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TABLE 1  
Erector spinae muscle fibre type characteristics in thoracic and lumbar regions of the erector spinae of healthy subjects with no history of low back pain<sup>a</sup>

Parameter	Men		Women	
<i>Thoracic</i>				
% type I	62.0	(9.3)	67.8	(10.5)
% type IIA	26.8	(8.2)	27.3	(10.8)
% type IIX	10.9	(6.3) <sup>b</sup>	4.6	(4.7)
% type IIC	0.3	(0.5)	0.3	(0.5)
% type I area	61.9	(9.5) <sup>b</sup>	76.0	(9.3)
% type IIA area	27.7	(8.9) <sup>b</sup>	21.0	(10.1)
% type IIX area	10.1	(5.7) <sup>b</sup>	2.8	(2.9) <sup>c</sup>
% type IIC area	0.3	(0.5)	0.2	(0.5)
CSA type I ( $\mu\text{m}^2$ )	6314	(1245) <sup>b,c</sup>	4846	(1149) <sup>c</sup>
CSA type IIA ( $\mu\text{m}^2$ )	6707	(2531) <sup>b,c</sup>	3343	(1081) <sup>c,d</sup>
CSA type IIX ( $\mu\text{m}^2$ )	6032	(2574) <sup>b,c</sup>	2981	(930) <sup>c,d</sup>
MFA ( $\mu\text{m}^2$ )	6241	(1738) <sup>b,c</sup>	4265	(1011) <sup>c</sup>
CSA ratio I/II	1.013	(0.178) <sup>b</sup>	1.572	(0.436)
<i>Lumbar</i>				
% type I	65.0	(10.3)	63.6	(11.9)
% type IIA	24.2	(6.7)	26.9	(7.5)
% type IIX	9.6	(6.9)	9.0	(6.3)
% type IIC	1.2	(2.9)	0.5	(0.9)
% type I area	66.4	(9.2) <sup>b</sup>	72.8	(9.3)
% type IIA area	23.9	(5.8) <sup>b</sup>	20.7	(6.9)
% type IIX area	8.8	(6.9)	6.2	(4.0)
% type IIC area	0.9	(2.7)	0.3	(0.7)
CSA type I ( $\mu\text{m}^2$ )	5058	(1349) <sup>b</sup>	3809	(664)
CSA type IIA ( $\mu\text{m}^2$ )	4941	(1371) <sup>b</sup>	2560	(676) <sup>c</sup>
CSA type IIX ( $\mu\text{m}^2$ )	4703	(1703) <sup>b</sup>	2374	(723) <sup>c</sup>
MFA ( $\mu\text{m}^2$ )	4897	(1251) <sup>b</sup>	3251	(694)
CSA ratio I/II	1.085	(0.225) <sup>b</sup>	1.641	(0.522)

<sup>a</sup> Values are mean (SD). CSA=cross-sectional area,  $\mu\text{m}^2$ ; MFA=mean fibre (cross-sectional) area,  $\mu\text{m}^2$  (weighted with respect to fibre type proportions); % type I=relative distribution of type I fibres; % type I area=area of the muscle occupied by type I fibres.

<sup>b</sup>  $p < 0.05$  significantly different from the corresponding value in women.

<sup>c</sup>  $p < 0.05$  significantly different from the corresponding value in the lumbar region.

<sup>d</sup>  $p < 0.05$  significantly different from the corresponding value for the type IIA fibre.

<sup>e</sup>  $p < 0.05$  significantly different from the corresponding value for the type I fibre.