

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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