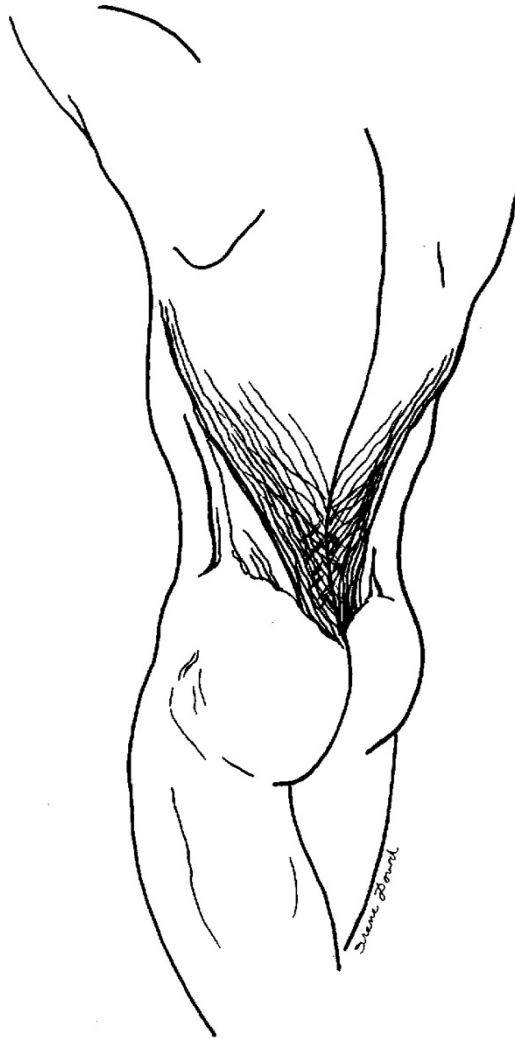


## ILLUSTRATIONS OF THE SPINE/TRUNK MUSCLES

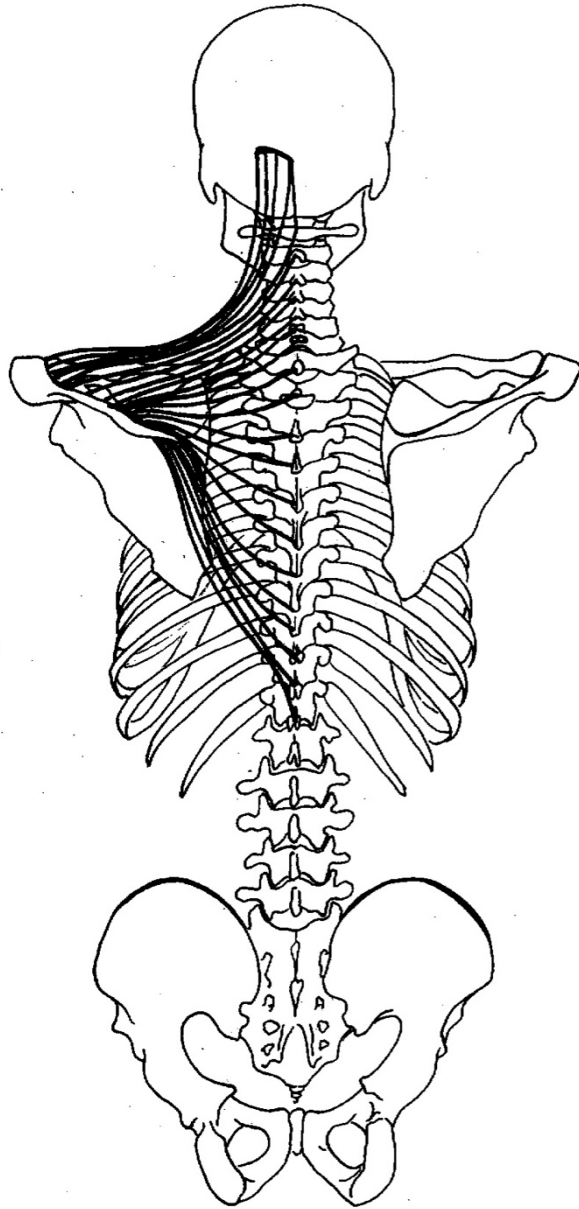
All illustrations drawn freehand by Irene Dowd between 1970 and 2024  
drawn from live models, human bone skeleton, cadaver dissection, photographs of moving figures, x-rays  
and MRI scans, in addition to schematics created by Irene Dowd



