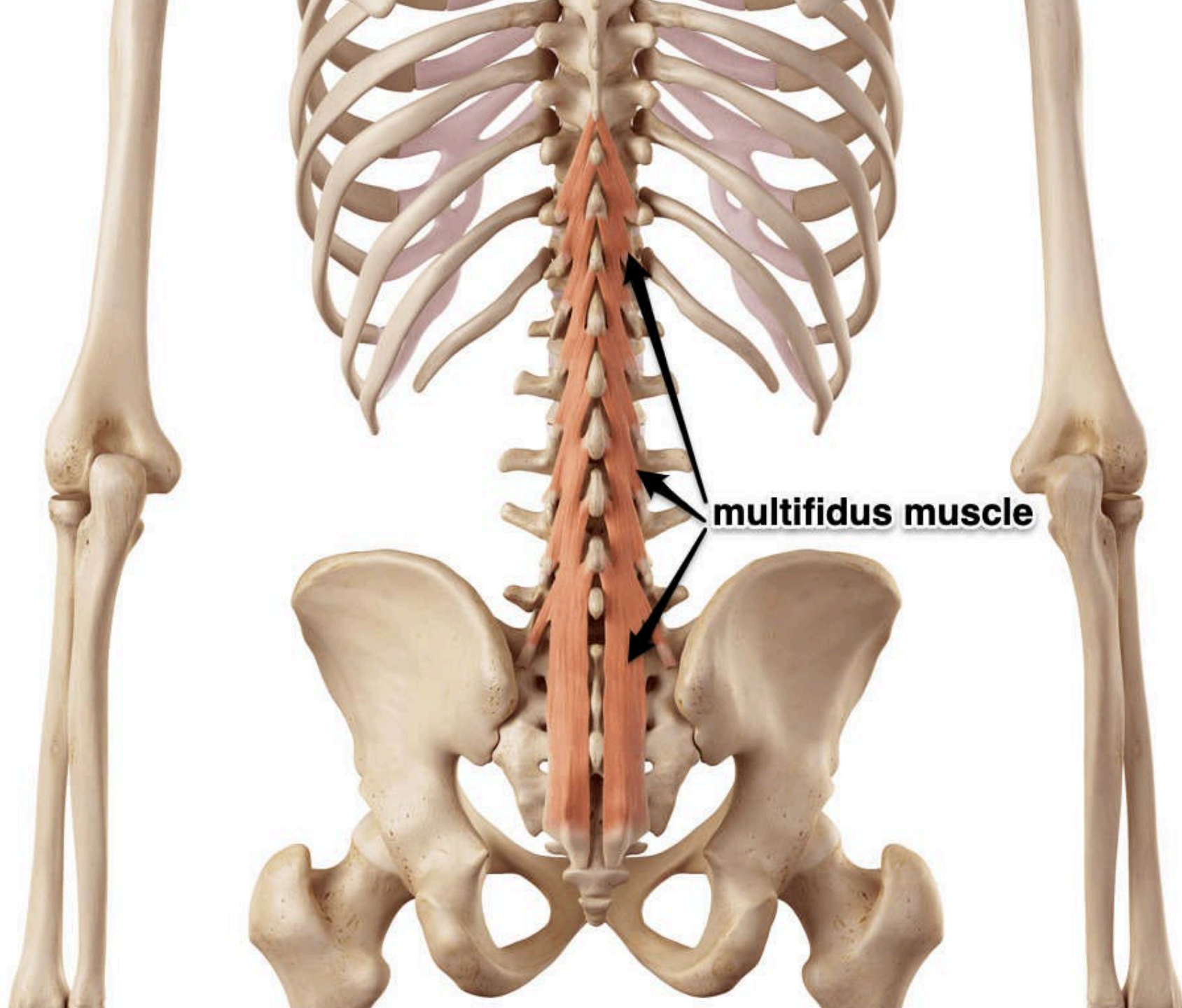


Touch point TV

An anatomical illustration of the human torso, showing the ribcage, spine, and pelvis. The multifidus muscle is highlighted in a bright red color, running vertically along the spine. The rest of the body is shown in a light blue, semi-transparent style.

