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YMCA Awards

Level 3 Applied anatomy and physiology

2018

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Muscles of the pelvic girdle and hip joint

Iliacus

Origin
Inside surface of ilium
Insertion
Top of femur (shares tendon with psoas major)
Joint crossed
Hip
Joint action
Flexes the hip

Psoas major

Origin
Transverse processes and intervertebral discs of all lumbar vertebrae and T12
Insertion
Top of femur (shares tendon with iliacus)
Joints crossed
Hip and intervertebral joints of lumbar vertebrae
Joint action
Flexes the hip (origin fixed)
Pulls the trunk towards the legs – sit up action (insertion fixed)
Unilaterally: assists in lateral flexion of the trunk
Stabilises lumbar spine

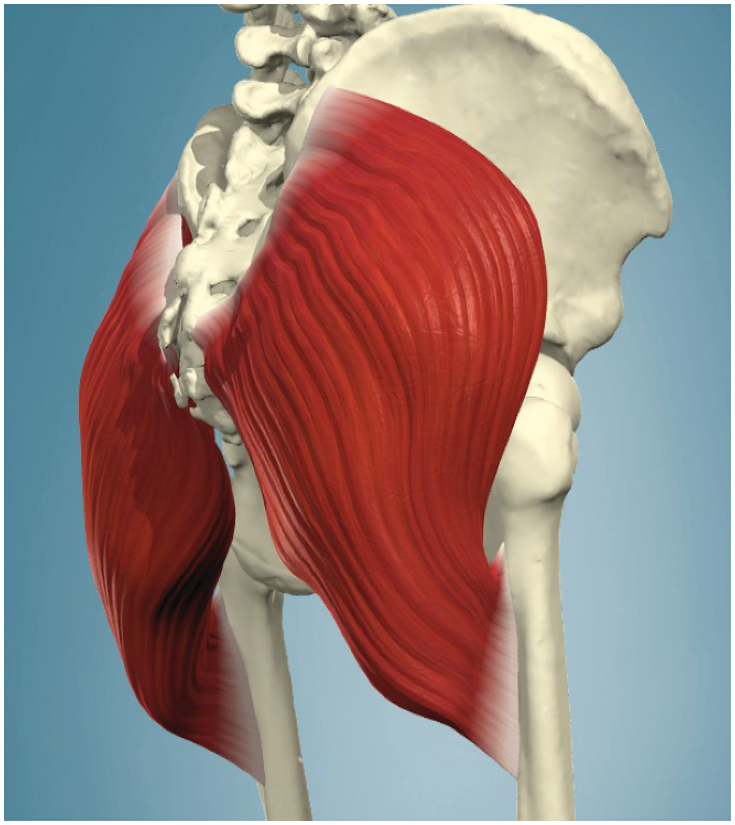
Sartorius

Origin
Anterior and laterally on the iliac crest
Insertion
Tibia (medially)
Joint crossed
Hip and knee
Joint action
Flexion and lateral rotation of the hip
Flexion of the knee

Tensor Fascia Latae

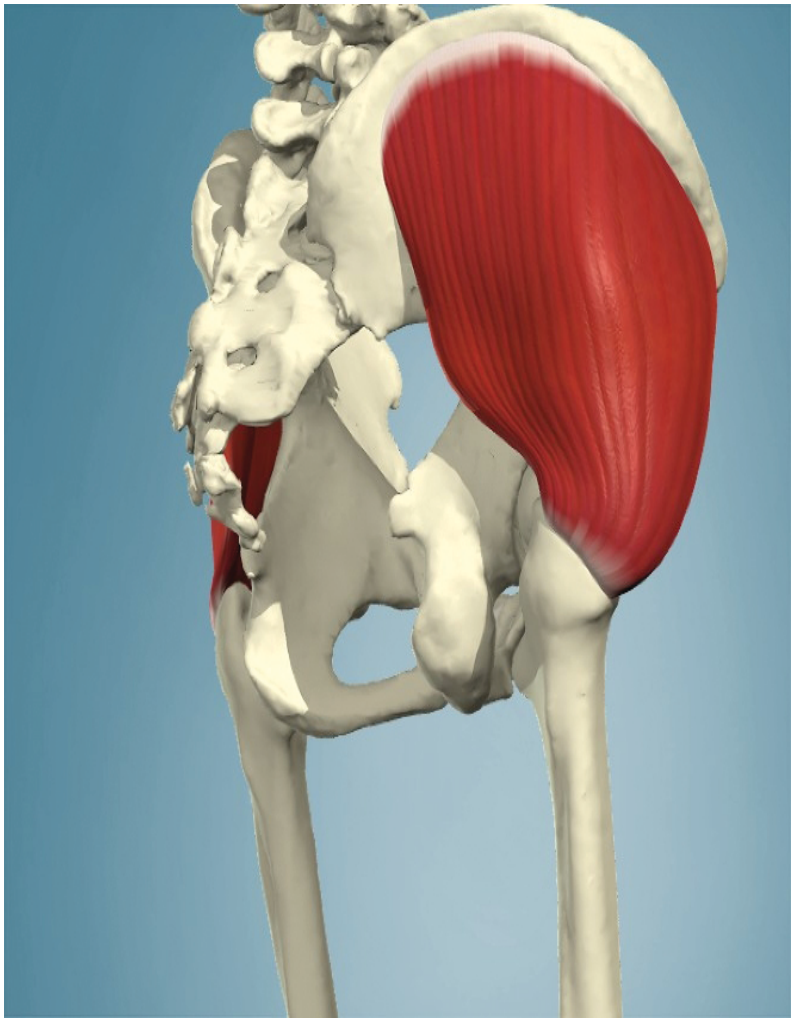
Origin
Crest of ilium
Insertion
Iliotibial tract/band
Joint crossed
Hip and knee (via iliotibial tract/band)
Joint action
Flexes the hip
Abducts the hip
Medially rotates the hip

