



Get Fit. **Life Tip.** **Body 101 – Back**

The superficial (deep) muscles in the back play a crucial role in stabilization of the spine and hip (LPHC). The spine is the vertical axis in which many of the muscles in the back adhere to, allowing for acceleration, deceleration, spinal flexion, spinal extension, stabilization, rotation and lateral flexion.

Erector spinae - runs vertically along the spine and consists of three columns of muscles: iliocostalis (lateral), longissimus (intermediate) and spinalis (medial)

Quadratus lumborum (QL) - connects the pelvis to the spine and is a common source for lower back pain

Transversospinales - runs from the base of the skull to the mid-thoracic allowing for movement of the head, flexion, extension and rotation

Multifidus spinae – runs from the sacrum to the cervical (neck) spine and stabilizes vertebrae

Having any type of pain or imbalance in your back will affect the entire body since this the muscles provide you with a great deal of functionality and stabilization. In our day to day lives the deep superficial muscles of the back assist in spinal (lumbar, thoracic, cervical) stabilization.

Don't forget to sign up for the June and July Get Fit Ass Whipped classes at www.bwittegetfit.com

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