**MUSCLES OF ABDOMEN**

Muscles of the abdomen are divided into two groups;

* The antero-lateral group
* The posterior group

**The anterio-lateral group**

These muscles are 6 in number and includes:

* Obliques exterinus abdominis (external oblique)
* Obliques internus abdominis (internal oblique)
* Cremaster
* Transverse abdominis
* Rectus abdominis
* Pyramidalis

1. **Obliques externus abdominis**

**Nerve supply** – ventral ramae (anterior branch) of lower 6 thoracic nerves.

**Action**

* Keeps abdominal wall firm in order to hold abdominal viscera in place against pull of gravity.
* Compress abdominal viscera during expiration and expulsion actions.
* Rotate spine.

1. **Obliques internus abdominis**

**Nerve supply**. Ventral ramae (anterior branch) of lower 6 thoracic and 1st lumbar.

**Action.**

* Keeps abdominal wall firm in order to hold abdominal viscera in place against pull of gravity.
* Compress abdominal viscera during expiation and expulsion actions.
* Rotate spine.

1. **Cremaster**

**Nerve supply-** genito-femoral nerve L1,2

**Action –** pulls testes up towards the superficial inguinal ring.

**NB:** These muscleis present in mater.

1. **Transverse abdominis**

**Nerve supply:** Ventral ramae (anterior branch) of lower 6 thoracic and 1st lumbar.

**Action:** Keeps abdominal wall firm in order to hold abdominal viscera in place against pull of gravity.

1. **Rectus abdominis**

**Nerve supply:** Ventral ramae (anterior branch) of lower 6 or 7 thoracic nerves.

**Action:**

* Comprises abdominal viscera during expiration and expulsion actions.
* Holds abdominal viscera
* Flexes the spine

1. **Phyramidalis**

**Nerves supply:** Sub-costal nerve TIZ.

**Action**

* Holds abdominal viscera in place against pull of gravity.
* Compress abdominal viscera during expiration and expulsion e.g. defecation, urination, vomiting and delivery.

**The posterior muscles of the abdomen**

They include the following;

* psoas major
* psoas minor The three have been discussed with muscles of the iliac region in Certificate anatomy 1.
* iliacus
* Quadratus lumborum

**Quadratus lumborum**

This is a quadrilateral in shape muscle.

**Nerve supply:** Ventral ramae (anterior branch) of the 12 thoracic and upper 3 or 4 lumbar nerves. (T12, L1, 2,3 & 4)

**Action:** Helps in inspiration

* Flexes the spine
* Extends lumbar spine.