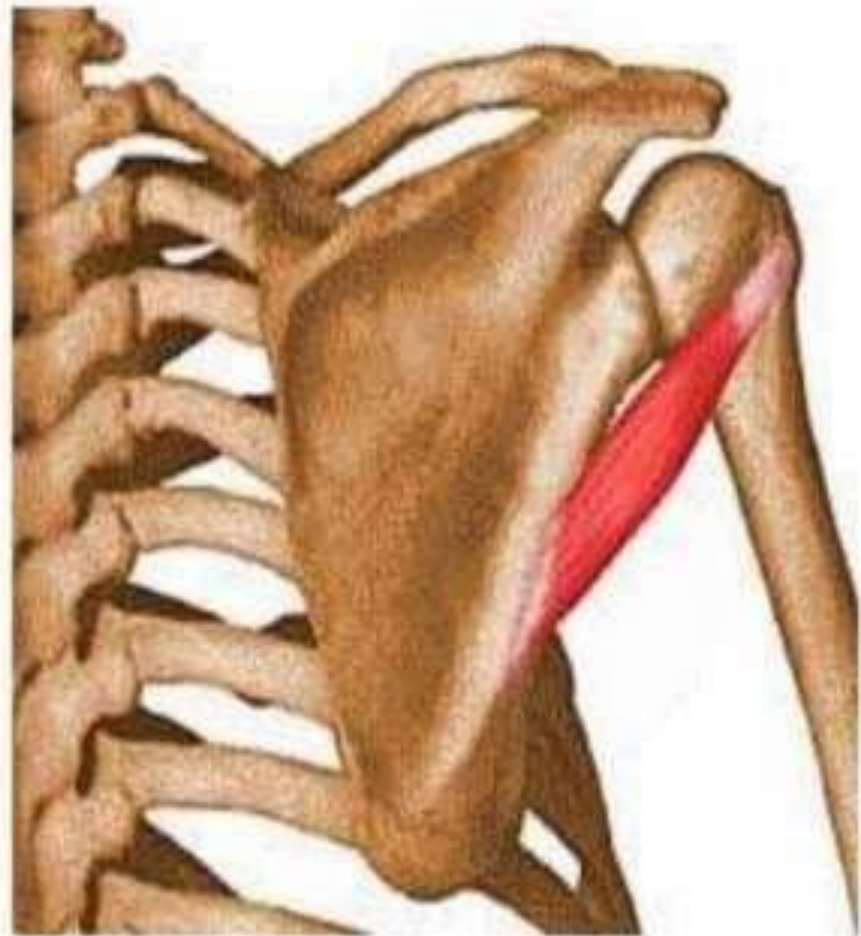
***The teres minor*** is a slim, narrow **muscle** within the rotator cuff, located in the shoulder. It is involved in the external rotation of the shoulder joint. The other **muscles** composing the rotator cuff are the supraspinatus, infraspinatus, and subscapularis

### ***Teres major***

The **teres major muscle** is one of the six **muscles** within the scapulohumeral **muscle** group. The **muscle** is located on the underside of the upper arm, in the area between the shoulder and elbow. It has a flat shape and is supplied with nerves from the lower subscapular nerve

