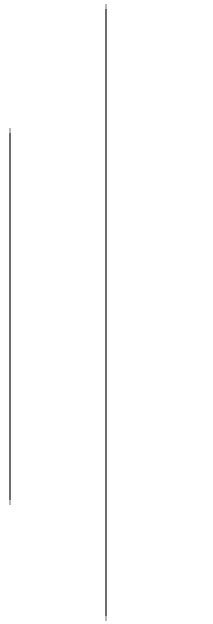




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STUDY OF MULTIFIDUS MUSCLE



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Multifidus muscle (musculi multifidi)

Multifidus is a group of short, triangular muscles that along with the semispinalis and rotators comprises the transversospinal group of deep back muscles. They are the thickest muscles in the transverse-spinal group, and are shorter than semispinalis, but longer than rotators. Multifidus is found on either side of vertebral column, extending from the cervical all the way to the lumbar spine.

The group is regionally divided into –

1.Cervical multifidus

2.Thoracic multifidus

3.Lumbar multifidus

Each multifidus muscles bridges over three to six vertebral levels, spanning between the transverse and spinous processes of certain cervical, thoracic and lumbar vertebrae. Although small, multifidus muscles aid in the movements of vertebral muscles; when contracting bilaterally they extend spine, while unilateral contraction aids lateral flexion of spine to the same side and rotation of spine to opposite side.

Origin of

Multifidus cervicis: Superior articular processes of vertebrae C4-C7.

Multifidus thoracis : Transverse process of thoracic vertebra.

Multifidus lumborum: Mammillary processes of lumbar vertebrae, posterior aspect of sacrum, posterior superior iliac spine (PSIS) of Ilium and posterior sacroiliac ligament.

Insertion -Lateral aspect and tips of spinous processes of vertebrae 2-3 levels above origin.

Action - Bilateral contraction; extension of spine; Unilateral contraction; lateral flexion of spine (ipsilateral); rotation of spine (contralateral)

Innervation- Medial branches of posterior rami of spinal nerves.

Blood supply - Vertebral artery, deep cervical artery, occipital artery, posterior intercostal arteries, subcostal artery, lumbar arteries and lateral sacral arteries.