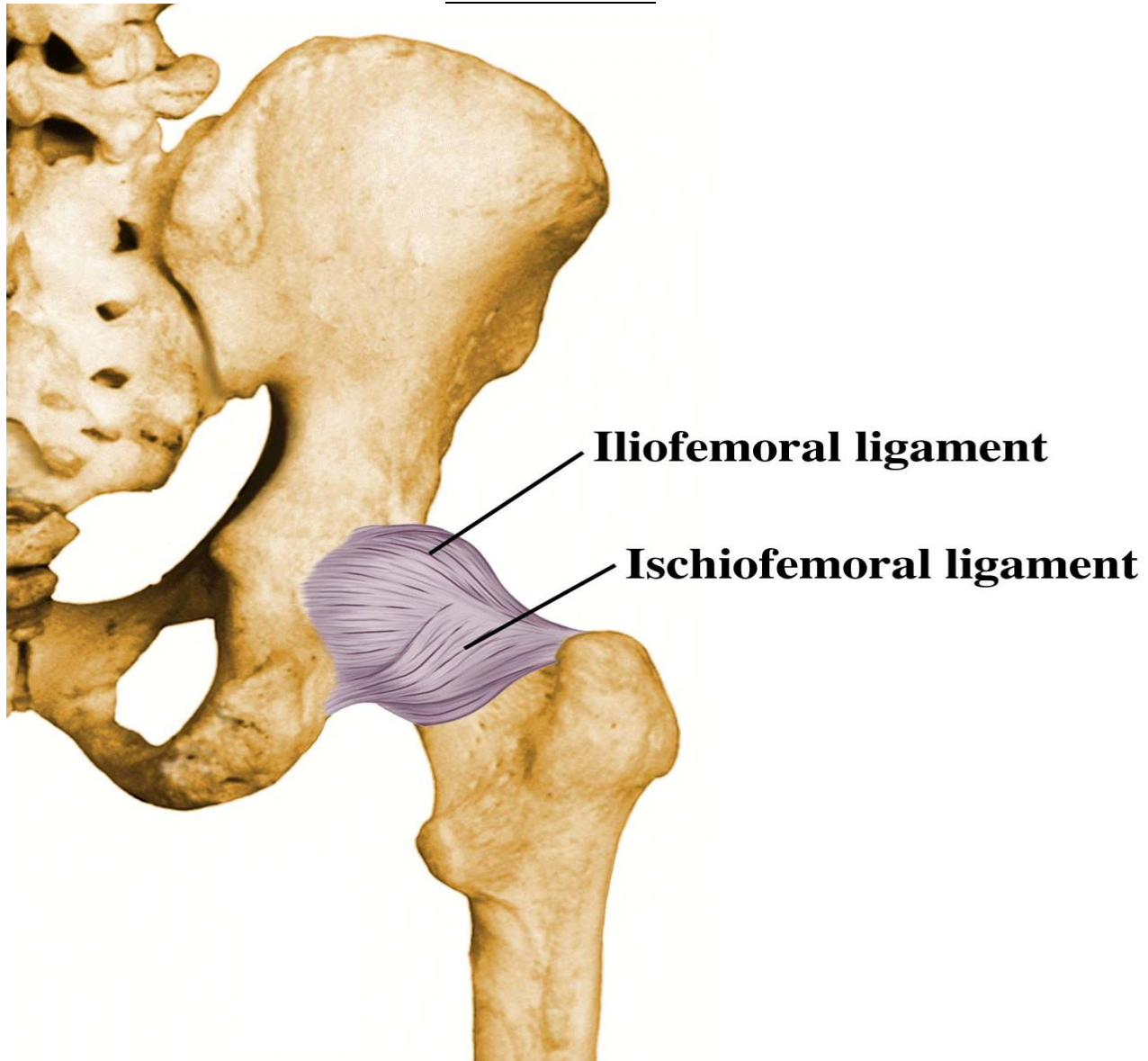


# Hip

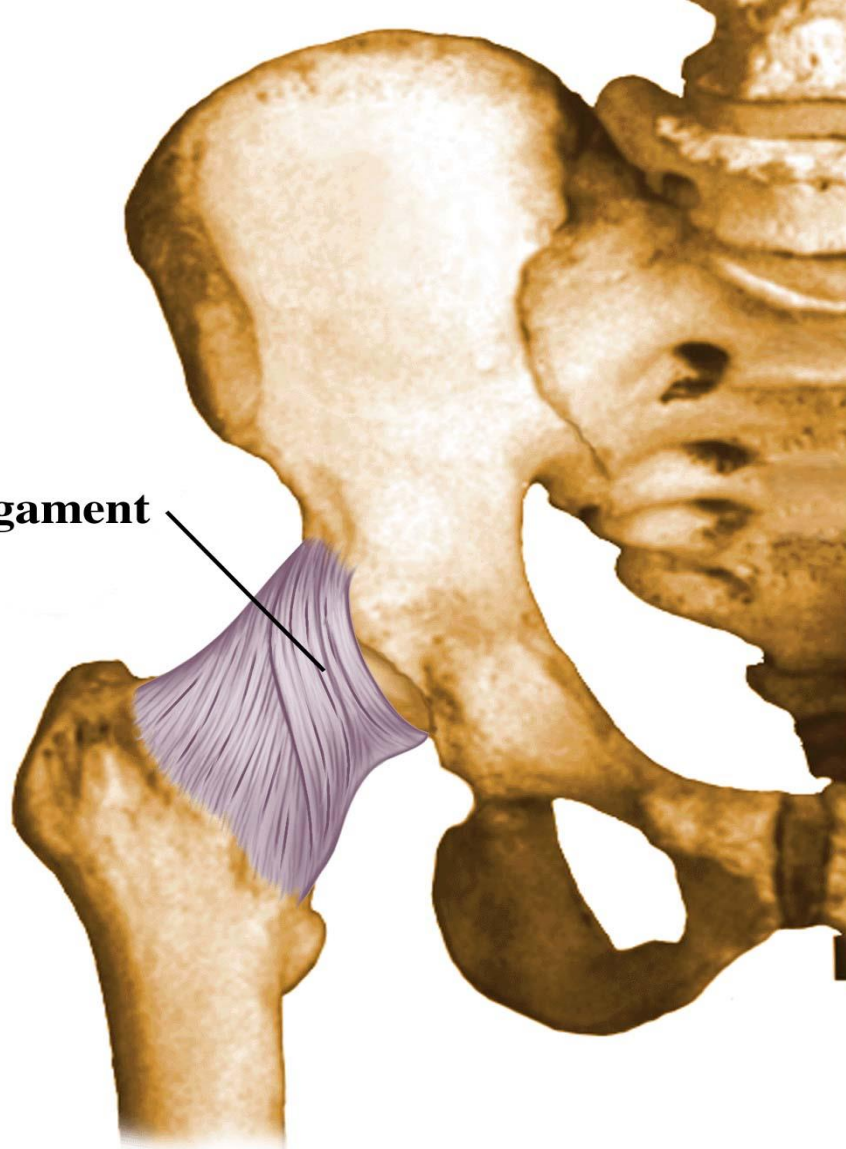


# Joint

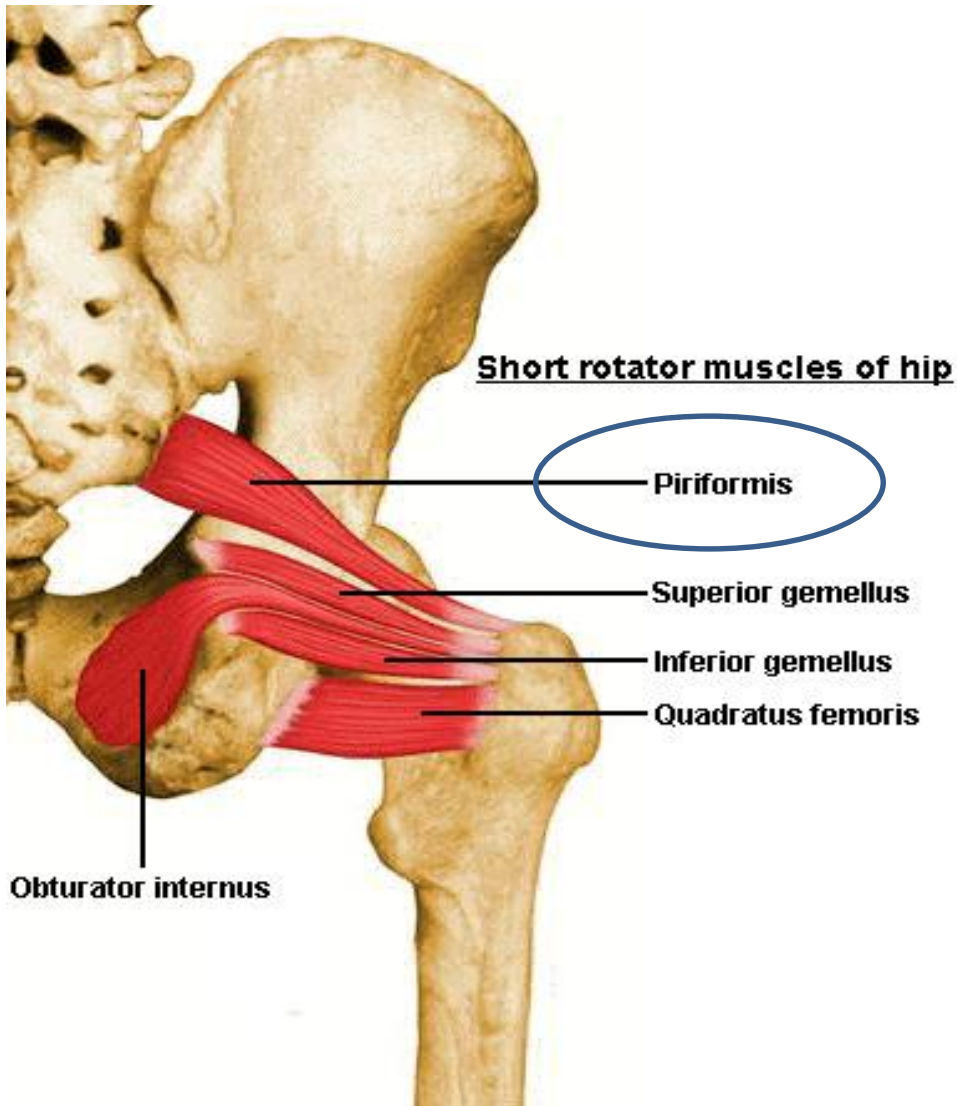


# Joint

**Iliofemoral ligament**



# Piriformis



## Actions

Externally rotates hip

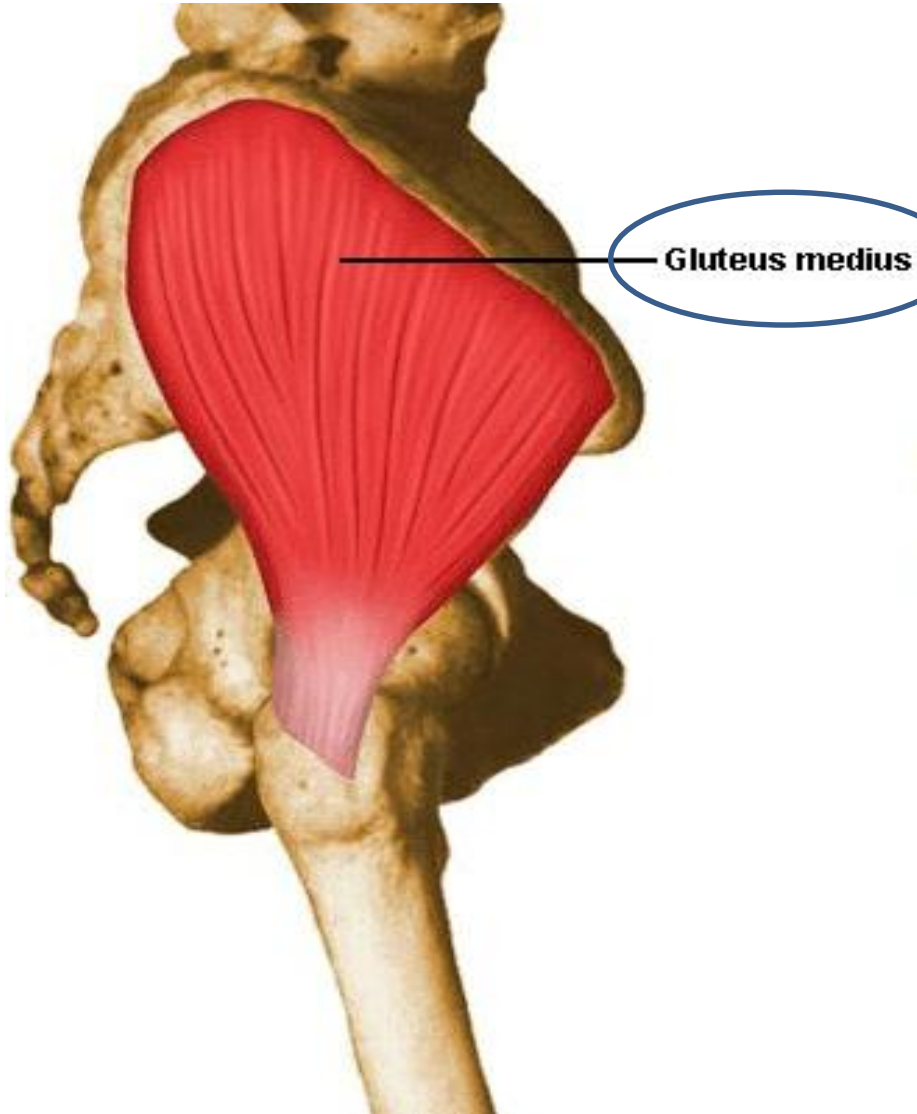
