|  |
| --- |
| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Muscles of the Spine

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| F | N | Z | I | L | W | E | U | Q | I | L | B | O | L | A | N | R | E | T | X | E | D | O | P |
| V | E | D | A | F | U | B | X | K | S | R | J | P | U | R | Q | K | Q | P | O | E | E | X | S |
| P | O | H | I | P | R | V | S | Q | X | I | M | S | R | C | A | W | Q | U | W | Y | V | X | F |
| I | G | G | M | U | J | K | U | L | F | N | W | G | G | I | B | E | M | O | Y | S | J | I | W |
| M | A | K | U | B | V | M | X | R | G | N | Y | L | P | Z | W | X | Y | R | F | B | B | X | K |
| E | A | T | Y | Q | S | I | L | A | T | S | O | C | O | I | L | L | I | G | S | Q | D | V | T |
| A | C | W | X | C | X | O | X | L | G | C | F | L | I | E | U | Q | W | E | S | D | W | K | O |
| U | X | O | F | B | P | B | L | J | G | O | S | Z | V | L | O | Z | V | A | I | H | Z | S | A |
| O | O | H | P | I | N | C | N | P | D | R | C | Q | S | L | V | Z | R | N | C | V | Q | I | P |
| T | H | K | M | J | G | U | H | E | C | W | I | U | E | L | T | Y | F | I | I | B | R | X | X |
| J | H | Q | F | H | B | J | Z | N | H | S | P | P | U | I | M | I | O | P | V | N | O | N | R |
| L | O | N | G | I | S | S | I | M | U | S | C | A | P | I | T | I | S | S | R | X | K | R | D |
| B | Z | O | E | U | Q | I | L | B | O | L | A | N | R | E | T | N | I | R | E | U | J | U | D |
| B | L | B | B | L | G | M | U | Y | O | M | H | Z | C | O | C | J | N | O | C | H | X | B | K |
| Q | Z | H | R | B | P | N | O | Y | E | R | H | L | C | C | J | F | T | T | S | Z | U | D | D |
| K | W | Y | E | C | E | Q | W | M | H | W | P | Q | H | J | V | P | R | C | I | X | Y | G | N |
| P | V | K | V | A | U | Q | H | V | M | M | G | M | B | E | O | W | C | E | L | U | F | D | F |
| E | H | Z | F | D | N | C | T | J | F | X | D | P | M | K | U | Z | H | R | A | I | T | X | G |
| Z | O | N | J | Y | R | T | K | T | W | Y | J | K | Y | M | R | I | C | E | N | I | M | Q | C |
| D | T | X | W | W | J | U | R | O | B | K | O | Z | E | X | R | K | P | M | I | A | O | B | X |
| J | Z | H | W | H | S | E | M | I | S | P | I | N | A | L | I | S | C | A | P | I | T | I | S |
| G | S | E | M | I | N | A | L | I | S | C | A | P | I | T | I | S | W | R | S | D | Q | S | Y |
| S | I | S | O | R | U | E | N | O | P | A | R | A | B | M | U | L | O | C | A | R | O | H | T |
| T | O | D | I | O | T | S | A | M | O | D | I | E | L | C | O | N | R | E | T | S | E | F | U |

   Spinalis cervicis       Seminalis capitis       Longissimus capitis       Illiocostalis       Erector spinae group       External oblique       Internal oblique       Semispinalis capitis       Sternocleidomastoid       Thoracolumbar aponeurosis