



LOWER BACK

There are three different groups of muscles that help the spine to function. These are:

- Extensors – these enable standing and lifting (such as the Erector Spinae).
- Flexors – these allow flexion, bending forward, lifting and arching of the lower back.
- Obliques – these allow for rotation and help maintain proper posture.

LATISSIMUS DORSI

Although being a predominantly upper back muscle, it does play a synergistic role in extension and lateral flexion of the lumbar spine and is also assists in forced expiration and as an accessory muscle of inspiration.

ERECTOR SPINAE

These are a group of muscles that run the length of your spine and is sheathed by the thoracolumbar fascia.

SERRATUS POSTERIOR INFERIOR

Although this is predominantly a respiration muscle, it works to assist in rotation and extension of the torso and connects on the border between the thoracic and lumbar spine.

Lower back muscle pain is very common and so lower back strengthening should be in everyone's workout routine.