## Origins

Anterior sacrum, posterior portions of ischium, and obturator foramen

## Insertions

Superior and posterior aspect of greater trochanter

# Gluteus Medius



## Actions

Abducts the hip; externally rotates as hip abducts; internally rotates

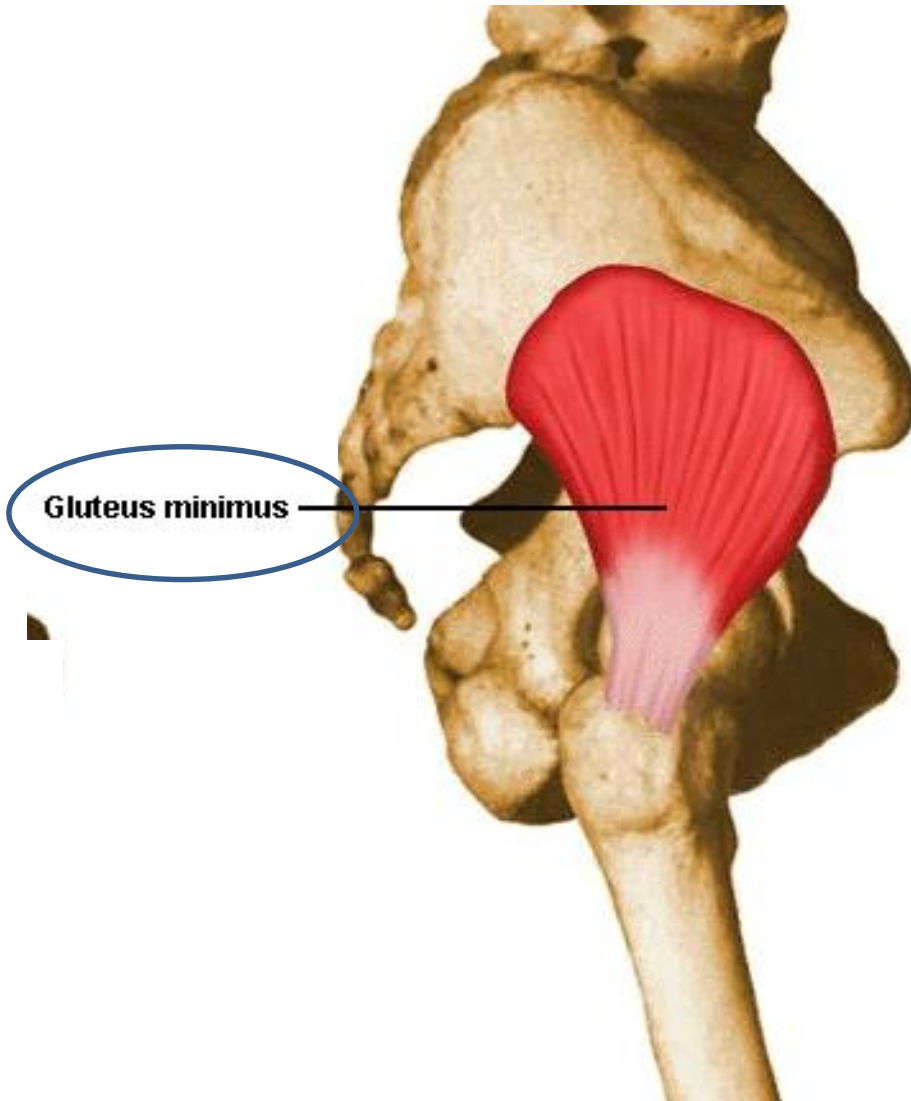
## Origins

Outer surface of the ilium

