

## THE ANATOMY OF THE MUSCLES OF THE SOLAR PLEXUS

Review this PDF, paying special attention to the bolded references. Refer to the Anatomy Coloring Book pages listed below and color in the bolded bones. If you have an older or revised addition the pages may be different.

Place a ball in your belly to the side of your navel. This is your **psoas muscle** (pg. 48). Roll up to your floating ribs and breathe feeling this psoas go inside the ribs and attach anteriorly to **T-11, T-12** (pg. 48). Move along the floating ribs and breath deeply in and out of the belly. The **diaphragm**, referred to as the thoracic diaphragm (pg. 48) is moving the belly contents down as you inhale and back in and up as you exhale. The belly contents are: spleen, gallbladder, stomach, small intestine, colon and kidneys.

Remove the ball and lie on your back breathing. We'll have to imagine the next groups of muscles as they are deep into the spine. Take your arms out even with your shoulders and knees into the chest. On an exhale take your knees into the right arm pit. Imagine your **transversospinalis muscles** (pg. 47) rotating. These muscles of which there are three subdivisions are **semispinalis, multifidus and rotatores**, assist in extension, side bending or rotation. They run medially from the **transverse process to spinous process**.

Sitting up in an easy cross legged position, lean to the right side and take your left arm overhead. Turn the navel toward the ceiling. Imagine deep in the spine. We find the **intertransversarii muscles** (pg. 47), they connect one transverse process to the next. Their action is side bending.

Come onto your belly, hands near your face, exhale and lift the chest. Imagine deep into your spine the **interspinalis muscles** (pg. 47), that connect adjacent spinous processes. Their action is extension. Come back to sitting. Place your hands around your waist and cough. The muscles that pull your belly in and increases lordosis of the lumbar spine is the deepest abdominal muscle, the **transversus abdominis** (pg. 49).

Sit back keeping the knees bent, extend your arms forward. In this movement of contraction of the belly and flexion of the trunk we find the **internal obliques** (pg.49). It also assists in side bending. We also find the **external obliques** (pg. 49) which is external to the two muscles described above.

Lie on your back with a Noodle Ball even with the V of your ribs. This is the **latissimus dorsi muscle** (pg 54). Bring your knees into your chest and rock to each side, these are your **intercostal muscles** (pg. 47) between the ribs.