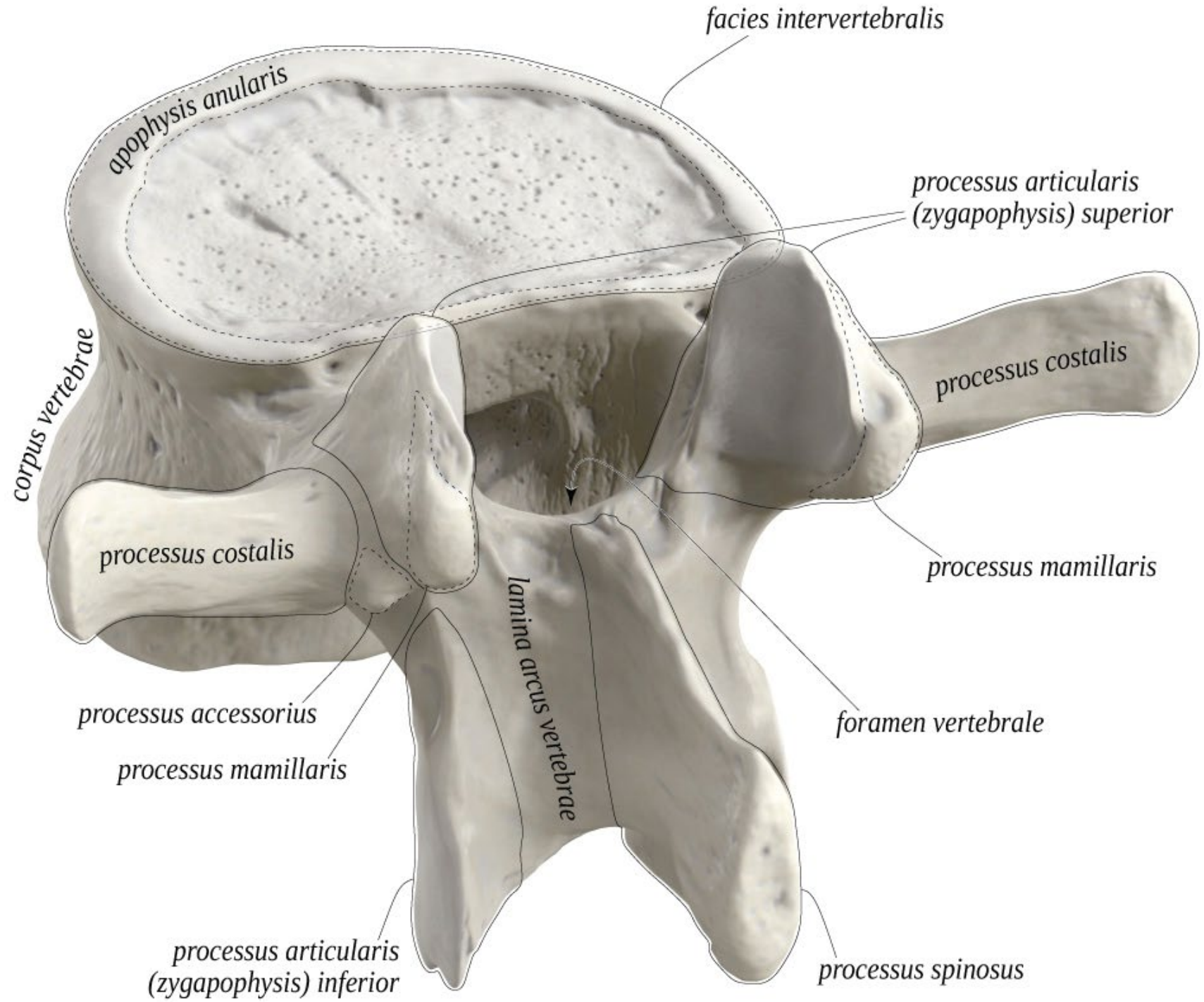
To the Point: Multifidus

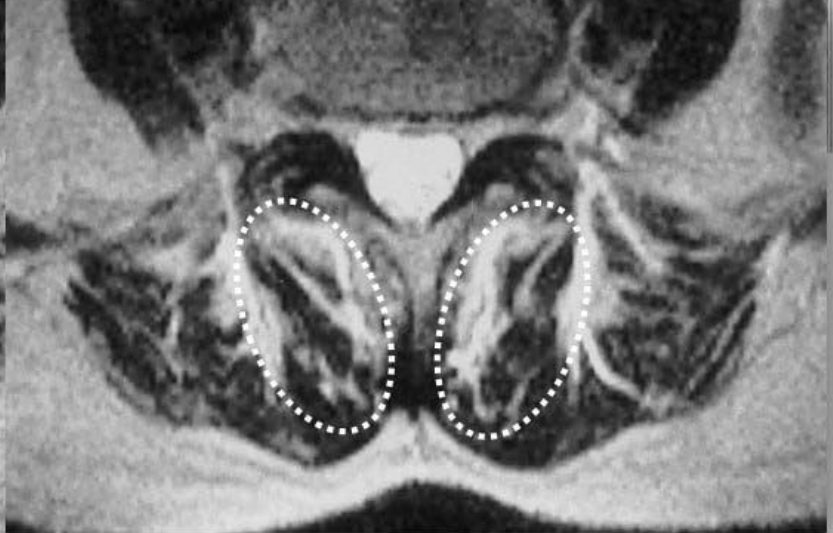
