

Interspinales muscles are short, insignificant paired muscles situated either side of the interspinous ligament, attaching to the apices of adjacent spinous processes. They are best developed in the cervical and lumbar regions where they consist of six pairs (C2/C3 to C7/T1) and four pairs (L1/L2 to L4/L5). In the thoracic region they occur between T1/T2, T2/T3 and T11/T12.