

# Lumbar fascia

Three types of fascial structures are found in the lumbar region: the superficial fascia, the three-layered deep fascia, and several visceral fascias.

## Superficial fascia

It divides the hypodermis into superficial and deep adipose tissue. It starts at the arcus zygomaticus and ends at the lower limbs in the area of the ankles and the upper limbs in the area of the wrists. They form one continuum.

### Function

It is of great importance for lymphatic drainage, thermoregulation, venous return and the organization of fat tissue (the formation of cellulite). Its dysfunction can be one of the causes of varicose veins.

## Deep fascia

In the trunk area, it has three layers: surface, middle and deep.

### Surface layer

It contains the trapezius muscle, the latissimus dorsi muscle, the gluteus maximus muscle, the pectoralis major muscle, the obliquus abdominis externus muscle and the posterior layer of the thoracodorsal fascia.

### Function

It plays a key role in coordinating the trunk with the limbs.

### Middle layer

It contains the rhomboideus major and minor muscles and the serratus posterior muscle. Distally, it passes into the posterior layer of the thoracolumbar fascia. It passes anteriorly in the fascia of the serratus anterior muscle and then in the clavipectoral fascia.

### Function

It forms a plane on which the superficial layer of muscles can slide against the deep layer. It also functionally connects the muscles involved in scapular stability.

### Deep layer

The erector spinae muscle, the transversus abdominis muscle and the obliquus abdominis internus muscle are located here. In the pelvic area, this myofascial layer passes into the urogenital diaphragm, the central attachment of the perineum and the levator ani muscle, the deep layers of the anococcygeal ligament and the presacral fascia.

### Function

It plays a key role for proper posture.

## Visceral fascia

It lies under the mesothelium of the serosa and together with it surrounds the viscera. Its beginning is at the base of the skull and ends in the area of the pelvic floor. It passes through the neck region into the chest region and forms the mediastinum. It then runs through the hiatus oesophagus and hiatus aortae into the abdominal cavity, where it continues again as the mediastinum. It continues into the pelvic floor, where it envelops the sagittally lying organs.

## References

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