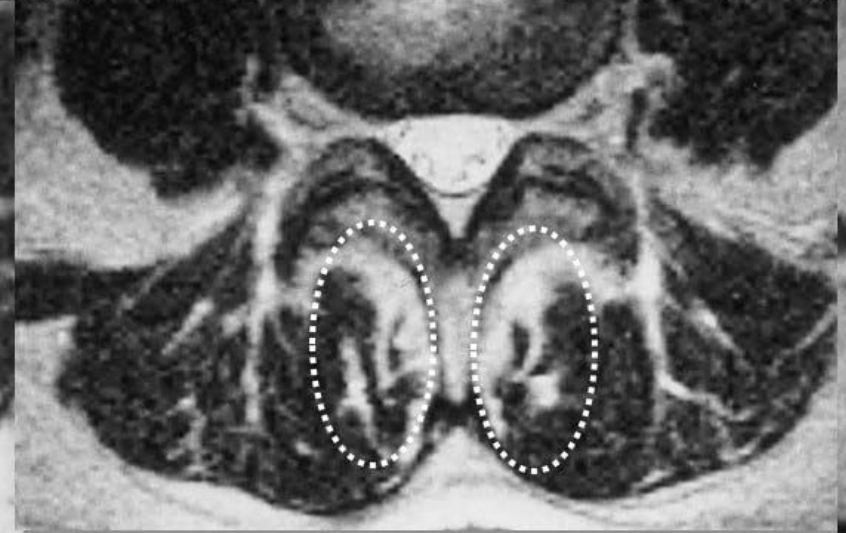
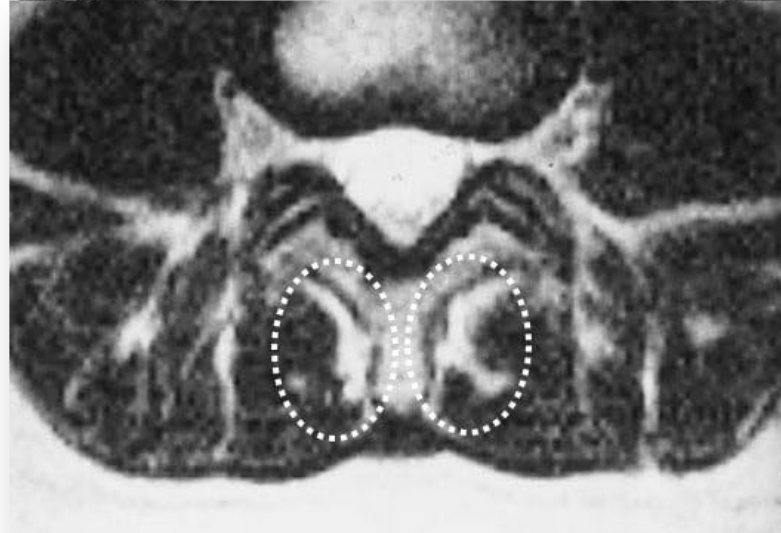
