

Exercise Therapy

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Stabilizer

Definition: These muscles stabilize the bones of origin of the agonists and increases their efficiency for production of movement.

Examples of Stabilizer muscles as follows:

Iliopsoas: Iliacus stabilizes the pelvis and hip joints and thus indirectly influences spinal posture. Psoas assists in stabilizing the lumbar spine in the frontal plane, especially when a heavy load is applied to the contralateral side.

Multifidi muscle group: Multifidus, along with the erector spinae contraction increases tension on the fascia, adding to the stabilizing function of the fascia.

Quadratus lumborum: The quadratus lumborum has been identified as an important stabilizer of the spine in the frontal and transverse planes.

Biceps brachii: The long head assists the rotator cuff muscles by acting as an additional dynamic stabilizer of the GH joint by approximating the humeral head against the glenoid fossa and by depressing the head of the humerus as the arm elevates and the scapula upwardly rotates.

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