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Low Back, Core, and Pelvic Girdle

Class Preparation: Anatomy Review Guide

Surface anatomy: be able to locate by inspection and palpation

- **Bony landmarks.** Also important to know which muscles attach to them, if applicable.
  - 11th and 12th ribs
  - Spinous processes of T 1 to L 5, lumbosacral junction
  - Sacro-iliac joint line, sacral foramina
  - Ilium, including crest, PSIS and ASIS
  - Greater trochanter
  - Pubic rami and symphysis
- **Myofascial structures that move and stabilize the lumbosacral spine and pelvis**. Also know attachments.
  - Erector spinae group
  - Quadratus lumborum
  - Iliacus and psoas
  - External obliques
  - Rectus abdominus
  - Gluteus maximus, medius, and minimus
  - Piriformis

Deep anatomy: know locations relative to surface anatomy and other deep structures

- **Lumbosacral Spine**
  - Intervertebral discs: nucleus pulposus, annulus fibrosis
  - Posterior longitudinal ligament
  - Neuroforamen
  - Central canal
  - Neural arch: laminae, pedicles
- **Lumbosacral neurology**
  - Spinal cord
  - Nerve roots and rami L 1 through S 4
  - Sciatic nerve

Functional anatomy and anatomical kinesiology: know attachments and/or functions of the following

- **Lumbosacral neurology**

  - Dermatomes
  - Myotomes
- **Lumbosacral, gluteal and abdominal anatomical kinesiology**
  - Planes of lumbar motion
  - Primary actions of the following muscles, when contracting unilaterally vs. bilaterally
    - Erector spinae group
    - Multifidi
    - Quadratus lumborum
    - Iliopsoas
    - Abdominals: rectus, obliques, transversarius
    - Gluteals: maximus, medius, minimus
    - Piriformis (and 5 smaller hip external rotators)