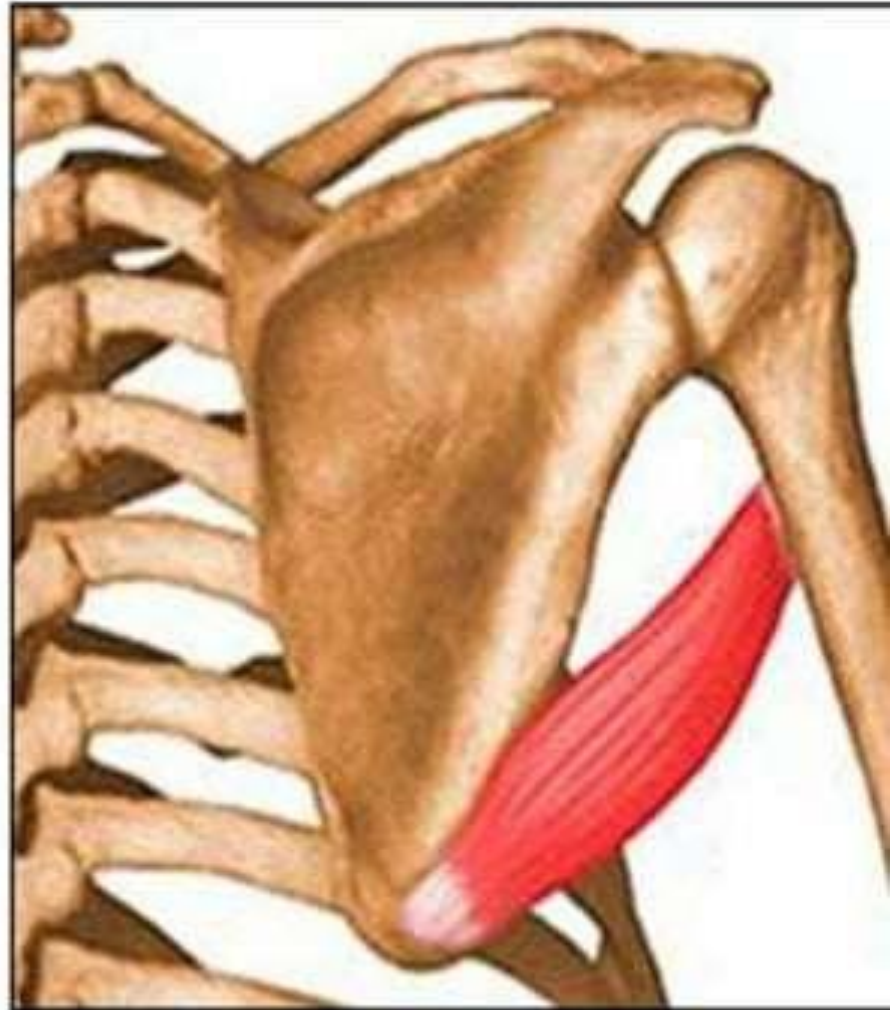
# Teres Minor

- Origin – Inferior lateral border of scapula
- Insertion – Greater tubercle of humerus (inferior aspect)
- Action – Laterally rotation, extends and adduction arm at shoulder joint
- Nerve supply – axillary nerve



# Teres Major

- Origin – Inferior angle of scapula
- Insertion – Intertubercular sulcus of humerus
- Action
  - Extends arm at shoulder joint
  - Assist in adduction and medial rotation of arm at shoulder joint.
- Nerve supply
  - Lower subscapular



Muscle	Proximal Attachment	Distal Attachment	Action	Innervation
<b>Layer One</b>				
Trapezius	Superior nuchal line, external occipital protuberance, ligamentum nuchae, spinous processes, and supraspinous ligament of C7-T12	Spine of scapula, acromion, distal third of clavicle	See Table 4-1	Motor: spinal portion of accessory (spinal accessory [cranial nerve XI]) Sensory (proprioception): ventral rami of C3-4
Latissimus dorsi	Spinous processes and supraspinous ligament of T6-L5, thoracolumbar fascia, median sacral crest, iliac crest, lower four ribs	Intertubercular groove of humerus (between insertion of pectoralis major and teres major)	Adduction, internal rotation, and extension of humerus	Thoracodorsal (C6-8)
<b>Layer Two</b>				
Rhomboid major	Spinous processes and supraspinous ligament (T2-5)	Medial border of scapula inferior to root of scapular spine	Retract scapula, rotate point of shoulder down	Dorsal scapular (C5)
Rhomboid minor	Lower portion of ligamentum nuchae, spinous processes (C7 and T1)	Medial border of scapula at level of root of scapular spine	Retract scapula, rotate point of shoulder down	Dorsal scapular (C5)
Levator scapulae	Transverse processes (C1-4)	Medial border of scapula above root of scapular spine	If neck stabilized: elevate scapula, rotate point of shoulder down If scapula stabilized bilaterally: extend neck; unilaterally: lateral flex and rotate neck to same side	Ventral rami of C3-4, dorsal scapular (C5)



THANK  
YOU!