

Erector spinae muscles

The [erector spinae muscles](#) is not just one [muscle](#), but a group of muscles and [tendons](#) which run more or less the length of the [spine](#) on the left and the right, from the [sacrum](#) or [sacral region](#) (the bony structure beneath the lower back [lumbar] vertebrae and between your hips/glutes) and hips to the base of the [skull](#). They are also known as the sacrospinalis group of muscles. These muscles lie on either side of the [vertebral column spinous processes](#) (the bony points up and down the middle of the back) and extend throughout the lumbar, [thoracic](#), and [cervical regions](#) (lower, middle, and upper back and the neck). The erector spinae is covered in the lumbar and thoracic regions (lower back and lower middle back) by the [thoracolumbar fascia](#), and in the cervical region (neck) by the nuchal ligament.

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