

The anterior intertransverse muscles are small muscles, best developed in the cervical and lumbar regions.

In the cervical region they pass between adjacent costal lamellae anterior to the foramen transversarium from C1/C2 to C7/T1; in the thoracic region anterior and posterior blend and pass between adjacent transverse processes from T10 to L1 and in the lumbar region between adjacent transverse processes from L1 to L5.

In the cervical region they are separated from the posterior intertransverse muscles by the ventral rami of the spinal nerves.

Nerve Supply

They are supplied by ventral rami of adjacent spinal nerves.

Action

They produce lateral flexion to the same side in the cervical and lumbar regions, however their main function is to act as extensible ligaments stabilizing adjacent vertebrae during movement.