## Insertions

Posterior and middle surfaces of greater trochanter of femur

# Gluteus Minimus



## Actions

Abducts hip; internally rotates as hip abducts

## Origins

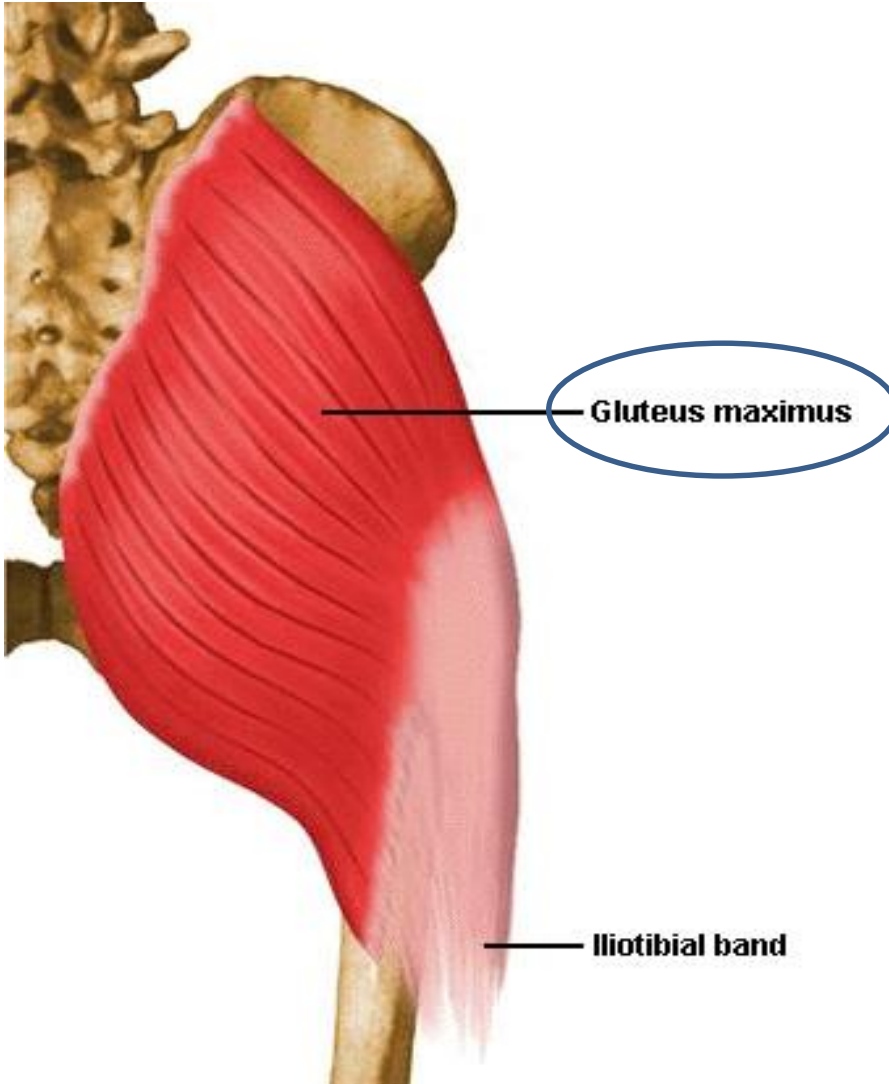
Lateral surface of the ilium

## Insertions

Anterior surface of greater trochanter



