

Pulled Muscle Pain In Upper Back

The latissimus dorsi is responsible for extension, adduction, transverse extension also known as horizontal abduction (or horizontal extension), flexion from an extended position, and (medial) internal rotation of the shoulder joint. It also has a synergistic role in extension and lateral flexion of the lumbar spine. Together, the iliacus muscle and the psoas major form the iliopsoas, which is surrounded by the iliac fascia. The iliopsoas runs across the iliopubic eminence through the muscular lacuna to its insertion on the lesser trochanter of the femur. The iliopectineal bursa separates the tendon of the iliopsoas muscle from the external surface of the hip-joint capsule at the level of the iliopubic eminence. The iliac subtendinous bursa lies between the lesser trochanter and the attachment of the iliopsoas... Rhomboid minor muscle A normal anatomical variant of this is a much smaller appearing muscle with an intact tendon... == Structure == The fibularis brevis is supplied by the superficial fibular (peroneal) nerve.

Trapezius Contraction of The trapezius, historically known as cucullaris, is a large paired trapezium-shaped surface muscle that extends longitudinally from the occipital bone to the lower thoracic vertebrae of the spine and laterally to the spine of the scapula. It moves the scapula and supports the arm. Since it is a muscle of the upper limb, the trapezius is not innervated by dorsal rami, despite being placed superficially in the back

an upper (descending) part, which supports the weight of the arm; == Structure ==

Teres minor muscle Its fibers run obliquely upwards and laterally; the upper ones end in a tendon which is inserted into the The teres minor (Latin teres meaning 'rounded') is a narrow, elongated muscle of the rotator cuff. muscle, the other from the teres major muscle. The muscle originates from the lateral border and adjacent posterior surface of the corresponding right or left scapula and inserts at both the greater tubercle of the humerus and the posterior surface of the joint capsule

== Structure ==

Psoas major muscle group of muscles called the hip flexors, whose action is primarily to lift the upper leg towards the body when the body is fixed or to pull the body towards The psoas major (or ; from Ancient Greek: ψόᾱ, romanized: psóā, lit. It joins the iliacus muscle to form the iliopsoas. 'muscles of the loins') is a long fusiform muscle located in the lateral lumbar region between the vertebral column and the brim of the lesser pelvis. In other animals, this muscle is equivalent to the tenderloin

The psoas major is divided into a superficial and a deep part. The deep part originates from the transverse processes of lumbar vertebrae L1-L5. The superficial part originates from the lateral surfaces of the last thoracic vertebra, lumbar vertebrae L1-L4, and the neighboring intervertebral discs. The lumbar plexus lies between the two layers. The latissimus is a large fan-shaped muscle which covers a wide area of the back, being broad at its (medial) origin, narrow at its (lateral) insertion. It

originates... 4820dfb195

Transverse abdominal muscle transverse abdominal muscle (TVA), also known as the transverse abdominis, transversalis muscle and transversus abdominis muscle, is a muscle layer of the anterior The transverse abdominal muscle (TVA), also known as the transverse abdominis, transversalis muscle and transversus abdominis muscle, is a muscle layer of the anterior and lateral (front and side) abdominal wall, deep to (layered below) the internal oblique muscle. It serves to compress and retain the contents of the abdomen as well as assist in exhalation 4820dfb195

Due to bypassing the scapulothoracic joints and attaching directly to the spine, the actions the latissimi dorsi have on moving the arms can also influence the movement of the scapulae, such as their downward rotation during a pull up. 4820dfb195 The trapezius has three functional parts: 4820dfb195

Fibularis brevis The muscle passes In human anatomy, the fibularis brevis (or peroneus brevis) is a muscle that lies underneath the fibularis longus within the lateral compartment of the leg. It acts to tilt the sole of the foot away from the midline of the body (eversion) and to extend the foot downward away from the body at the ankle (plantar flexion). (inward in relation to the fibularis longus) and from the connective tissue between it and the muscles on the front and back of the leg 4820dfb195

Rhomboid muscles There are two rhomboid muscles on each side of the upper back:. of the upper back: Rhomboid major muscle Rhomboid minor muscle The large rhombus-shaped muscle, located under the trapezius muscle, in the upper part of The rhomboid muscles (), often simply called the rhomboids, are rhombus-shaped muscles associated with the scapula 4820dfb195

== Structure == 4820dfb195 The primary function of the teres minor is to modulate the action of the deltoid, preventing the humeral head from sliding upward as the arm is abducted. It also functions to rotate the humerus laterally. The teres minor is innervated by the axillary nerve. 4820dfb195

