

## Anatomy & Physiology: Muscles—Transverse Abdominis.

### STRUCTURE.

- Origin: iliac crest, inguinal ligament, lumbar fascia, and cartilages of ribs 5-10.
- Insertion: xiphoid process, linea alba, and pubis.

### FUNCTION.

- Concentric action: increase intra-abdominal pressure; support abdominal viscera.
- Reverse mover action: increase intra-abdominal pressure; support abdominal viscera.
- Eccentric action: controls/restrains/slows abdominalpelvic cavity expansion.
- Isometric action: stabilization of lumbo-pelvic hip complex (synergistically with internal oblique, multifidus, and deep erector spinae).
- Innervation: thoracic spinal nerves T8-T12 iliohypogastric nerve, ilioinguinal nerve.
- Arterial supply: subcostal and posterior intercostal arteries, deep circumflex iliac artery, inferior epigastric artery.

CLINICAL SIGNIFICANCE.

## References

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