

Iliocostalis muscle

The iliocostalis originates from the sacrum, [erector spinae muscle aponeurosis](#) and [iliac crest](#). The iliocostalis has three different insertions according to the parts:

iliocostalis lumborum has the lumbar part (where its insertion is in the 12th to 7th ribs)

iliocostalis thoracis where its insertion runs from the last 6 ribs to the first 6 ribs.

iliocostalis cervicis which runs from the first 6 ribs to the posterior tubercle of the transverse process of C6-C4.

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