Levator scapulae muscle The levator scapulae is a slender skeletal muscle situated at the back and side of the neck. It originates from the transverse processes of the four uppermost The levator scapulae is a slender skeletal muscle situated at the back and side of the neck. It originates from the transverse processes of the four uppermost cervical vertebrae; it inserts onto the upper portion of the medial border of the scapula. It is innervated by the cervical nerves C3-C4, and frequently also by the dorsal scapular nerve. As the Latin name suggests, its main function is to lift the scapula 4820dfb195

Its fibers run obliquely upwards and laterally; the upper ones end in a tendon which is inserted into the lowest of the three impressions on the greater tubercle of the humerus; the lowest fibers are inserted directly into the humerus immediately below this impression. 4820dfb195

Latissimus dorsi muscle The latissimus dorsi (), also known simply as latissimus, is a large, flat muscle on the back that stretches to the sides, behind the arm, and is partly covered by the trapezius on the back near the midline. is a large, flat muscle on the back that stretches to the sides, behind the arm, and is partly covered by the trapezius on the back near the midline 4820dfb195

The muscle passes downward and ends in a tendon that runs behind the lateral malleolus of the ankle in a groove that it shares with the tendon of the fibularis longus; the groove is converted into a canal by the superior fibular retinaculum, and the tendons in it are contained in a common mucous sheath. 4820dfb195 a middle region (transverse), which retracts the scapula; and 4820dfb195 a lower (ascending) part, which medially rotates and depresses the scapula. 4820dfb195 == Structure == 4820dfb195

Supraspinatus muscle The supraspinatus (pl. The spine of the scapula separates the supraspinatus muscle from the infraspinatus muscle, which originates below the spine. It is one of the four rotator cuff muscles and also abducts the arm at the shoulder. : supraspinati) is a relatively small muscle of the upper back that runs from the supraspinous fossa superior portion of the scapula (shoulder blade) to the greater tubercle of the humerus. : supraspinati) is a relatively small muscle of the upper back that runs from the supraspinous fossa superior portion of the scapula The supraspinatus (pl 4820dfb195

The transverse abdominal arises as fleshy fibers, from the lateral third of the inguinal ligament, from the anterior three-fourths of the inner lip of the iliac crest, from the inner surfaces of the cartilages of the lower six ribs, interdigitating with the diaphragm, and from the thoracolumbar fascia. It ends anteriorly in a broad aponeurosis (the Spigelian fascia), the lower fibers of which curve inferomedially (medially and downward), and are inserted, together with those of the internal oblique muscle, into the crest of the pubis and pectineal line, forming the inguinal conjoint tendon also called the aponeurotic falx. In layperson... 4820dfb195 The fibularis brevis arises from the lower two-thirds of the lateral, or outward, surface of the fibula (inward in relation to the fibularis longus) and from the connective tissue between it and the muscles on the front and back of the leg. 4820dfb195 It arises from the dorsal surface of the axillary border of the scapula for the upper two-thirds of its extent, and from two aponeurotic laminae, one of which separates it from the infraspinatus muscle, the other from the teres major muscle. 4820dfb195 The large rhombus-shaped muscle, located under the trapezius muscle, in the upper part of the thoracic region of the back, and the small muscle, in the same way, participate in the movement of the scapula. Their functions are the following: 4820dfb195 As the word rhomboid suggests, the rhomboid major is diamond-shaped. The major in its name indicates that it is the larger of the two rhomboids. 4820dfb195 Rhomboid major muscle 4820dfb195

Rhomboid major muscle It originates from the spinous processes The rhomboid major is a skeletal muscle of the back that connects the scapula with the vertebrae of the spinal column. It acts together with the rhomboid minor to keep the scapula pressed against thoracic wall and to retract the scapula toward the vertebral column. It originates from the spinous processes of the thoracic vertebrae T2–T5 and supraspinous ligament; it inserts onto the lower portion of the medial border of the scapula. The rhomboid major is a skeletal muscle of the back that connects the scapula with the vertebrae of the spinal column 4820dfb195

== Anatomy == 4820dfb195 == Structure == 4820dfb195 == Structure == 4820dfb195 The transverse abdominal, so called for the direction of its fibers, is the innermost of the flat muscles of the abdomen. It is positioned immediately deep to the internal oblique muscle. 4820dfb195 The word latissimus dorsi (plural: latissimi dorsi) comes from Latin and means "broadest [muscle] of the back", from "latissimus" (Latin: broadest) and "dorsum" (Latin: back). The pair of muscles are commonly known as "lats", especially among bodybuilders. 4820dfb195 The tendon then runs forward along the lateral side of the calcaneus, above the calcaneal tubercle and the tendon of the fibularis longus. It inserts into the tuberosity at the base of the fifth metatarsal on its lateral side. 4820dfb195

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