# Gluteus Maximus



## Actions

Upper: abducts and laterally rotates thigh

Lower: extends and rotates thigh laterally

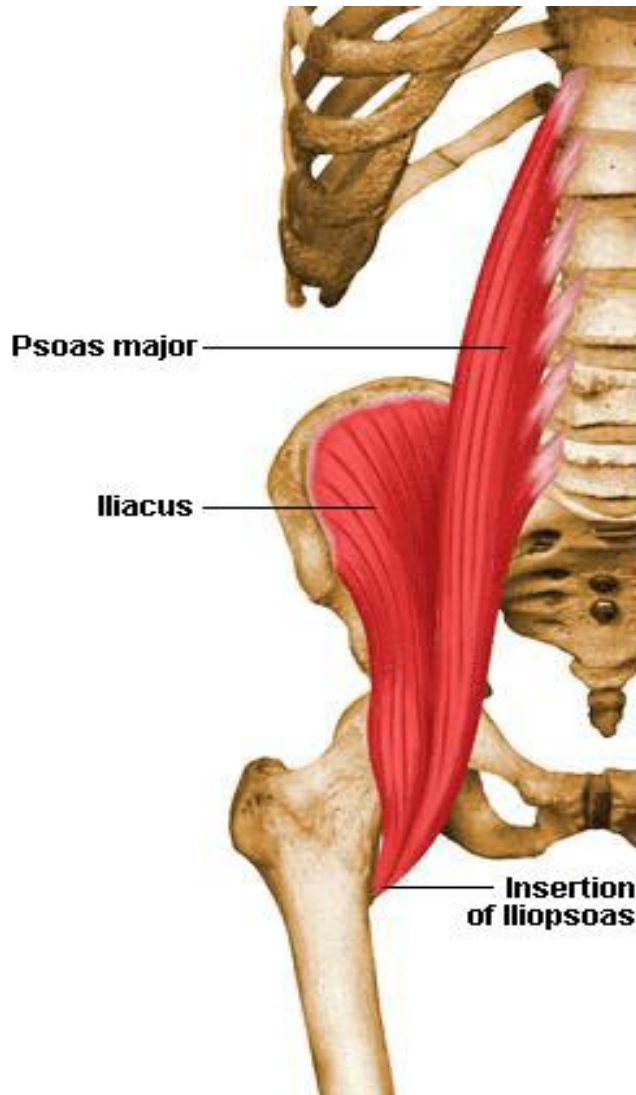
## Origins

Posterior of crest of ilium, posterior surface of sacrum and coccyx near ilium, and fascia of lumbar area