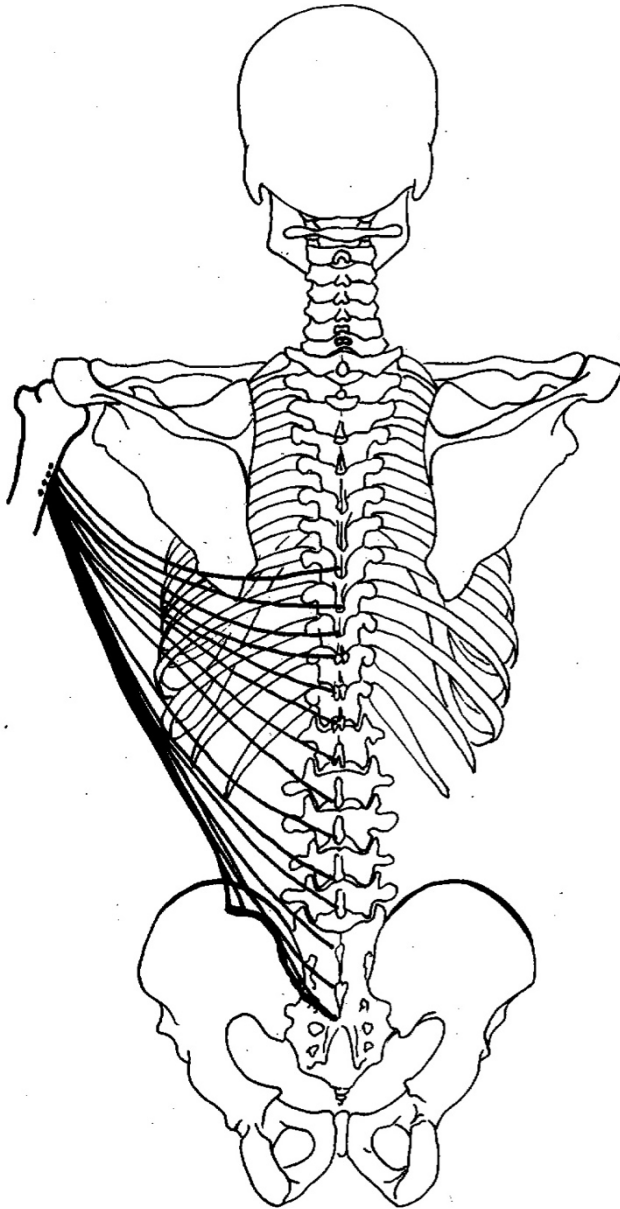
THE LUMBAR FASCIA



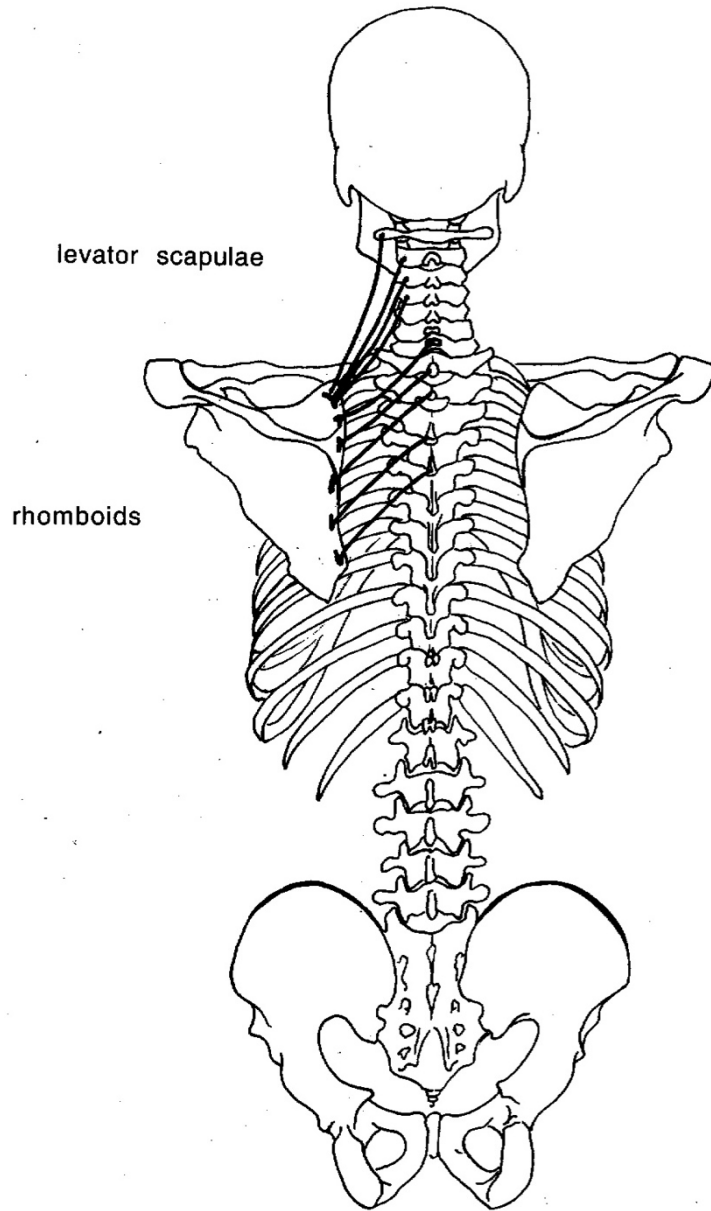
**MUSCLES OF THE BACK - first layer: trapezius**



