Anatomy & Physiology: Muscles—Levator Ani.

STRUCTURE.

• Levator ani has two parts: pubococcygeus and iliococcygeus.

FUNCTION.

- Concentric action:
- Reverse mover action:
- Eccentric action:
- Isometric action:
- Innervation:
- Arterial supply:

CLINICAL SIGNIFICANCE.

References

Biel, A. (2015). Trail guide to the body: A hands-on guide to locating muscles, bones and more.

Cedars-Sinai. (2018). Vertebrae of the spine. Retrieved from https://www.cedars-sinai.org/health-library/diseases-and-conditions/v/vertebrae-of-the-spine.html

Clark, M., Lucett, S., Sutton, B. G., & National Academy of Sports Medicine. (2014). *NASM essentials of corrective exercise training*. Burlington, MA: Jones & Bartlett Learning.

Jenkins, G., & Tortora, G. J. (2012). *Anatomy and Physiology: From Science to Life, 3rd Edition International Stu*. John Wiley & Sons.

Muscolino, J. E. (2017). The muscular system manual: The skeletal muscles of the human body.