

**Longissimus thoracis** is the largest of the continuations of erector spinae, and blends in the lumbar region with iliocostalis lumborum.

#### **Proximal Attachment**

Some fibers attach to the whole length of the posterior surfaces of the transverse processes and accessory processes of L1 to L5 and to the middle layer of the thoracolumbar fascia.

#### **Distal attachment**

The muscle runs superiorly to attach to the apices of the transverse processes of T1 to T12 and the fourth to twelfth ribs between the tubercle and angle.

#### **Nerve Supply**

**Longissimus thoracis** is supplied by the dorsal rami of T1 to L5.

#### **Action**

When working individually longissimus thoracis laterally flexes and slightly extends the thoracic spine. When both sides are working they **extend the thoracic spine**.