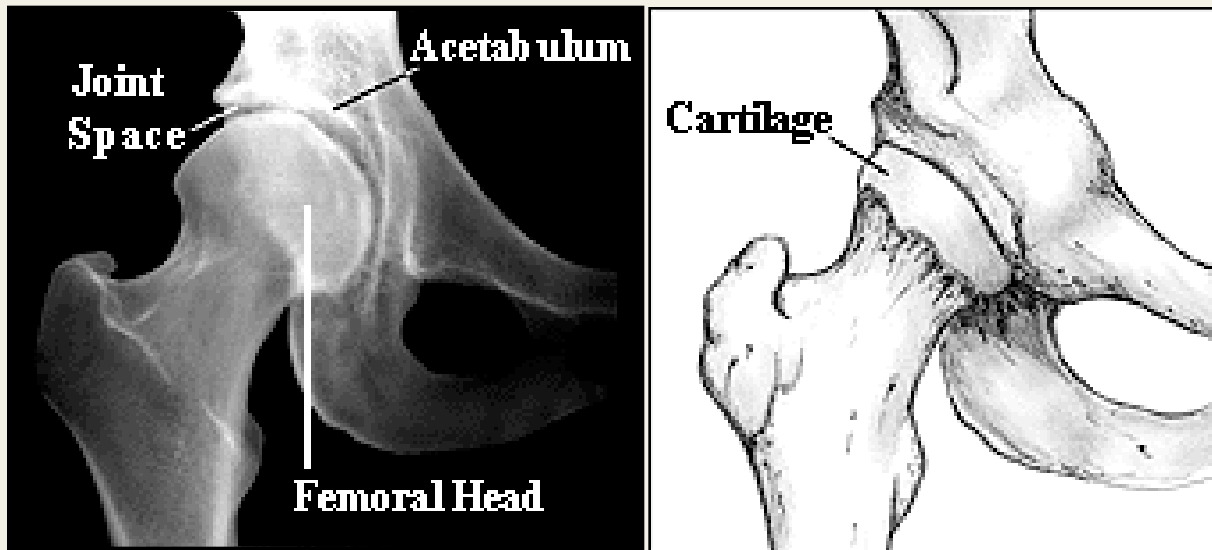


The Hip Joint & Pelvic Girdle

Chapter 9



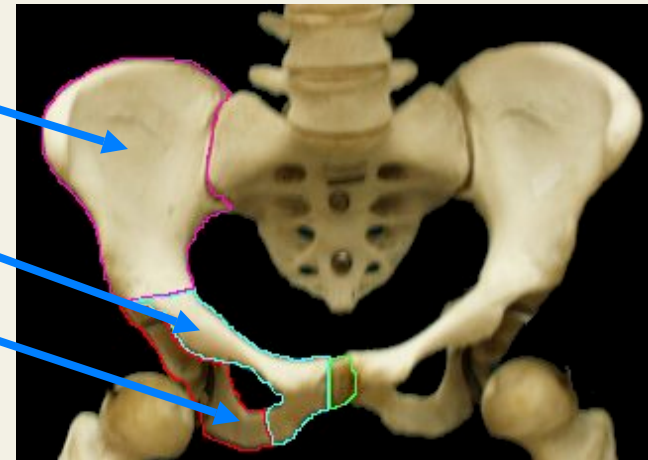
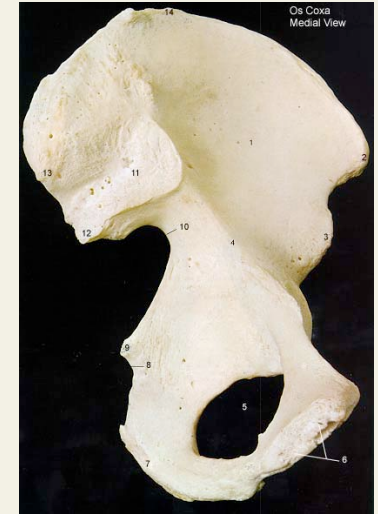
The Pelvis