Gluteus maximus



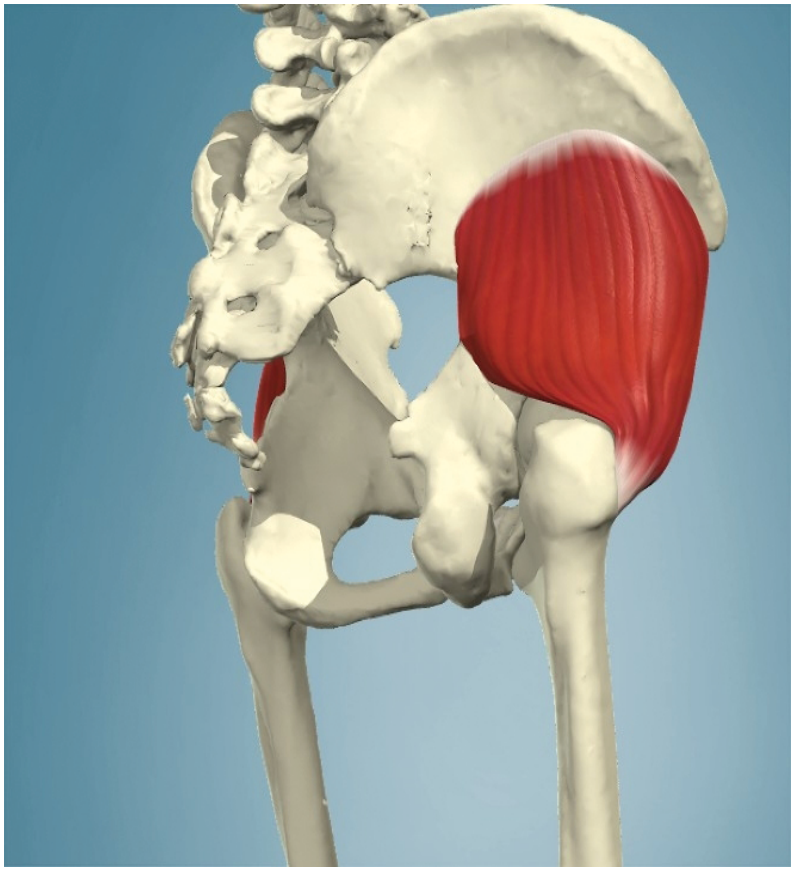
Origin
Base of the spine (sacrum and coccyx) and back of the ilium
Insertion
Iliotibial tract/band and femur
Joint(s) crossed
Hip
Joint action
Extends and laterally rotates hip

Gluteus medius



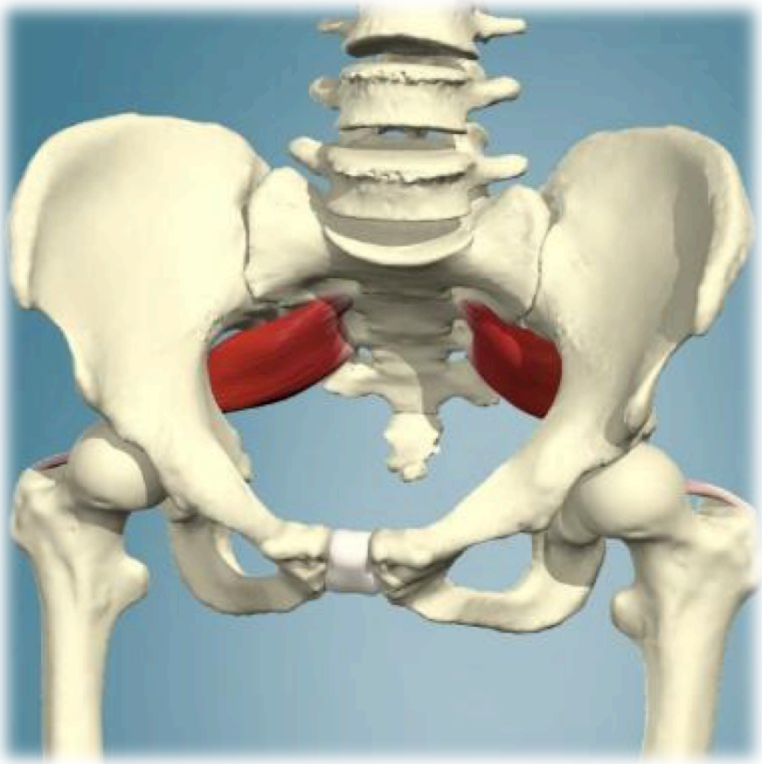
Origin
Outer surface of the ilium
Insertion
Laterally on the top of the femur
Joint crossed
Hip
Joint action
Abducts the hip
Assists in turning the thigh inwards (medial rotation)
Posterior fibres laterally rotates the hip when hip is flexed
Important in hip stabilisation during the support phase in walking/running, preventing the pelvis dipping and the knees rolling in

