

# TRANSVERSUS ABDOMINIS

Transversus Abdominis is a deep abdominal muscle that wraps around the torso like a corset. It helps stabilize the spine and pelvis and supports the organs.

It is often referred to as the body's natural weight belt.



## ANATOMY

### [Origin]

- Internal surfaces of 7th-12th costal cartilages
- Thoracolumbar fascia, iliac crest
- Connective tissue deep to lateral 1/3 of Inguinal ligament

### [Insertion]

- Linea alba with aponeurosis of internal oblique
- Pubic crest
- Pecten pubis via conjoint tendon

### [Action]

- Compresses and supports abdominal viscera



## CLINICAL RELEVANCE

### Transversus Abdominis Weakness

The transverse abdominis is a crucial core muscle located deep in the abdomen. Insufficient activation or inhibition of this muscle can lead to lower back pain and instability in the lumbar region.

Weakness in the transverse abdominis can be identified by toned abs above the navel, but a bulging appearance below it.

Individuals with weak transverse abdominis may struggle to hold in their stomach after eating or when experiencing gas, and may experience fatigue in the lower back after prolonged standing or walking.

## EVIDENCE BASED EXERCISES

According to an EMG study, the exercises that demonstrated significant muscle contractions of Transversus Abdominis are;

- Bird Dog
- Planks
- TRX: Suspension Exercises

**Bird Dog**



**Planks**



**TRX**



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