## Insertions

Oblique ridge on lateral surface of greater trochanter and iliotibial band

# Iliopsoas



## Actions

Hip flexion; external rotation of femur. Psoas stabilises lower back with QL

## Origins

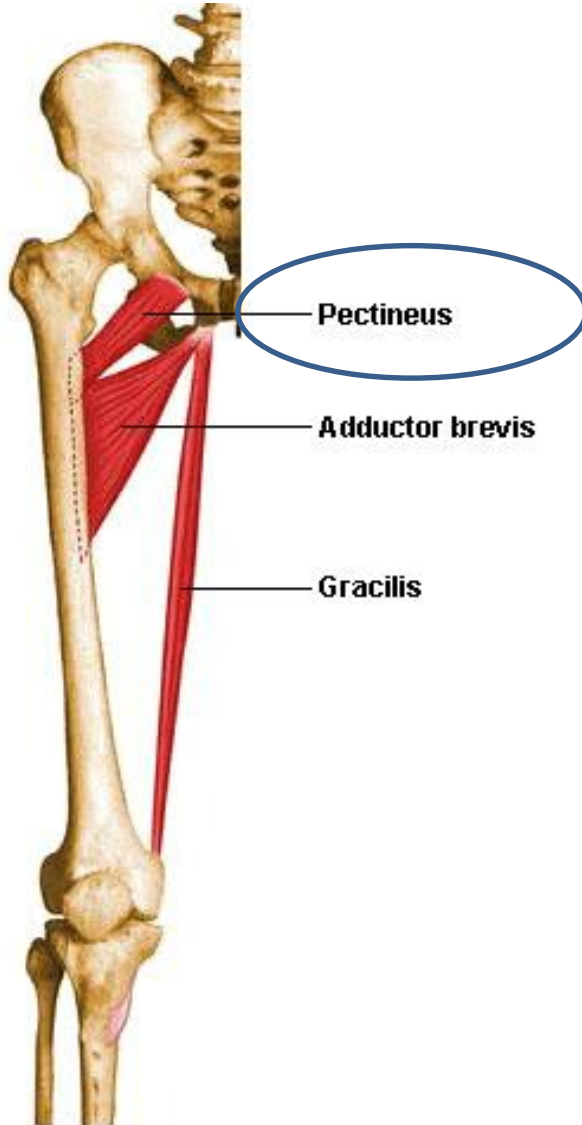
Iliacus: inner surface of ilium  
Psoas: lower borders of lumbar vertebrae, T12 and base of sacrum

