

Quadratus Lumborum

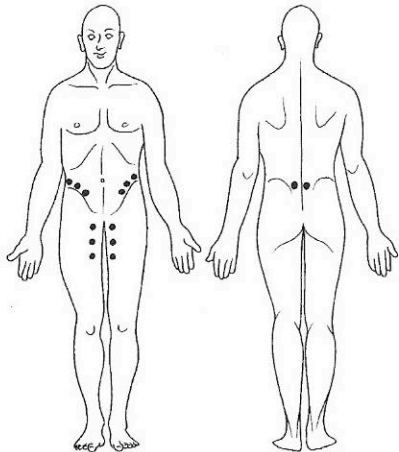
(Latin: **quad** - four, **lumbar** - loin).

BODY LANGUAGE OF WEAKNESS

Weakness on one side will show as an elevation of the 12th rib and a curve in the lumbar vertebrae (leaning away from the weak side).

FINGER FIRST AID

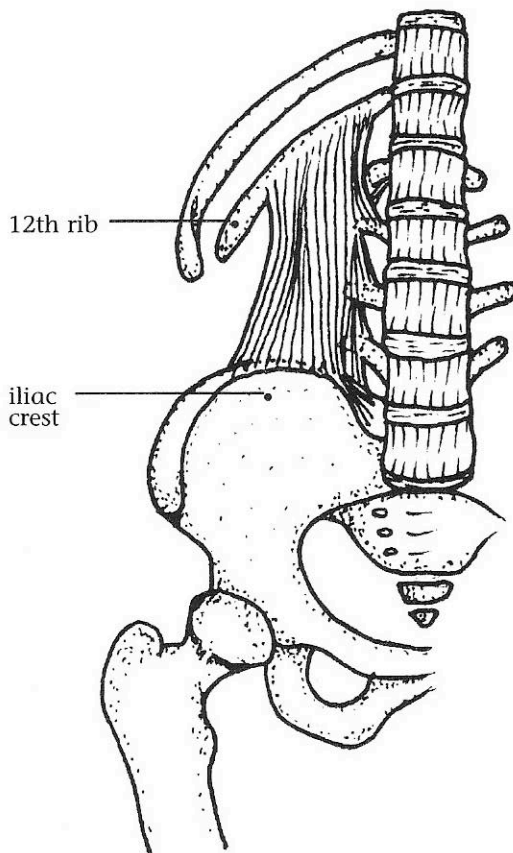
To strengthen, massage firmly either side of L5 (fifth lumbar vertebra). Also just inside the top front edge of the iliac crest and the top half of the inside of the thigh.



WATCH OUT!



Excessive side bending can injure this muscle, especially if done quickly.



- Action** Lateral flexion (side bending) of lumbar vertebrae, depression of 12th rib; assistance of diaphragm in inspiration.
- Origin** Top rear of iliac crest, and ilio-lumbar ligament.
- Insertion** Bottom edge of 12th rib, transverse processes of the upper four lumbar vertebrae.
- Synergists** Internal and external oblique abdominals, psoas major.
- Alternative connections** Can often be involved when there is an intervertebral disk injury.