



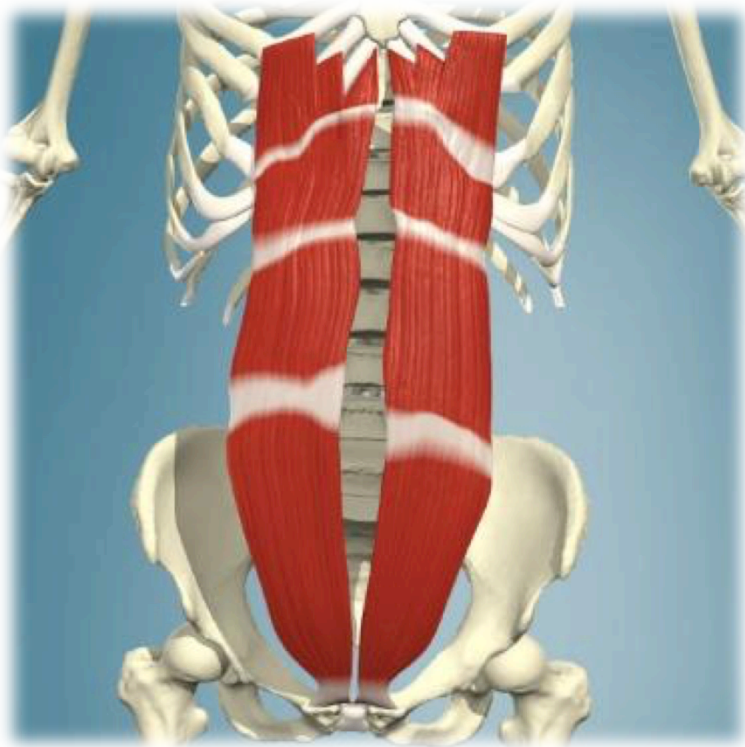
YMCA Awards

Level 3 Applied anatomy and
physiology
2018

Level 3 Applied anatomy and physiology

Anterior abdominal wall muscles

Rectus abdominis



Origin

Pubis and pubis symphysis

Insertion

Cartilages of ribs 5–7 and base of sternum

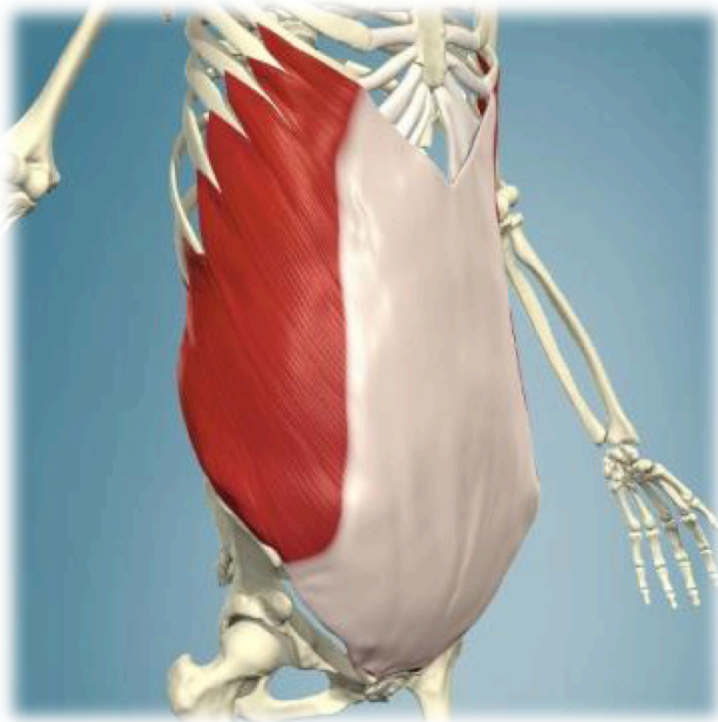
Joints crossed

Intervertebral joints of lumbar and thoracic vertebrae

Joint function

Flexion of vertebral column
Tilts the pelvis backwards

External obliques



Origin

Outer surface of bottom 8 ribs

Insertion

Mainly linea alba, also iliac crest

Joints crossed

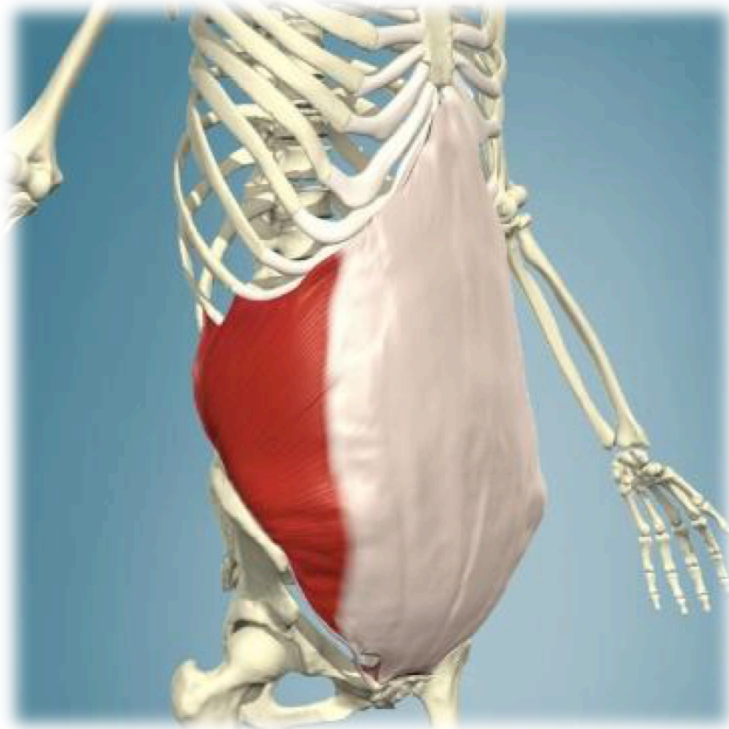
Intervertebral joints of lumbar and thoracic vertebrae

Joint function

Unilaterally: rotation and lateral flexion