## Insertions

Lesser trochanter of femur and shaft below, pectineal line and iliopectineal eminence



# Pectineus



## Actions

Flexes, adducts and internally rotates the hip

## Origins

Front of pubis just above crest

## Insertions

Rough line from greater trochanter to linea aspera on anterior aspect

# Adductor Magnus

## Action

Adduction of hip, External rotation as hip adducts

## Origin

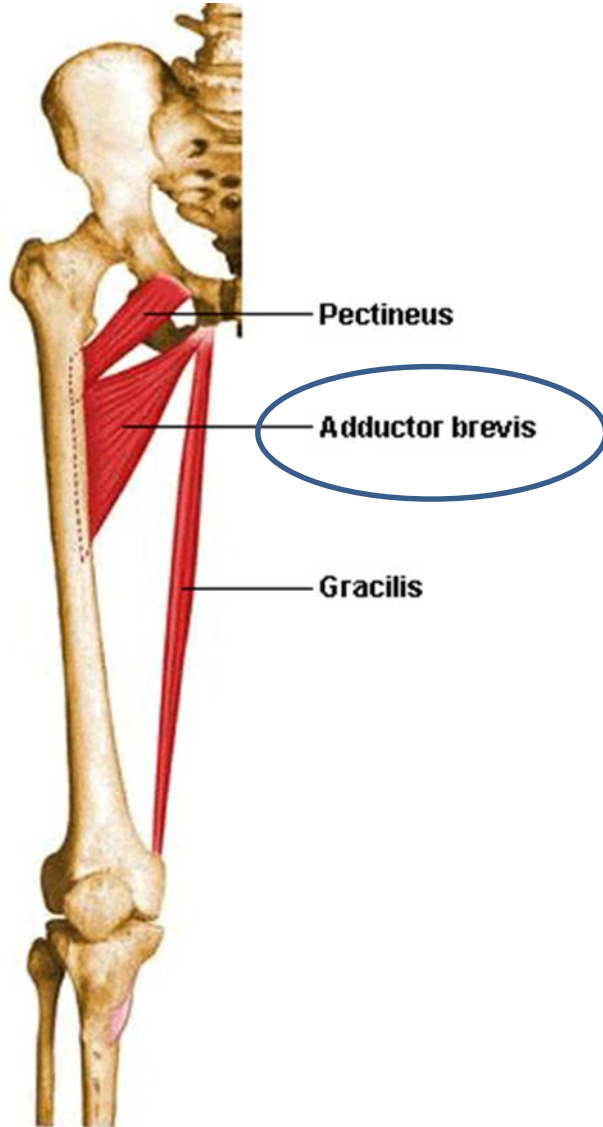
Edge of entire ramus of pubis and ischium and ischial tuberosity

