

Anatomy & Physiology: Muscles—Latissimus Dorsi.

STRUCTURE.

- Origin: spinous processes of T7-T12; lumbar vertebrae; iliac and sacral crests; thoracolumbar fascia; ribs 9-12.
- Insertion: inferior angle of scapula; intertubercular groove of humerus.

FUNCTION.

- Concentric action: shoulder extension, adduction, and internal/medial rotation; draws arm inferiorly and posteriorly; scapular depression.
- Reverse mover action: contralateral rotation of the pelvis and trunk at spinal joints. Ipsilateral elevation of pelvis at lumbosacral joint. Anterior tilt of pelvis. Trunk elevation.
- Eccentric action: shoulder flexion, abduction, external rotation and spinal flexion. Controls/restrains/slows lateral rotation, abduction, and flexion of arm. Controls/restrains/slows ipsilateral rotation, ipsilateral depression, posterior tilt of pelvis. Controls/restrains/slows ipsilateral rotation, flexion, and depression of trunk. Controls/restrains/slows scapula.
- Isometric action: stabilization of the lumbo-pelvic hip complex and shoulder. Stabilizes spinal joints.
- Innervation: thoracodorsal nerves.
- Arterial supply: thoracodorsal artery (branch of subscapular artery); dorsal branches of posterior intercostal arteries (branches of aorta).

CLINICAL SIGNIFICANCE.

References

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