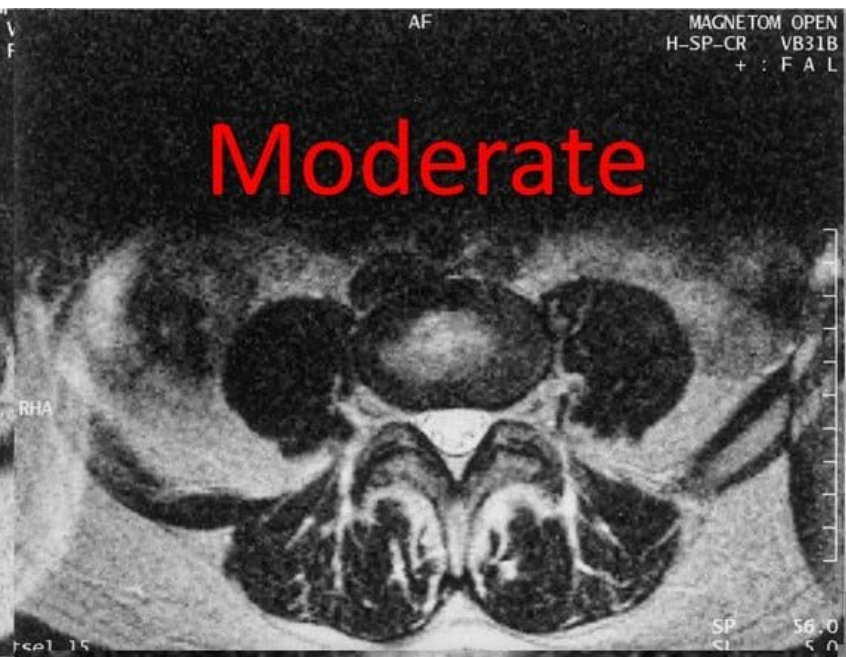
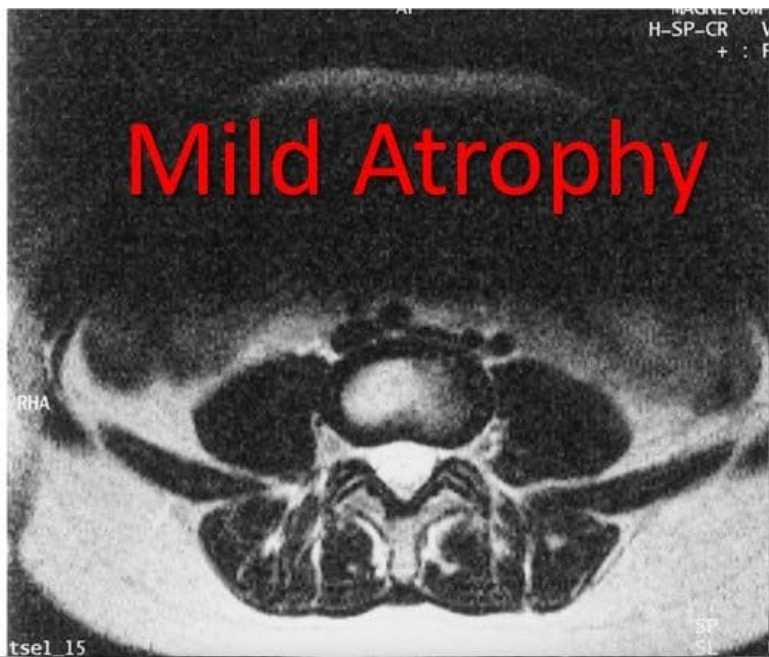