## Insertion

Whole length of linea aspera, inner condyloid ridge, and adductor tubercle



# Adductor Brevis



## Actions

Adducts and externally rotates the hip

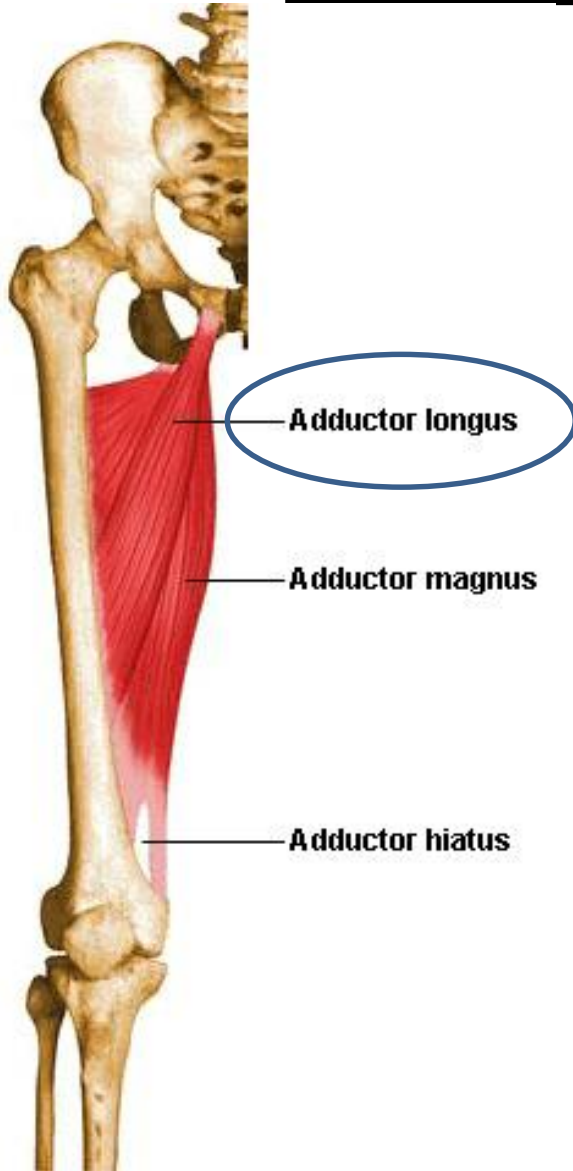
## Origins

Front of inferior pubic ramus and ischium and ischial tuberosity

## Insertions

Whole length of linea aspera, inner condyloid ridge

# Adductor Longus



## Actions

Adducts and medially rotates thigh; assists in hip flexion

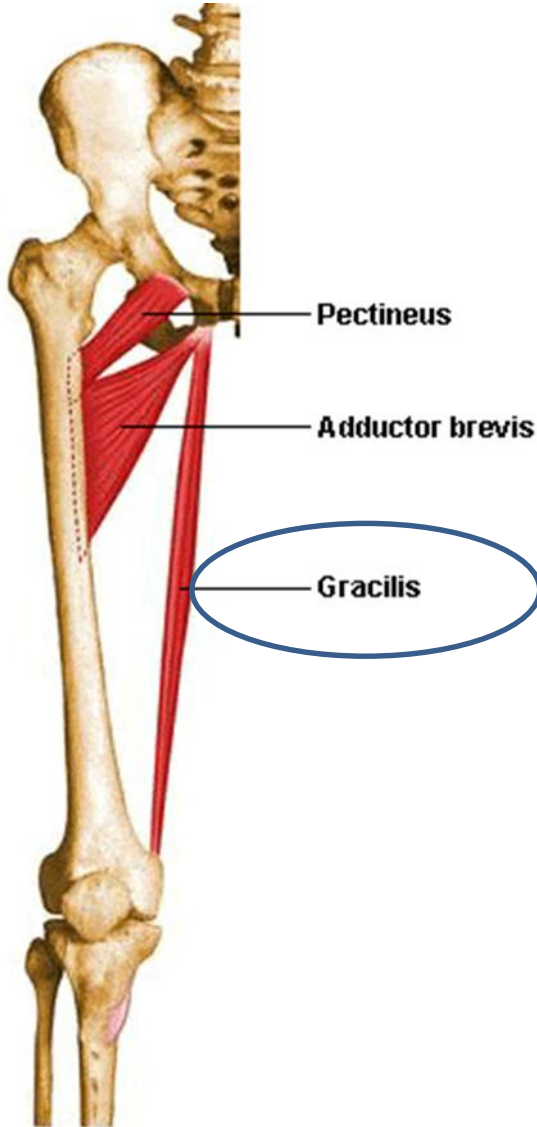
## Origins

Anterior pubis just below its crest

## Insertions

Middle third of the linea aspera

# Gracilis



## Actions

Adducts and internally rotates hip; flexes knee

