**ILIACOSTALIS LUMBORUM**

**Origin**
Iliac crest.

**Insertion**
Angles of the inferior six or seven ribs.

**RPP**
Along the muscle belly and buttock area.

**TP**
Along the muscle belly. Flat palpation.

**MFS**
The patient is in a long sitting position and flexes the trunk forward, reaching with the arm to the opposite side. The clinician facilitates stretching of the muscle.

**PSS**
Not detected.

**HEP**
The patient is in a sitting position and leaning forward, stretching the muscle.

**Biomechanics of Injury**
Scoliosis, kyphosis, leg length discrepancy, sudden twisting or bending.