multifidus muscle

Multifidus activation





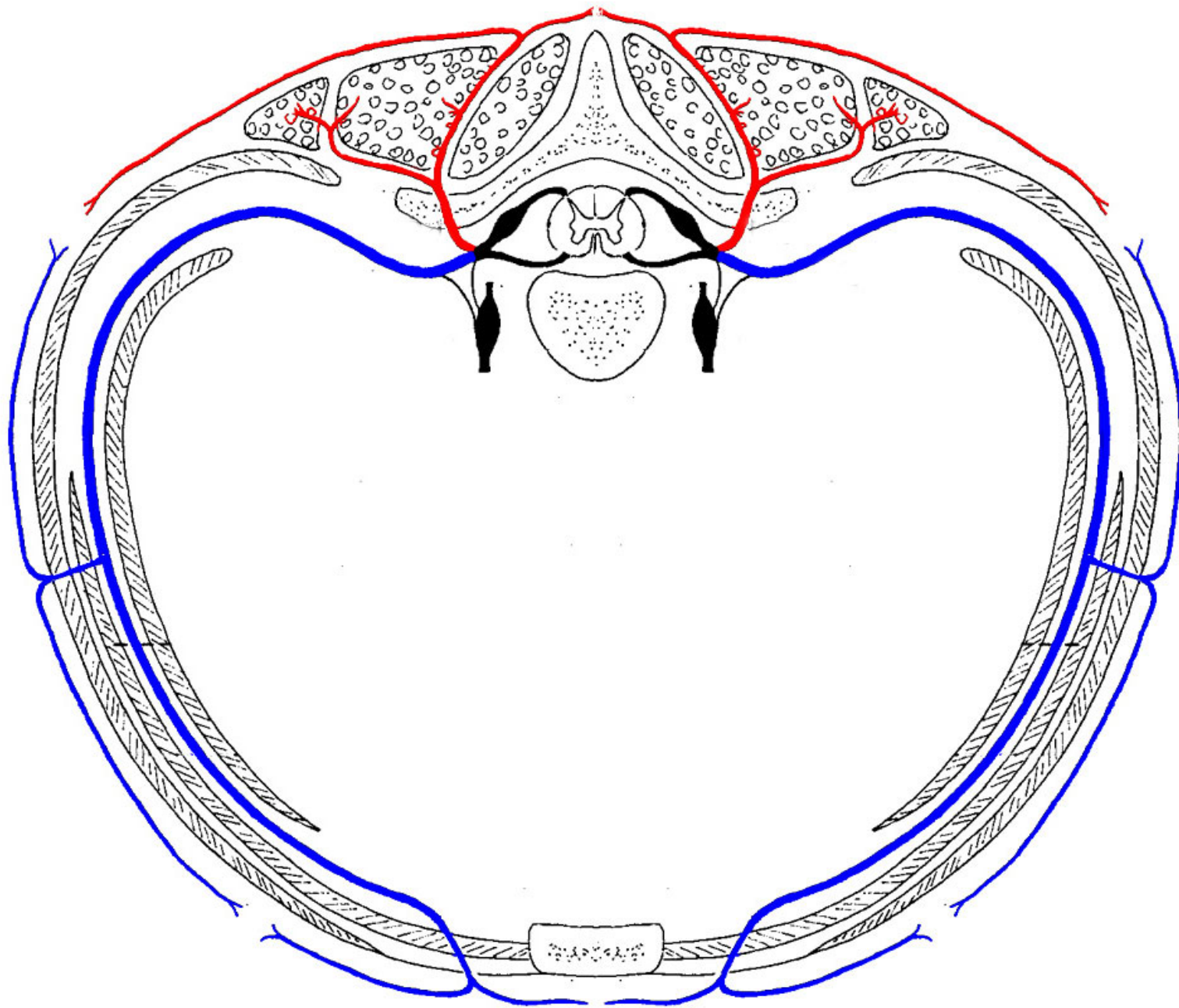




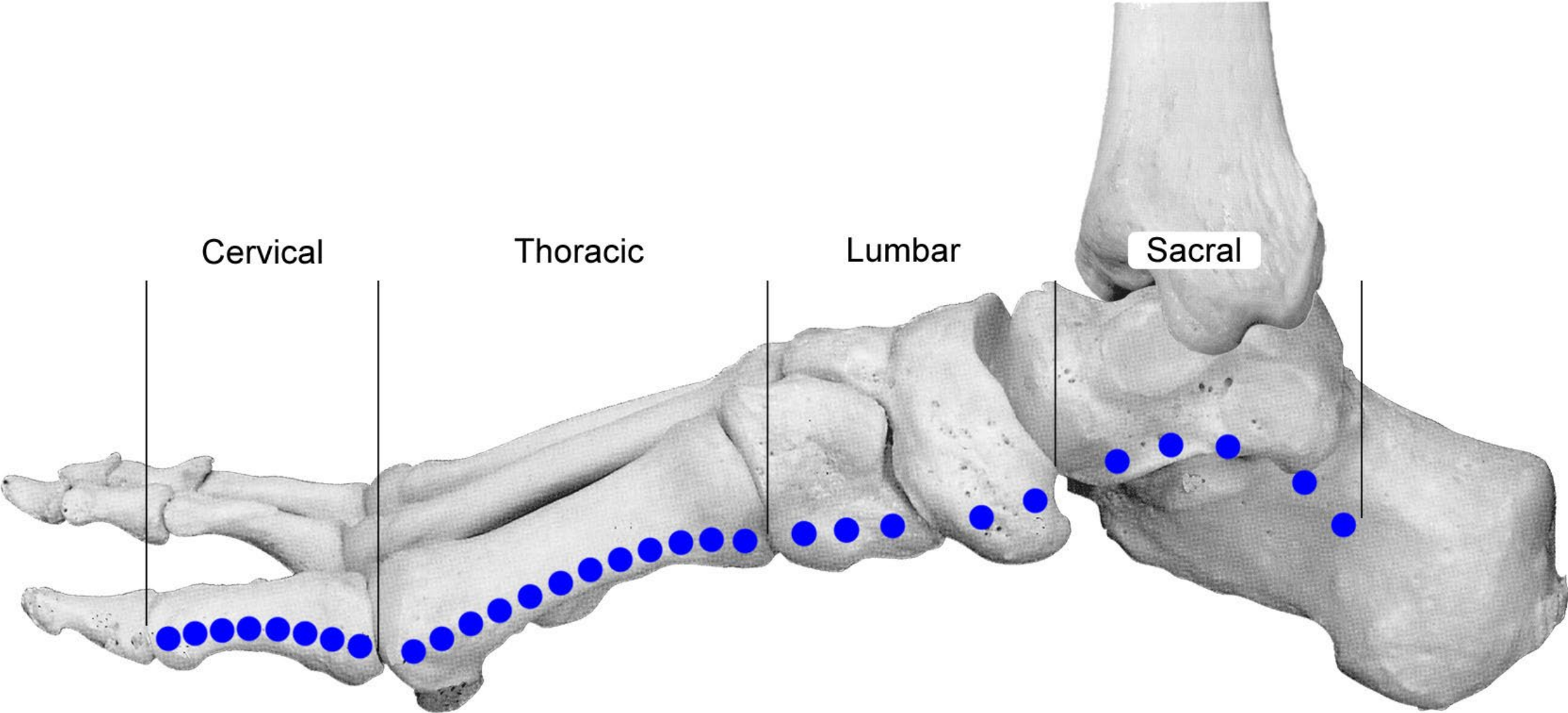
Symptoms

- Instability
- Postural changes
- Overactivity in other muscles
- Unspecific pain
- Affection of discs or facet joints