(in combination with internal obliques)

Bilaterally: flexion of the vertebral
column

Internal obliques



Origin

Thoracolumbar fascia, iliac crest.

Insertion

Linea alba, bottom 3 ribs.

Joint crossed

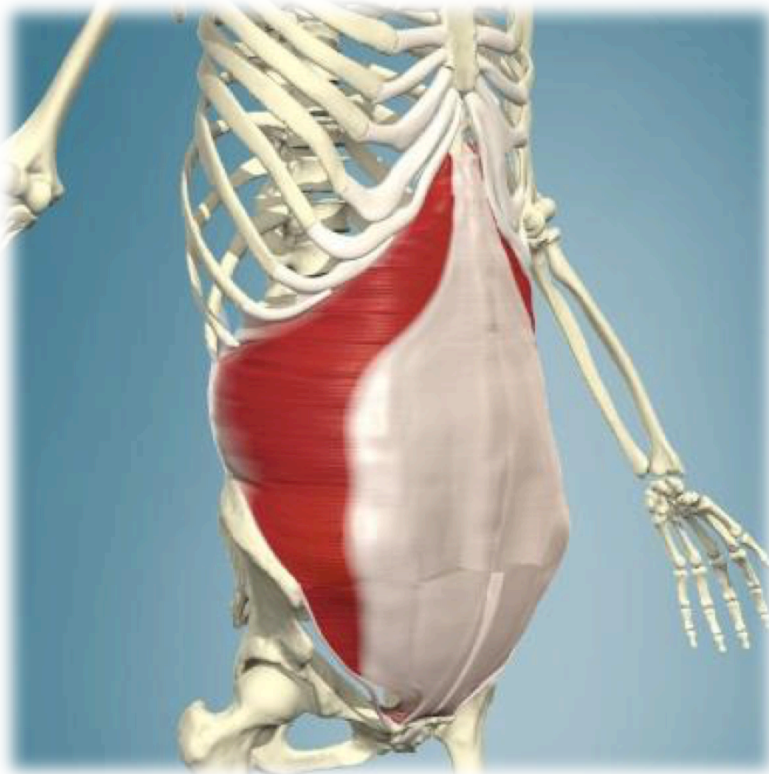
Intervertebral joints of lumbar lower thoracic vertebrae.

Joint function

Unilaterally: rotation and lateral flexion
(in combination with external obliques)

Bilaterally: flexion of vertebral column

Transverse abdominis



Origin

Thoracolumbar fascia, cartilage of lower 6 ribs and Iliac crest

Insertion

Linea alba

Joint crossed

Intervertebral joints of lumbar vertebrae

Joint function

Compression of abdominal cavity, and increasing intra-abdominal pressure
Support of abdominal contents