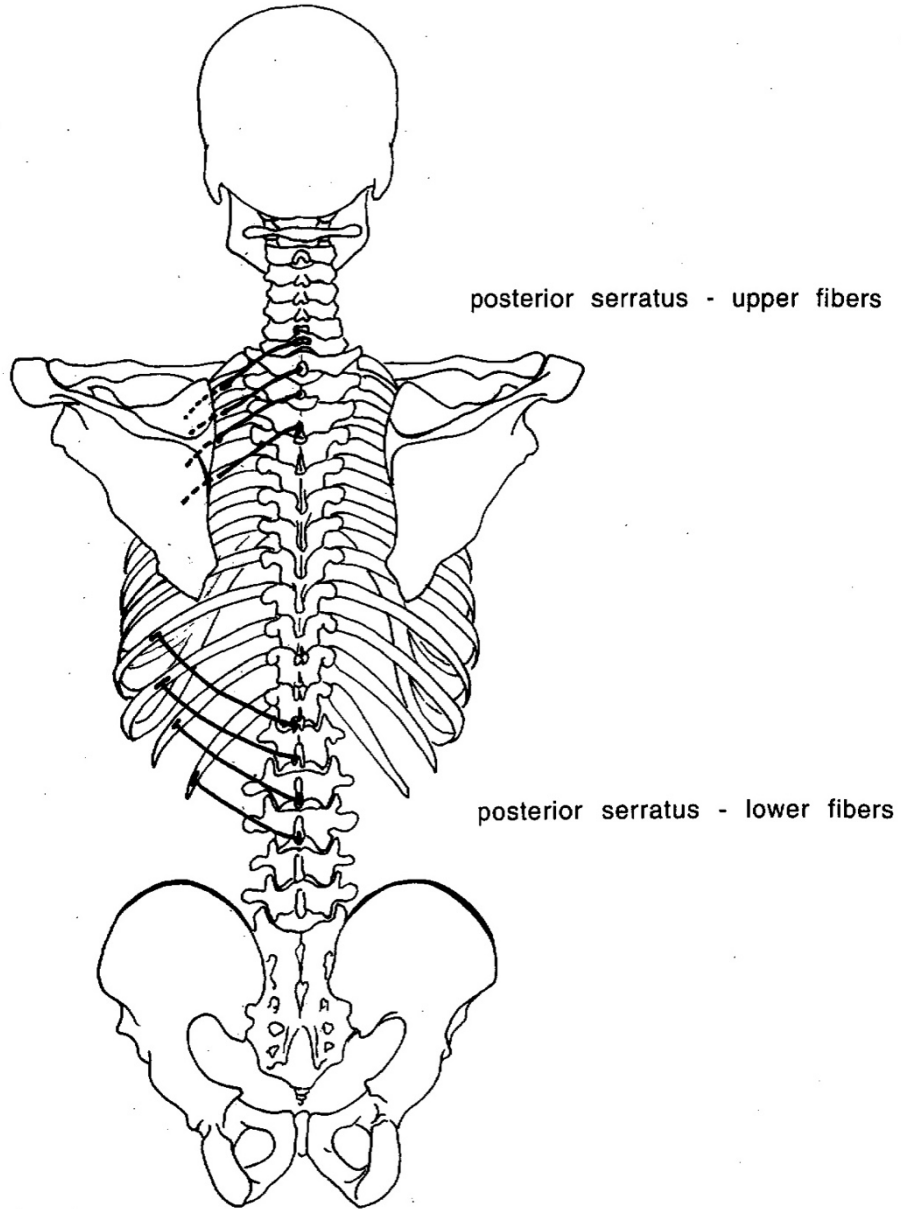
**MUSCLES OF THE BACK - second layer: latissimus dorsi**



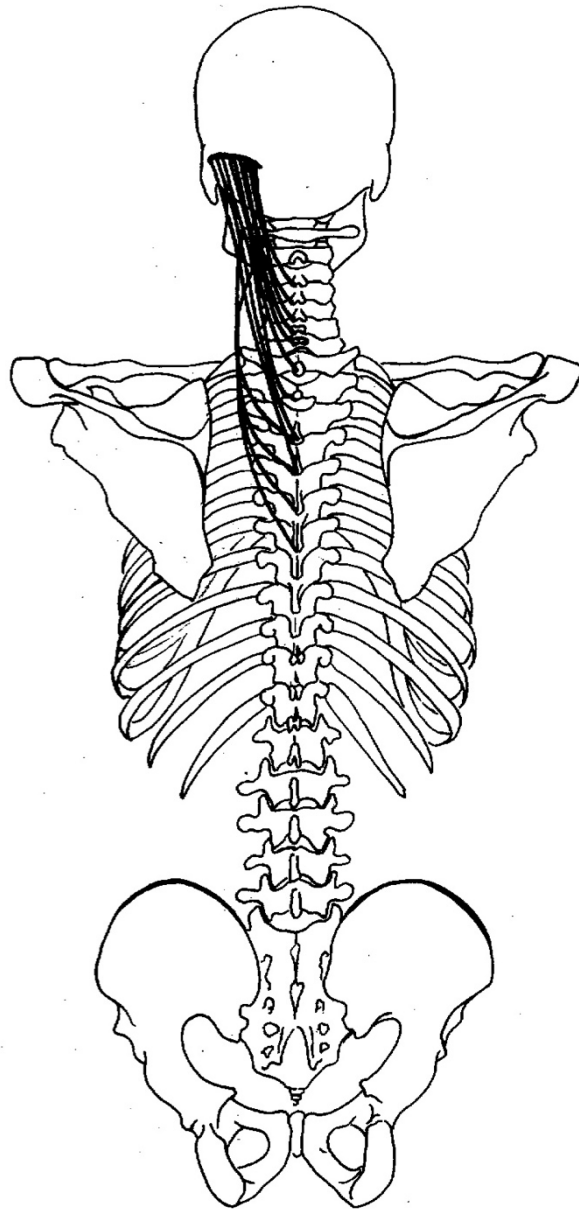
**MUSCLES OF THE BACK - third layer:  
levator scapulae & rhomboids**



