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The **Pyramidalis** is a small muscle, triangular in shape, placed at the lower part of the abdomen, in front of the Rectus, and contained in the same sheath with that muscle. It arises by tendinous fibres from the front of the os pubis and the anterior pubic ligament; the fleshy portion of the muscle passes upward, diminishing in size as it ascends, and terminates by a pointed extremity, which is inserted into the linea alba, midway between the umbilicus and the os pubis. This muscle is sometimes found wanting on one or both sides; the lower end of the Rectus then becomes proportionately increased in size. Occasionally it has been found double on one side, or the muscles of the two sides are of unequal size. Sometimes its length exceeds what is stated above.

Besides the Rectus and Pyramidalis muscles, the sheath of the Rectus contains the superior and deep epigastric arteries, the terminations of the lumbar arteries and of the lower intercostals arteries and nerves.

**Gray's Anatomy of the Human Body**

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Within the sheath is found pyramidalis, when present. This small muscle, supplied by the subcostal nerve (T12), lies anterior to rectus abdominis, arising from the pubic crest and inserting into the linea alba. It tenses the linea alba, presumably to help provide a stable attachment from which the abdominal muscles can work, particularly when the trunk is flexed.

In the latter stages of pregnancy, the linea alba stretches to increase the distance between the two rectus abdominis muscles, a condition called *divarication (or diastasis) recti*. A separation of five or more centimeters can occur, but postpartum this returns to normal providing undue strains are avoided.

**Anatomy & Human Movement: Structure & Function**

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