

Muscles of the Back: Study Guide Spanda Yoga Anatomy

(From: Anatomy & Yoga; A Guide for Teachers & Students, Saltonstall, 2016)

Group One: Deep and Small- Intrinsic

transversospinalis. Aka paraspinal muscles

Group of (5) muscles that span between 2-6 vertebrae.

Actions: Rotation, side bending, extension

Muscles: interspinales

intertransversarii,

multifidus,

rotatores,

semispinalis.

Muscles also divided by area of spine (cervical, thoracic, lumbar)

Group Two Deep & Large

illiopsoas

quadratus lumborum

Group Three Intermediate

erector spinae (or sacrospinalis)

3 divisions Lateral –illiocostalis; Medial- longissimus; Near to vertebral spine - spinalis

Group Four Superficial

latissimus dorsi, trapezius

*Try Shalabasana (locust pose) to observe the contraction of the different muscle layers