- The Pelvic bone is divided into **THREE SECTIONS**

- Ilium

- Pubis

- Ischium



The Ilium

Upper 2/5ths

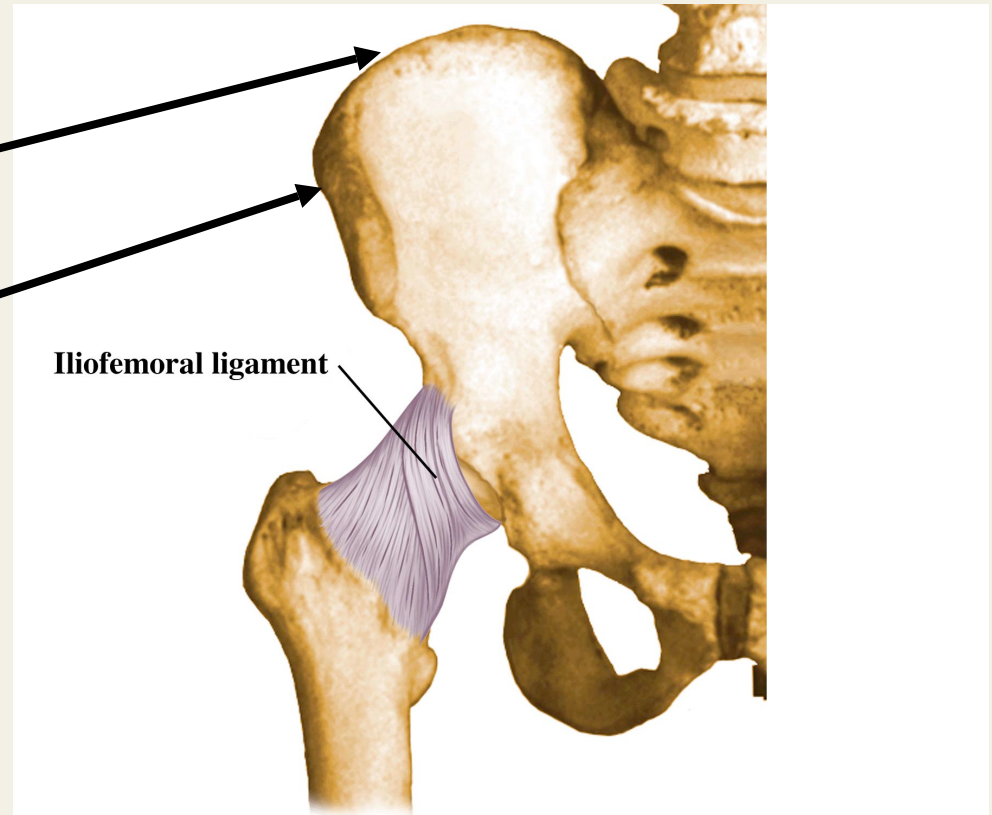
1. Iliac crest

2. Anterior spine