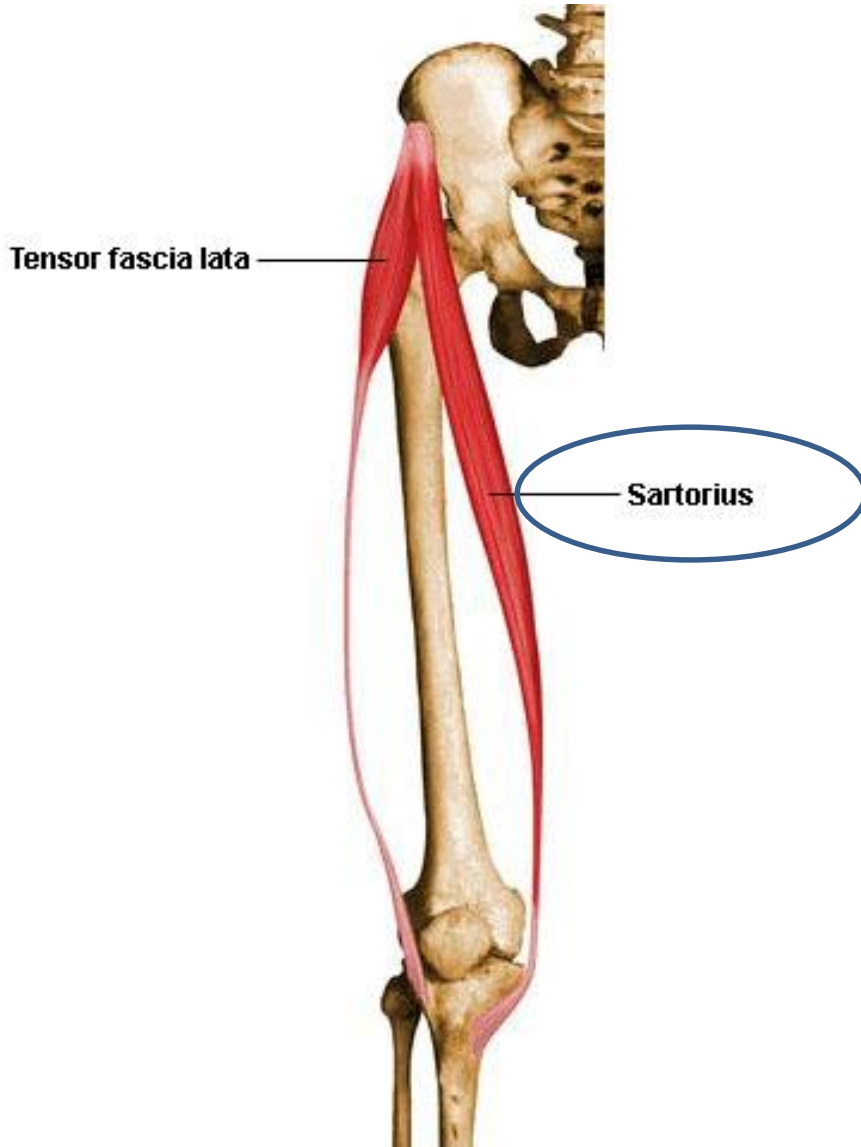
## Origins

Inner edge of descending ramus of pubis

## Insertions

Anterior medial surface of the tibia below condyle

# Sartorius



## Actions

Flexes, abducts and rotates femur laterally; flexes knee

## Origins

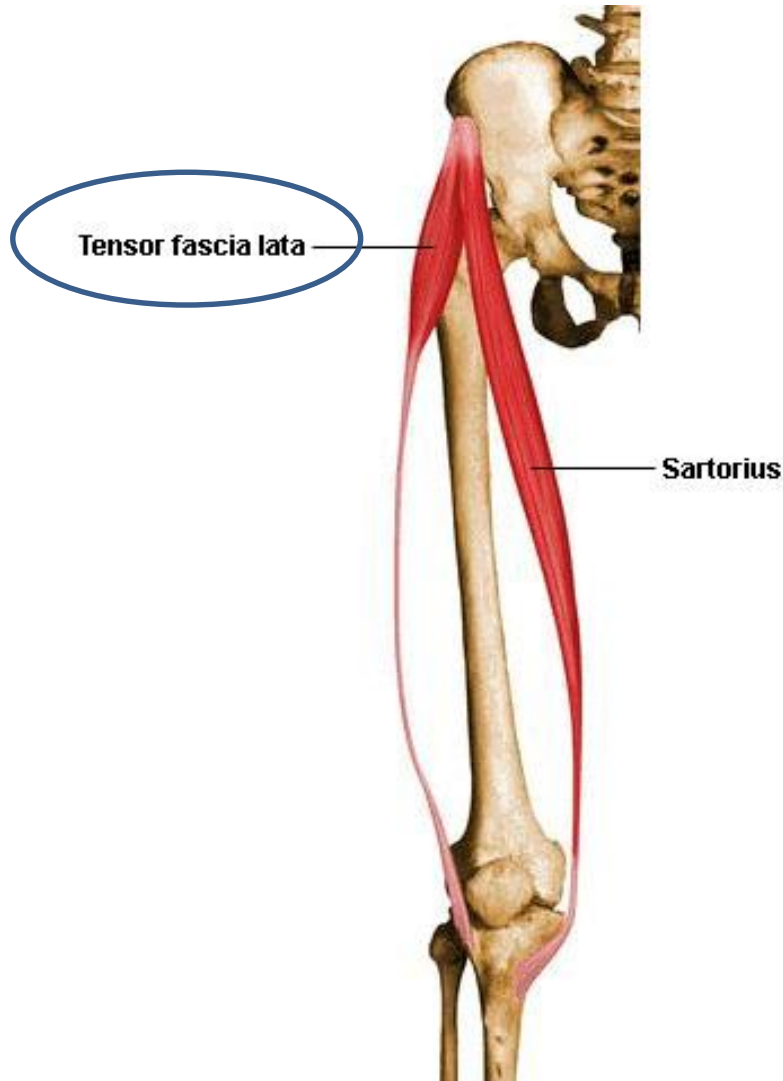
Anterior superior iliac spine and notch just below spine

## Insertions

Anterior medial condyle of tibia



# Tensor Fascia Latae



## Actions

Abducts and flexes hip.  
Tendency to rotate hip internally as it flexes

## Origins

Anterior iliac crest and surface of ilium just below crest

## Insertions

Upper part of iliotibial tract on femur