

TRUNK

FLEXION

PRIME MOVERS

- Rectus abdominus
 - Origin: Pubic crest and symphysis.
 - Insertion: Costal cartilage of ribs 5 to 7 and the xiphoid process of the sternum.
 - Innervation: Ventral primary rami (T5 to L1).
 - Other actions: None.
 - Palpation sites: Upper rectus: both sides of the midline between the umbilicus and xiphoid process. Lower rectus: both sides of the midline between the umbilicus and symphysis pubis.
- External oblique
 - Origin: Lateral surface of ribs 5 to 12.
 - Insertion: Linea alba, inguinal ligament, anterior superior iliac spine, pubic tubercle, and anterior half of the iliac crest.
 - Innervation: Ventral primary rami (T5 to L1).
 - Other actions: Trunk rotation.
 - Palpation site: Opposite side of direction of rotation just below the ribs and lateral to the rectus abdominus.
- Internal oblique
 - Origin: Inguinal ligament, iliac crest, and the thoracolumbar fascia.
 - Insertion: Pubic crest, linea alba, and ribs 10 to 12.
 - Innervation: Ventral primary rami (T7 to L1).
 - Other actions: Trunk rotation.
 - Palpation site: Just medial to the anterior superior iliac spine along the lateral aspect of the abdomen.

SECONDARY MOVERS

- Psoas major
- Psoas minor