

Anatomy & Physiology: Muscles—Psoas Minor.

STRUCTURE.

- Origin: bodies of T12 and L1 and intervening intervertebral disc.
- Insertion: fascia covering psoas major and iliacus.

FUNCTION.

- Concentric action: accelerates hip flexion and external/lateral rotation; extends and rotates lumbar spine.
- Reverse mover action: pelvis posterior tilt, lower trunk flexion, ipsilateral pelvic elevation.
- Eccentric action: controls/restrains/decelerates hip extension and internal rotation.
- Isometric action: stabilization of lumbo-pelvic hip complex.
- Innervation: spinal nerve branches of L2-L3.
- Arterial supply: lumbar arteries, arteria lumbalis ima of median sacral artery, lumbar part of iliolumbar artery, common iliac artery.

CLINICAL SIGNIFICANCE.

References

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