Muscles of the Back: Superficial to Deep- How it is Organized?

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The human body is a complex structure that is composed of a number of components. These components include a skeleton, bones, muscles, and organs. The basic building block of any living organism is a cell. Multiple cells that perform the same function come together to form a tissue, and a number of tissues that perform similar functions are accumulated together to form an organ. One of the prominent examples of organs is muscles. Muscles are the collection of soft tissues that are found in almost every animal. This collection of tissues are made up of protein and protein filaments of actin and myosin. These filaments slide past each other, which results in a contraction and changes the length and shape of the cell (Wagner, 2014). Muscles are the main parts or the components of the body that help in the production of force and motion.

If looked at a human body, it is completely made up of muscles. Mainly there are three types of muscles in a human body: cardiac, smooth, and skeletal. One of the major portions of a human body is the back. Just like the rest of the body, the back is also covered with muscles. These muscles are developed in the very early stages of human development when they are still in their mother's womb. This stage is known as an embryo or fetus. The muscles at the backside of the human body can be divided into three categories; superficial, intermediate, and deep ground (Bogduk, Macintosh, & Pearcy, 2016). The muscles that help in the support and movement of the upper limb are a superficial group. The intermediate group of muscles might perform respiratory action and are usually attached to the ribs. The third group of the back muscles, deep group, assist in the movements of the vertebral column and head. These are also called intrinsic muscles as they develop deep in the back.

**Refrences**

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