

# Hip and Pelvis Anatomy Review

## Specific observations

Gait

Posture

Anterior

- ☐ Stance for pelvic obliquity – pelvic tilt (anterior/posterior)
- ☐ Iliac crests
- ☐ General LE alignment

Lateral

- ☐ Lordosis

Posterior

- ☐ PSIS
- ☐ Gluteal folds
- ☐ Popliteal creases
- ☐ Hypertrophy/atrophy

## Anatomy

Acetabulum – ilium, ischium, pubis

Ligamentum teres

Labrum

Femur

Deep external rotators (6) – piriformis

Other

GT bursa, ischial bursa, gluteofemoral

Bursa

Femoral triangle – A, N, V

Bones

Femoral shaft

ASIS

Iliac crest

Iliac tubercle

Greater trochanter

Pubic tubercles

PSIS

Ischial tuberosity

Sacrum and coccyx

Ligaments

Iliofemoral, ischiofemoral, pubofemoral

Sacroiliac ligaments

Inguinal ligament

Muscles

Sartorius

Gracilis

Adductor longus

Gluteus medius

Tensor fascia latae

Gluteus maximus

Hamstrings

Iliopsoas

Rectus femoris