**MUSCLES OF THE BACK - fourth layer: posterior serratus**

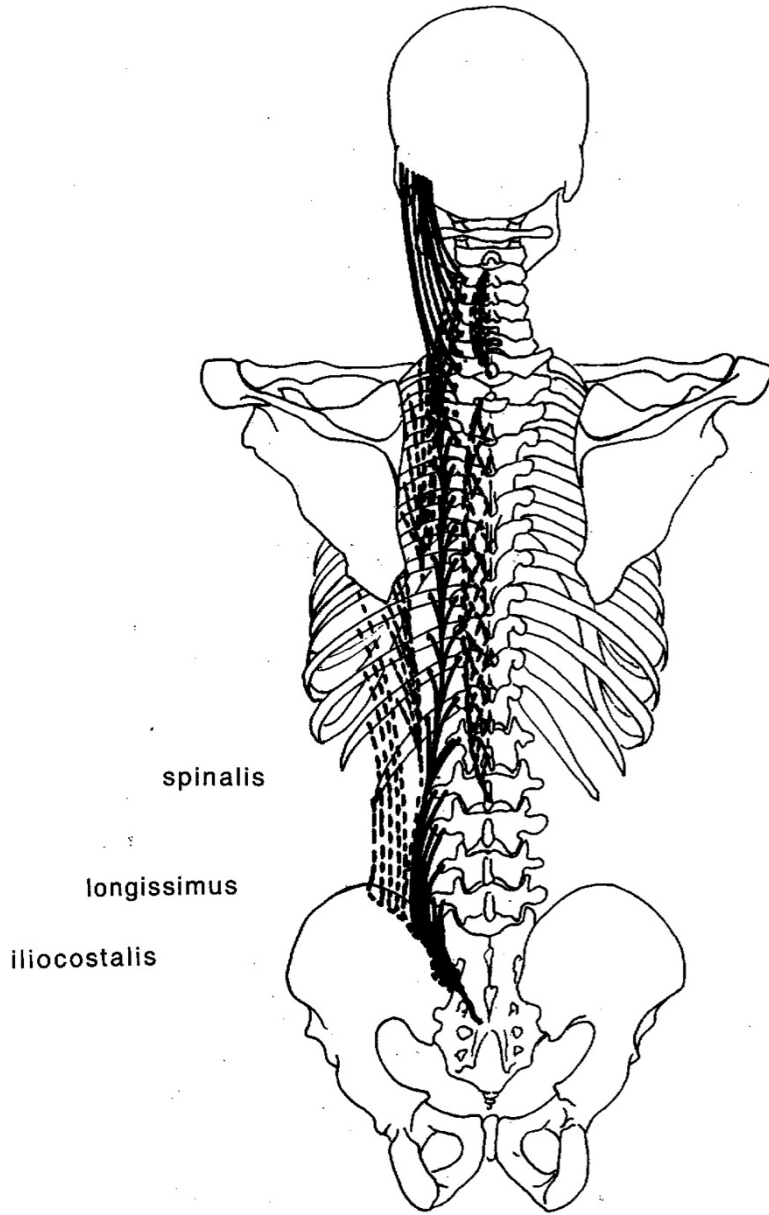


**MUSCLES OF THE BACK - fifth layer: splenius**



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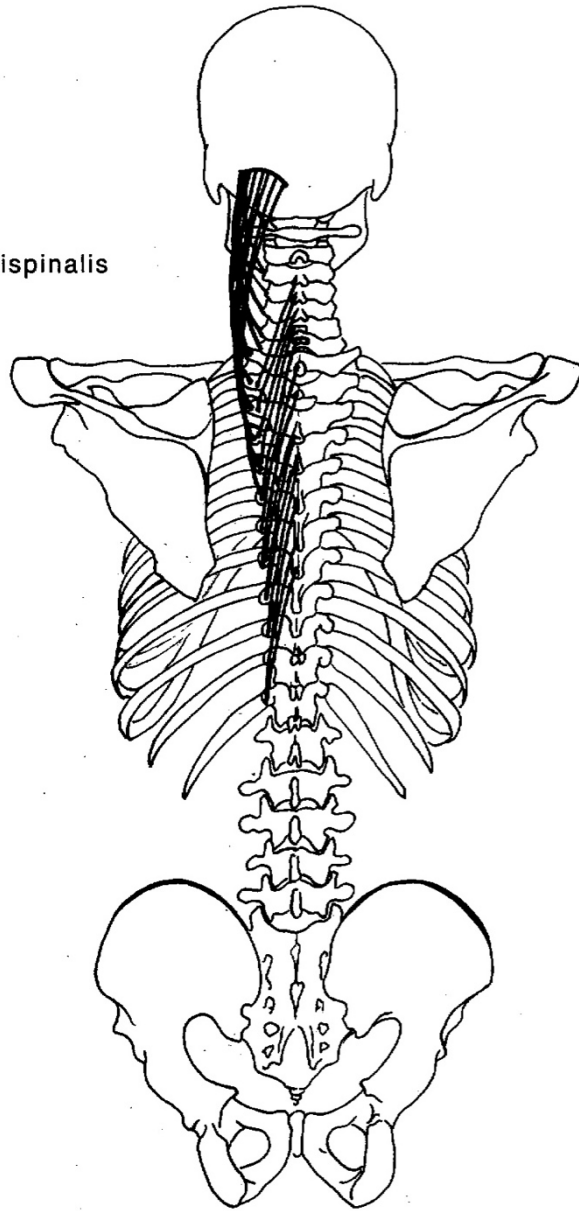
**MUSCLES OF THE BACK - sixth layer: erector spinae**



