

# Musculus quadratus lumborum

## Origin:

- iliac crest (+ ligaments between crista and spine),
- lumbar vertebrae

**Insertion:** 12th;ribs and LI-LIV

## Innervation:

- nervus subcostalis,
- fibers from lumbar plexus.

## Function:

- tilt of the spine (depending on the extent of muscle contraction),
- fixation of the 12th rib.

## Links

## References

- ČIHÁK, Radomír. *Anatomie 1*. 2. edition. Praha : Grada, 2001. 497 pp. ISBN 80-7169-970-5.