Gluteus minimus



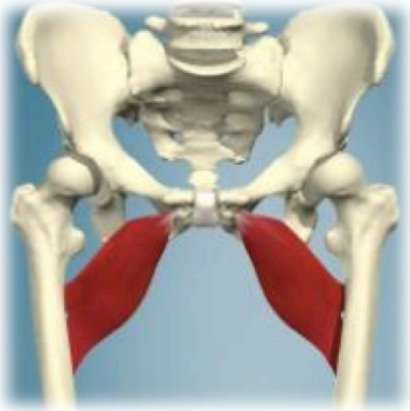
Origin
Outer surface of the ilium
Insertion
Laterally on the top of the femur
Joint crossed
Hip
Joint action
Abducts the hip
Assists in turning the thigh inwards (medial rotation)
Posterior fibres laterally rotates the hip when hip is flexed
Important in hip stabilisation during the support phase in walking/running, preventing the pelvis dipping and the knees rolling in

Piriformis



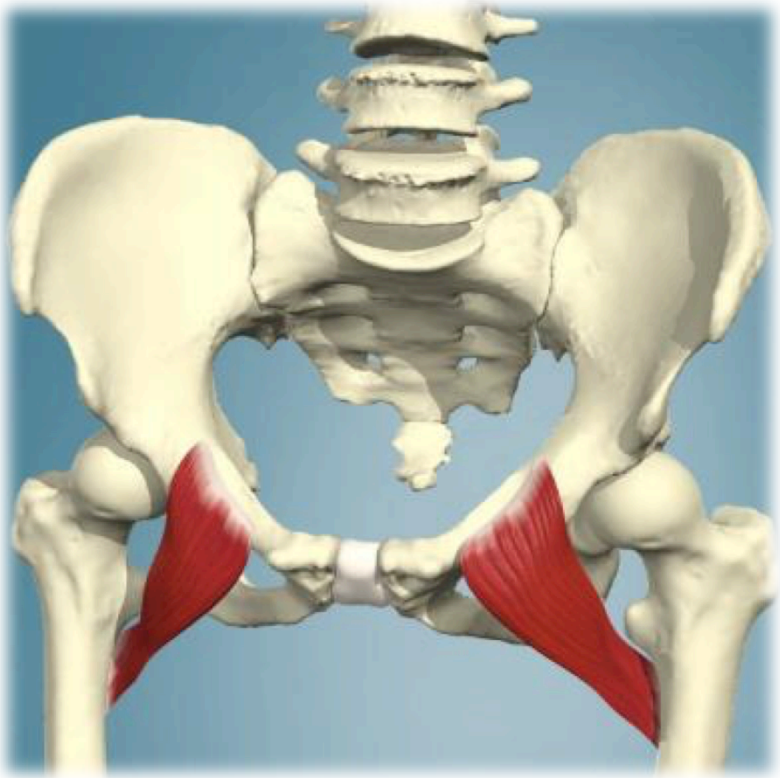
Origin
Anterior surface of sacrum
Insertion
Top of femur (greater trochanter)
Joint crossed
Hip
Joint action
Abducts hip
Assists in lateral rotation of hip (however, with hip flexed, may assist in medial rotation)

Adductor group (longus, magnus, brevis)



Origin
Pubis
Insertion
Medial/posterior surface of femur
Joint crossed
Hip
Joint action
Adducts hip

Pectineus



Origin
Pubis
Insertion
Femur
Joint crossed
Hip
Joint action
Adducts and flexes the hip
Assists in turning the thigh inwards (medial rotation)

Gracilis

Origin
Pubis
Insertion
Top of tibia (just below the knee joint)
Joint crossed
Hip and knee
Joint action
Adducts the hip
Assists in knee flexion (helps hamstrings)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