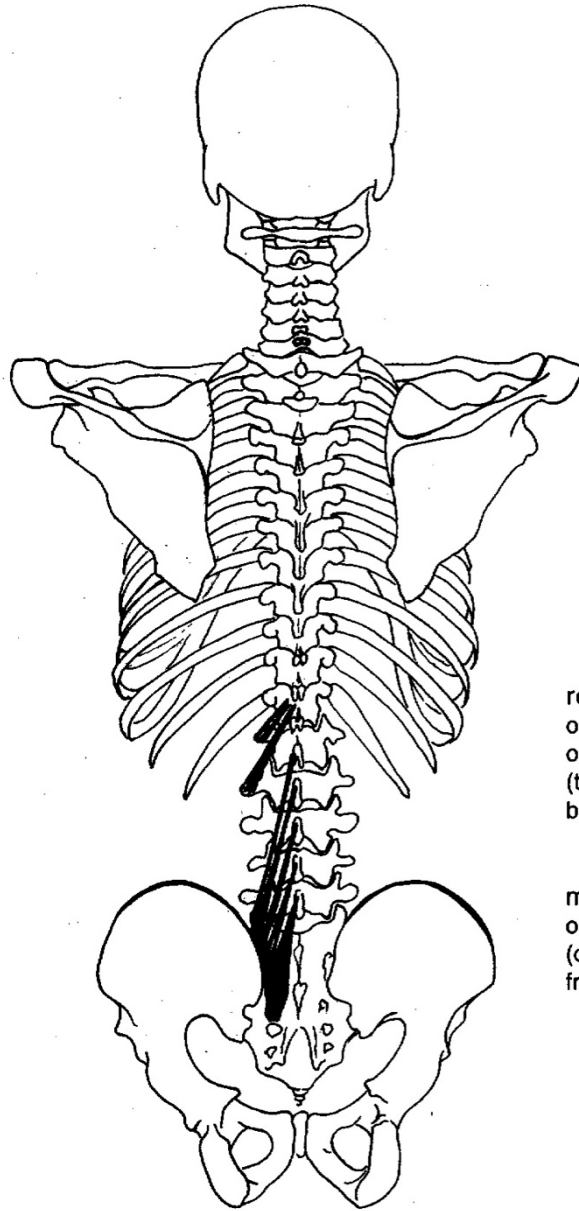


**MUSCLES OF THE BACK - seventh layer:  
upper most superficial transversospinalis**

semispinalis



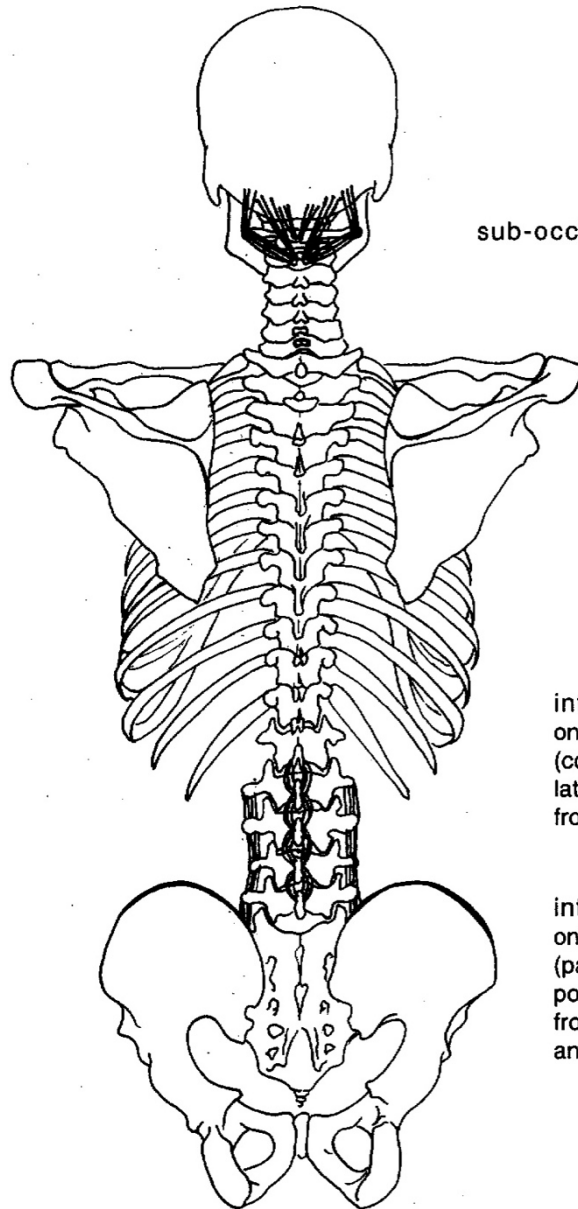
**MUSCLES OF THE BACK - eighth layer:  
next deeper transversospinalis**



rotatores -  
only one longus &  
one brevis shown  
(traverse entire spine  
beneath multifidi)

multifidi -  
only lowest fibers shown  
(continue up  
from pelvis to C2)

**MUSCLES OF THE BACK - ninth layer:  
deepest transversospinalis & sub-occipitals**

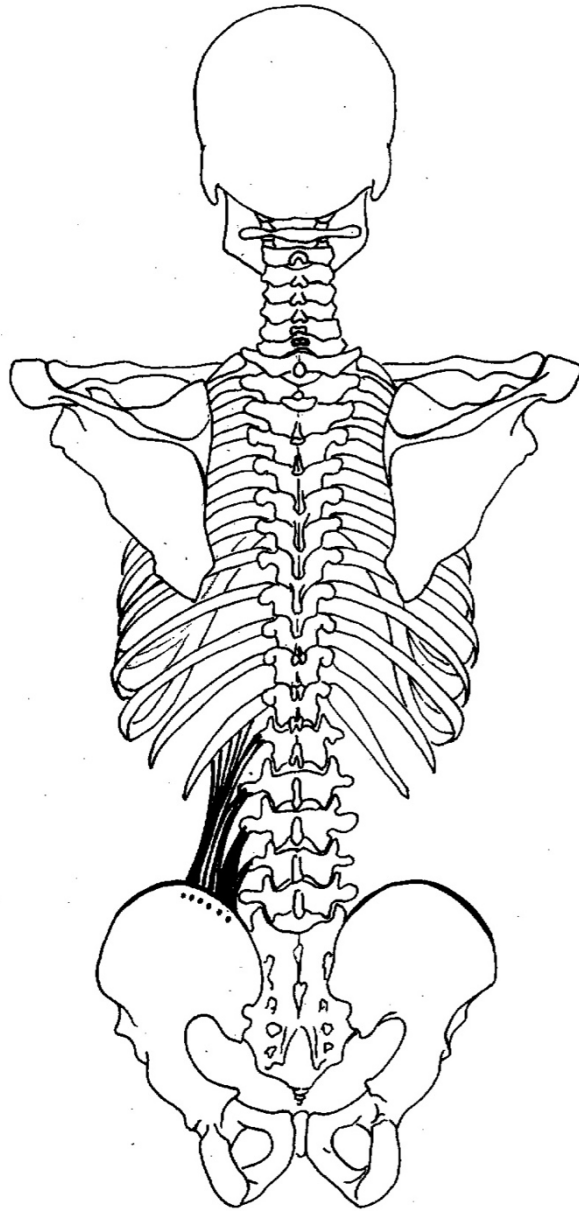


sub-occipitals

intertransversarii -  
only lower fibers shown  
(connect all  
lateral spinous processes  
from L5 up to C1)

