

muscles	Origin	Insertion	actions	Nerve supply	photo
QUADRATUS LUMBORUM	<ul style="list-style-type: none"> • post. 1/3 of inner lip of iliac crest • ilio lumbar ligament 	<ul style="list-style-type: none"> • lower part of medial half of last rib • tips of upper 4 lumbar transverse processe 	<ul style="list-style-type: none"> • fix last rib to allow good contraction of Extends head diaphragm.one muscle do lateral flexion of the trunk. 2 muscles extend the trunk. 	T12 & upper 4 lumbar nerves	
ILIACUS	<ul style="list-style-type: none"> • Iliac fossa • Inner lip of iliac crest 	Lesser trochanter	Flexion & lateral rotation of thigh	femoral nerve	
PSOAS MAJOR	<ul style="list-style-type: none"> • 5 slips, each arise from sides of 2 adjacent lumbar vertebrae & IVD (1st. slip arise from T12 & L1 & disc in ()) • 5 tendinous arches bridging over lumbar vessels. • front of the 5 lumbar transverse processes 	Lesser trochanter	<ul style="list-style-type: none"> • Flexion & lateral rotation of thigh • one muscle do lateral flexion of the trunk • 2 muscles Flex trunk as sitting up from lying positio 	Lumbar nerves 1, 2,3	
PSOAS MINOR (may be absent)	Sides of T12 & L1 & disc in ()	Iliopubic eminence	Weak flexion of the trunk	1st lumbar nerve	
diaphragm	<p>(fleshy) from thoracic outlet, divided into 3 parts.</p> <p>1-sternal part:-2 slips from back of xiphoid process.</p> <p>2-costal part:-6 slips from inner surface of lower 6 c.c.</p> <p>3-lumbar (vertebral):-Rt. crus:- from Rt. side of upper 3 lumbar v.,Lt. crus:- from Lt. side of upper 2 lumbar v.,median arcuate ligament:- () Rt. & Lt crura,2 medial arcuate ligaments,2 lateral arcuate ligament</p>	fibers converge to attach to central tendon	<p>1-Main inspiratory muscle:-its descent forms -ve intra-thoracic pressure.</p> <p>2-expulsive muscle as in micturition & defecation & delivery.</p> <p>3-Rt. crus act as a sphincter around esophagus.</p>	<p>motor: phrenic n.(C3, 4, 5 nerves)</p> <p>sensory: phrenic n. & lower 6 thoracic nerves</p>	