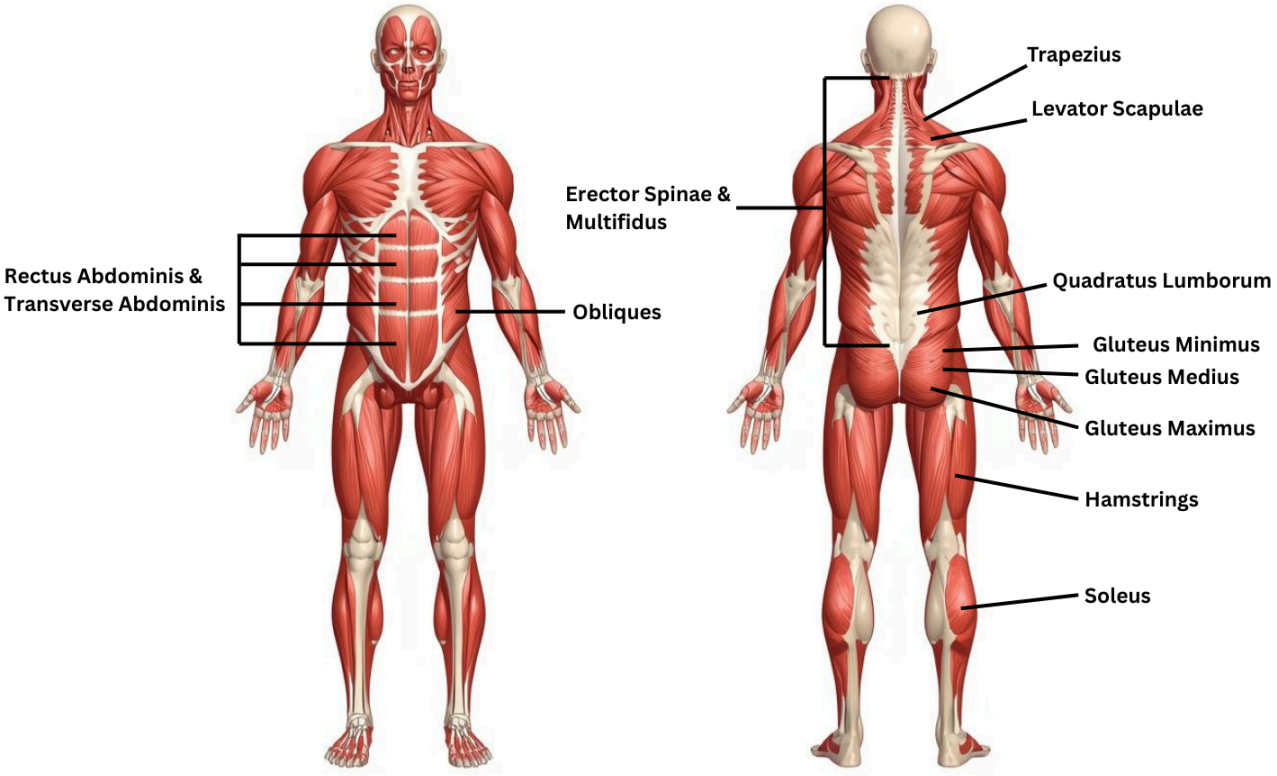
Postural Muscles and Their Nerve Innervations

Postural muscles work continuously to support the body against gravity, maintaining balance, alignment, and spinal stability. They play a vital role in efficient movement and nervous system communication by constantly informing the brain about posture and position.

When postural muscles are weak or imbalanced, the body compensates with altered posture, increased strain, and reduced efficiency. Healthy postural muscle function supports long-term spinal health, movement quality, and overall resilience.

Muscles do not move without nerve impulses - Chiropractic adjustments restore nerve communication.

Muscle	Nerve Innervation
Trapezius	Spinal accessory nerve (CN XI), C3–C4
Levator Scapulae	Dorsal scapular nerve (C5), C3–C4
Erector Spinae	Posterior rami of spinal nerves
Multifidus	Posterior rami of spinal nerves
Quadratus Lumborum (QL)	T12 and L1-L4 nerve roots
Rectus Abdominis	T7–T12
Obliques	T7–L1
Transversus Abdominis	T7–L1
Gluteus Maximus	Inferior gluteal nerve (L5–S2)
Gluteus Medius/Minimus	Superior gluteal nerve (L4–S1)
Hamstrings	Sciatic nerve (L5–S2)
Soleus	Tibial nerve (S1–S2)


Rectus Abdominis &
Transverse Abdominis
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Trapezius
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Gluteus Medius
Gluteus Maximus
Hamstrings
Soleus