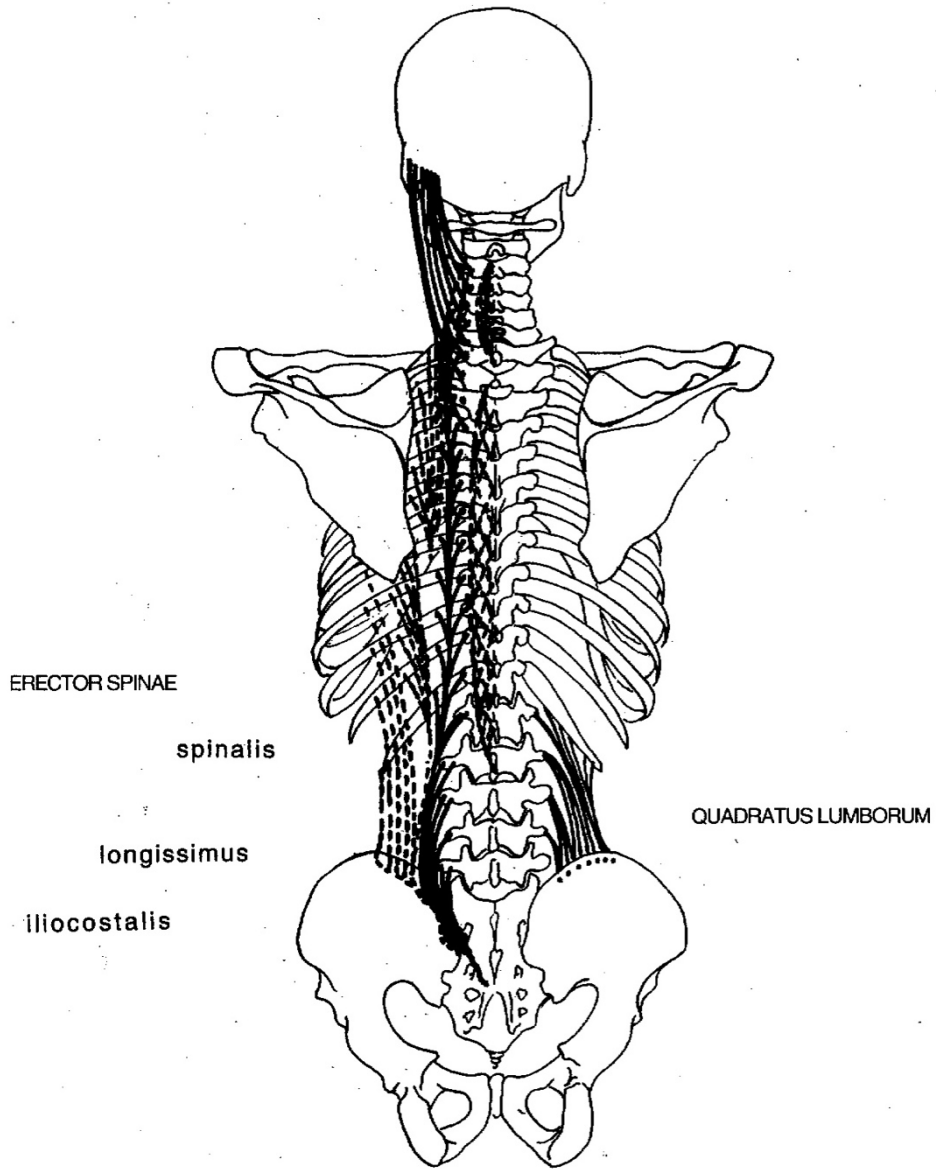
interspinales -  
only lower fibers shown  
(pairs connect all  
posterior spinous processes  
from L3 up to T11  
and from T3 to C2)