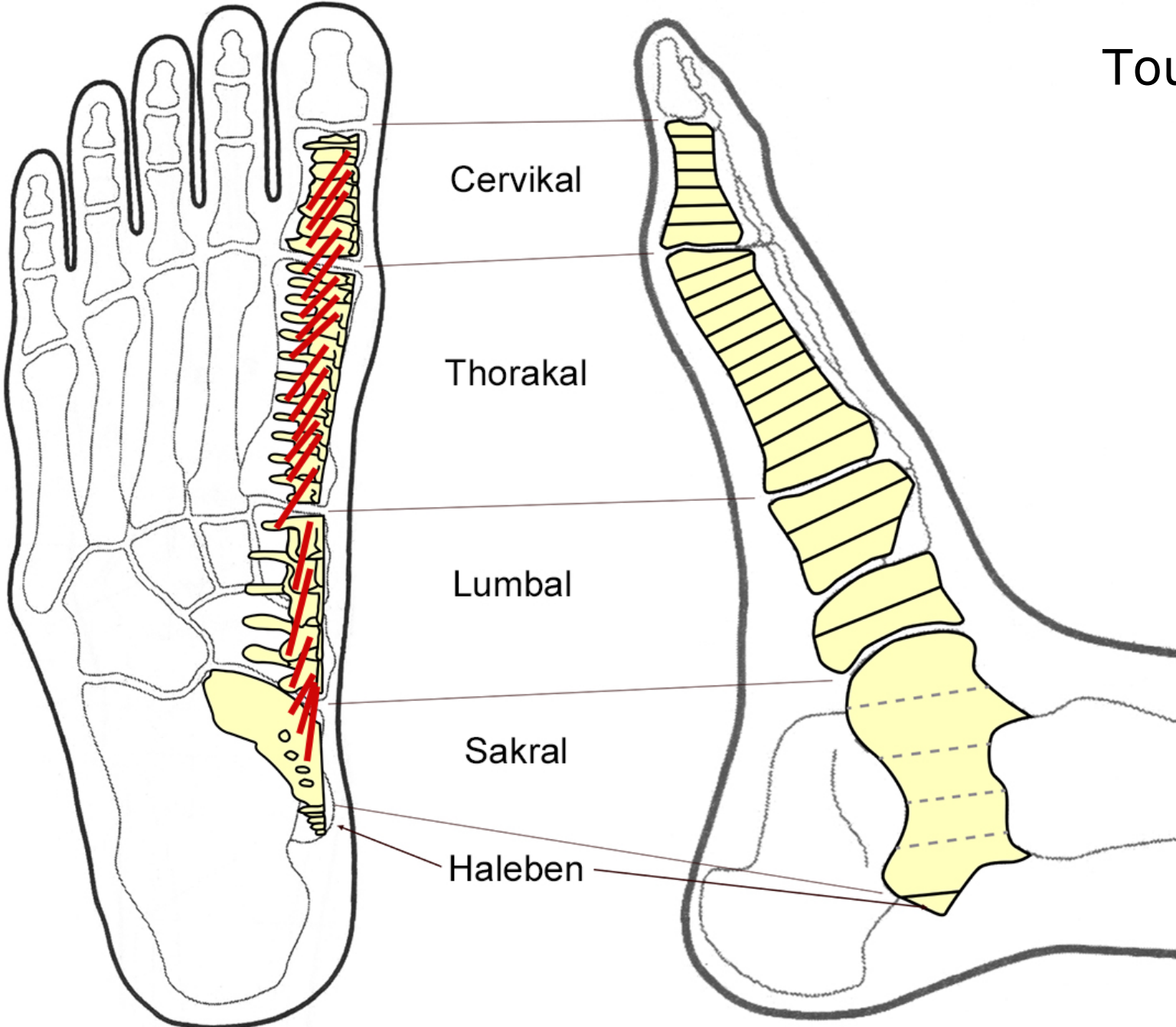
Spinal nerves



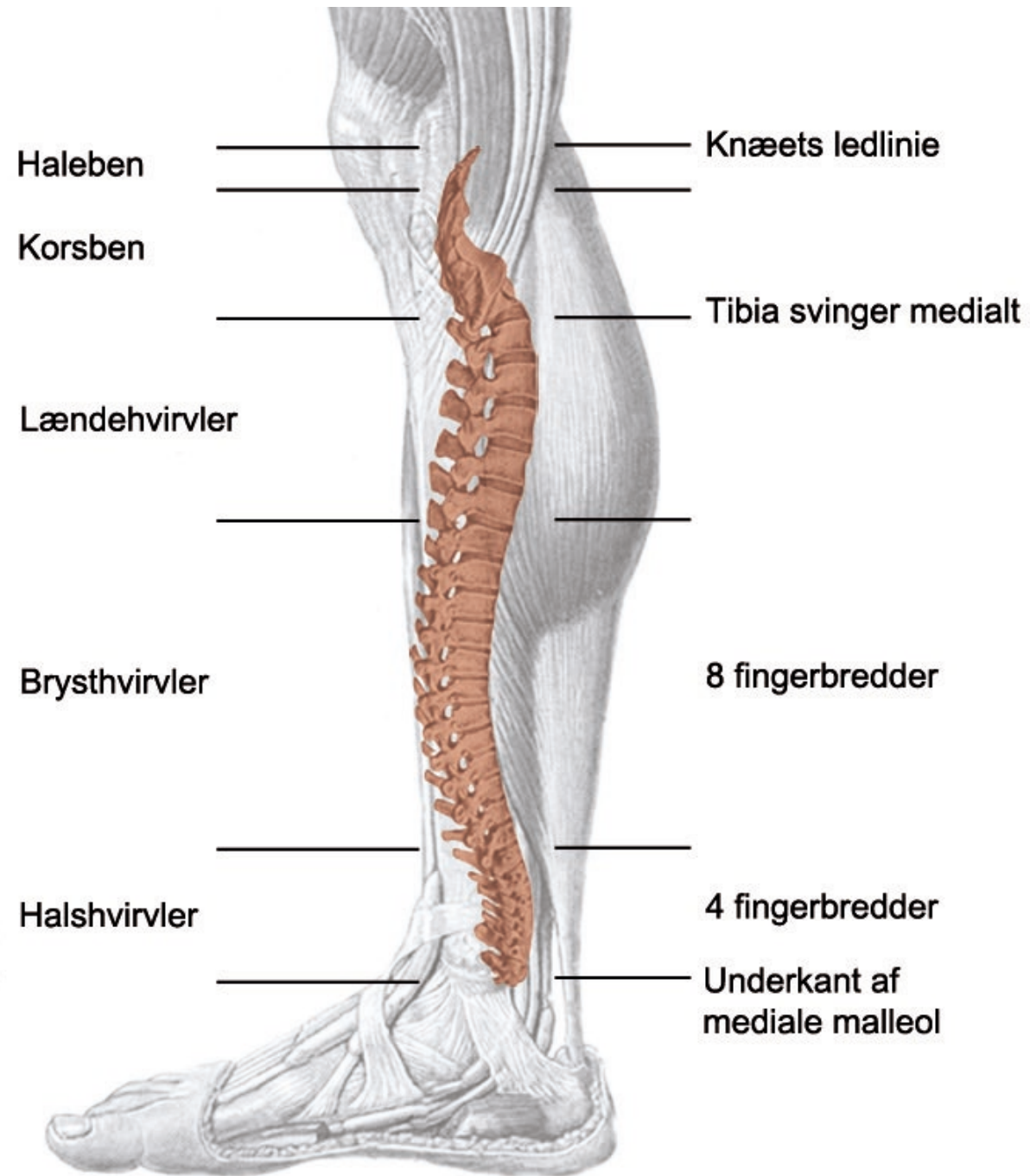
Nerve reflex points – Spinal nerves



Touchpoint spine reflex with multifidus









Spine reflex on lower leg (after Karl-Axel Lind)



[Show citation](#)

Research Progress on the Mechanism of Lumbar multifidus Injury and Degeneration

Xianzheng Wang ¹, Rui Jia ², Jiaqi Li,¹ Yibo Zhu,³ Huanan Liu ¹, Weijian Wang ¹,
¹ Yapeng Sun,¹ Fei Zhang,¹ Lei Guo,¹ and **Wei Zhang**  ¹

[Show more](#)

Academic Editor: Daniele Vergara

Received	Revised	Accepted	Published
06 Oct 2020	26 Jan 2021	09 Feb 2021	27 Feb 2021

Abstract

This review summarizes recent research progress in the clinical features, image manifestations, and pathological mechanism of multifidus injury. After a brief introduction to the fiber classification, innervation, blood supply, and multifidus function, some factors of multifidus injury, consisting of denervation, intraoperative incision selection and traction, and lumbar degenerative disease are overviewed. In addition, the clinical index of multifidus injury including myoglobin, creatine kinase, IL-6, C-reactive protein, the cross-sectional area of multifidus, the degree of fat infiltration, and intraoperative biopsy are summarized. Furthermore, we recommend that patients with chronic low back pain should take the long-term exercise of lumbodorsal muscles. Finally, some remaining issues, including external fixation and the imaging quantitative evaluation criteria of multifidus, need to be further explored in the future.

Overview article

www.hindawi.com/journals/omcl/2021/6629037