**MUSCLES OF THE BACK - tenth layer: quadratus lumborum**

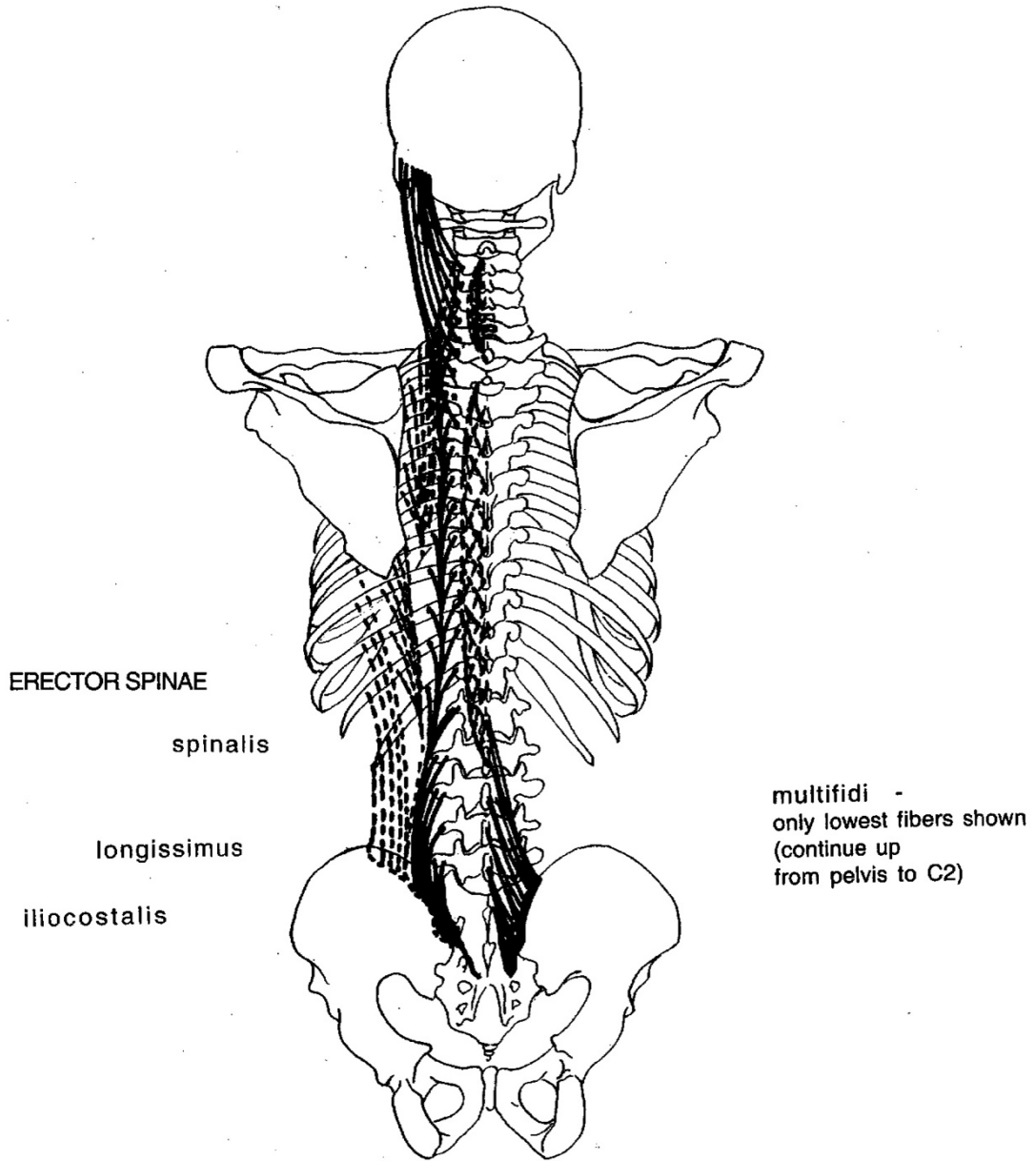


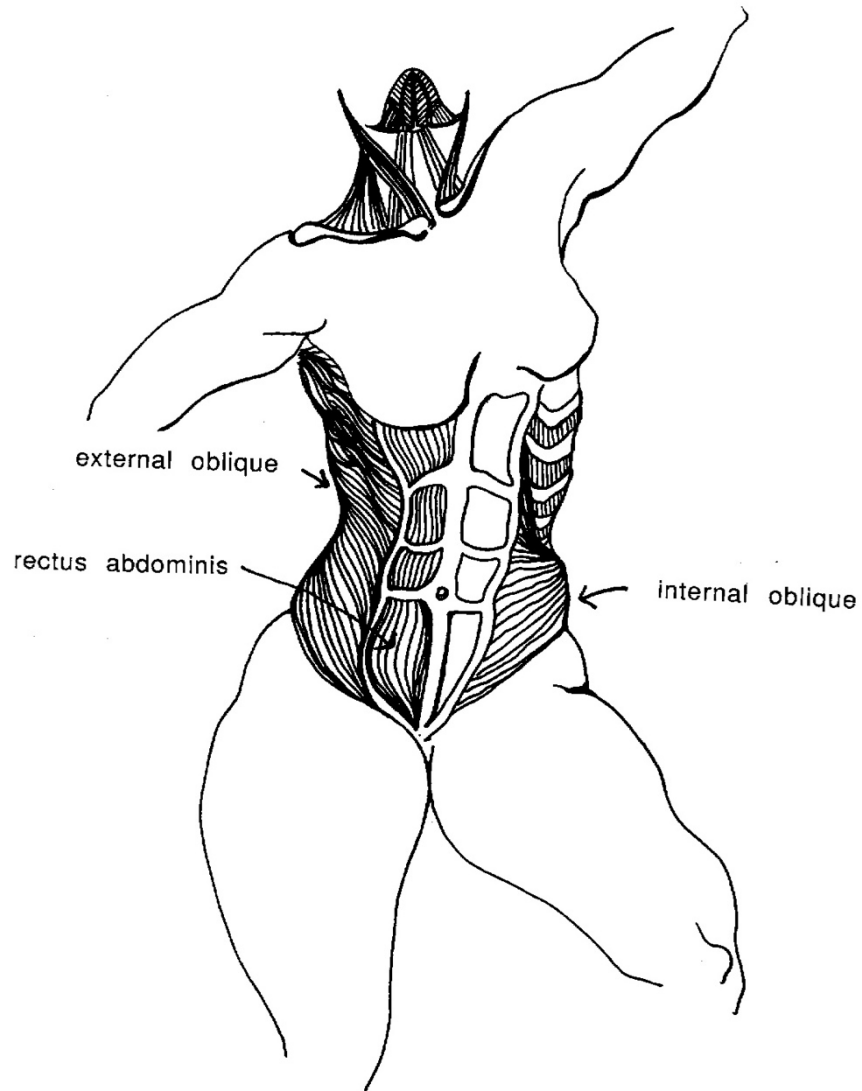
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# MUSCLES OF THE BACK



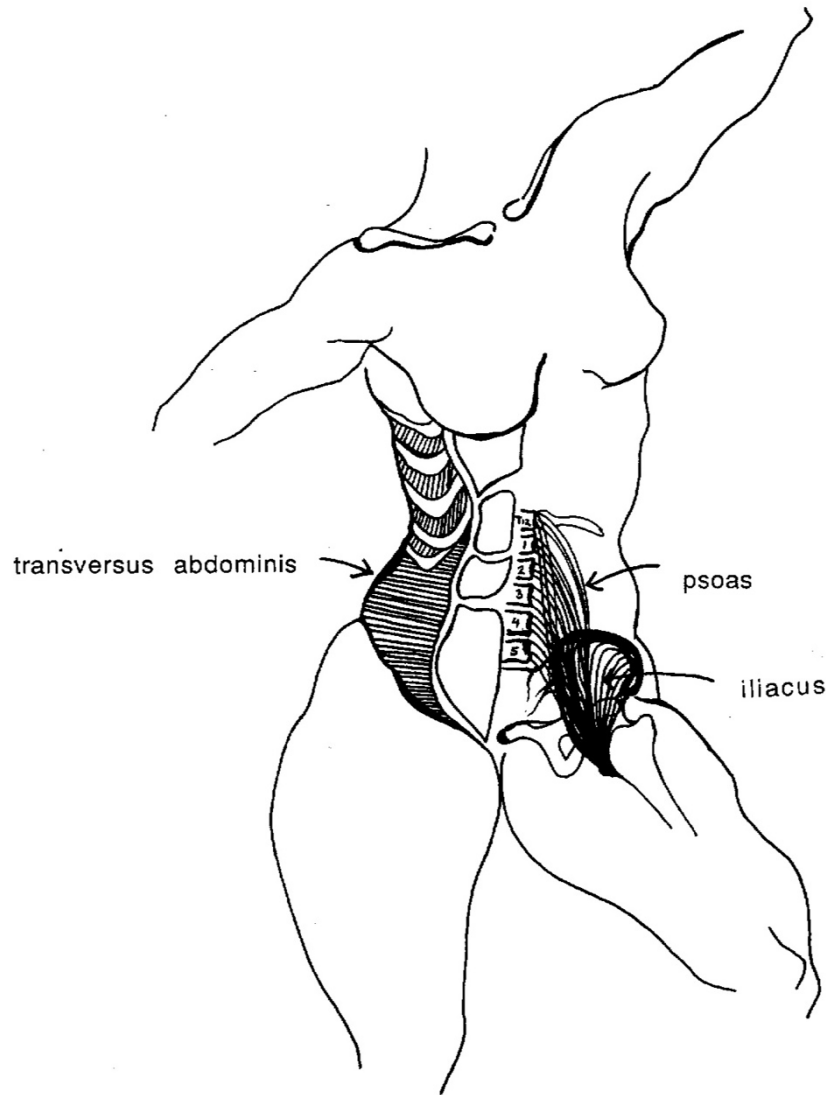
# MUSCLES OF THE BACK





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Abdominal Wall and Anterior Neck muscles shown within figure drawn from life

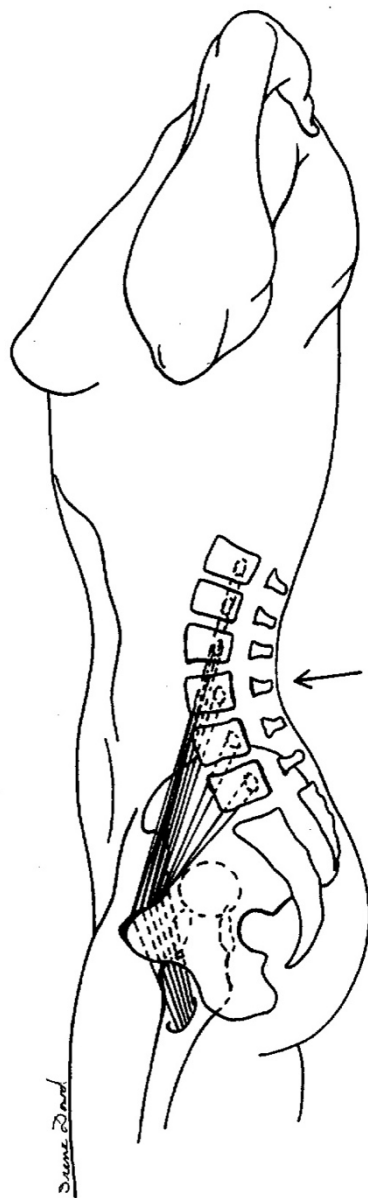


© Irene Dowd 1995

Transversus Abdominis and Iliopsoas muscles shown within figure drawn from life



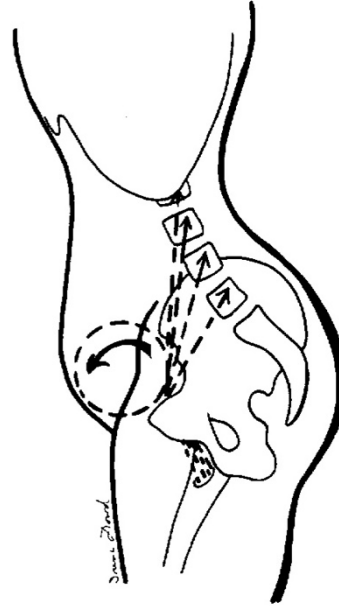
A VIEW OF THE RIGHT PSOAS MUSCLE, AS SEEN FROM THE LEFT SIDE OF THE BODY



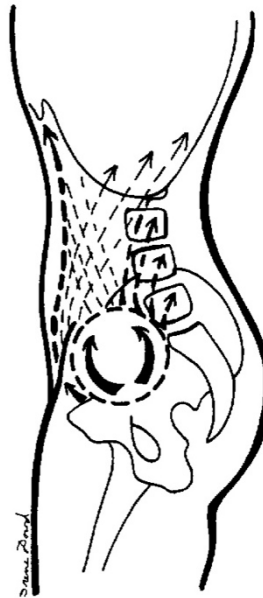
VIEWS OF THE "PELVIC VISCERAL SPHERE"



action of the abdominal wall muscles



action of the psoas muscle



action of the psoas and abdominal wall muscles working together

Post Neck  
 Ant Neck