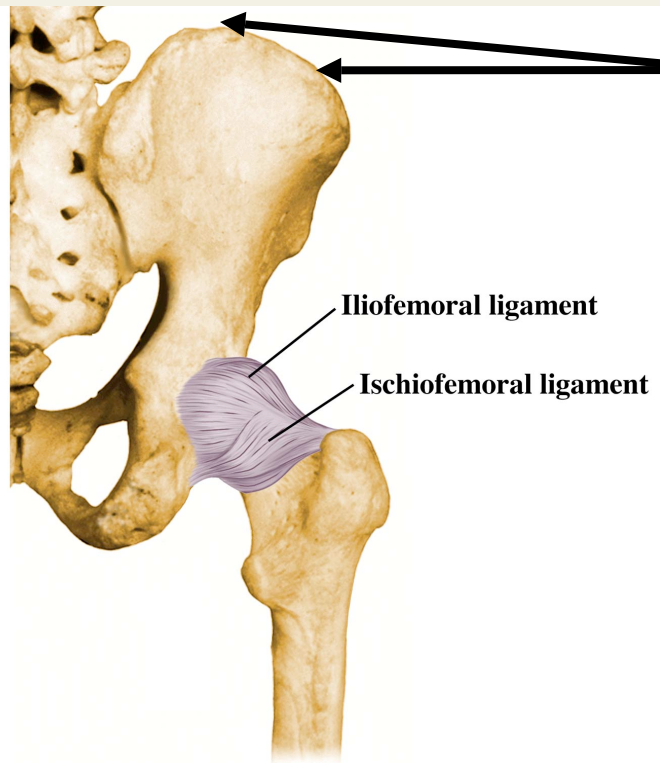
a. superior

b. inferior

3. Sciatic notch



The Ilium

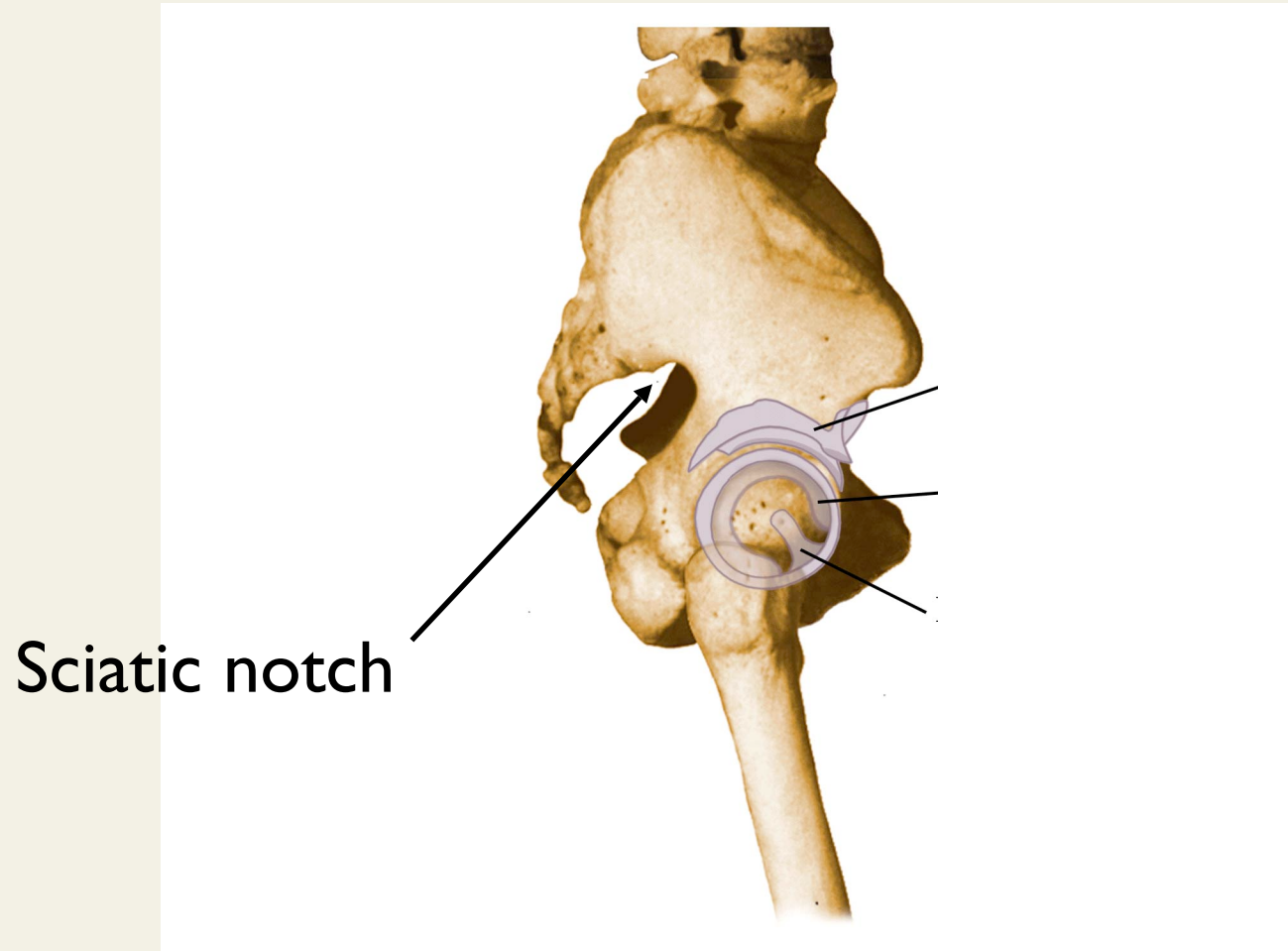


Iliac crest

Iliofemoral ligament

Ischiofemoral ligament

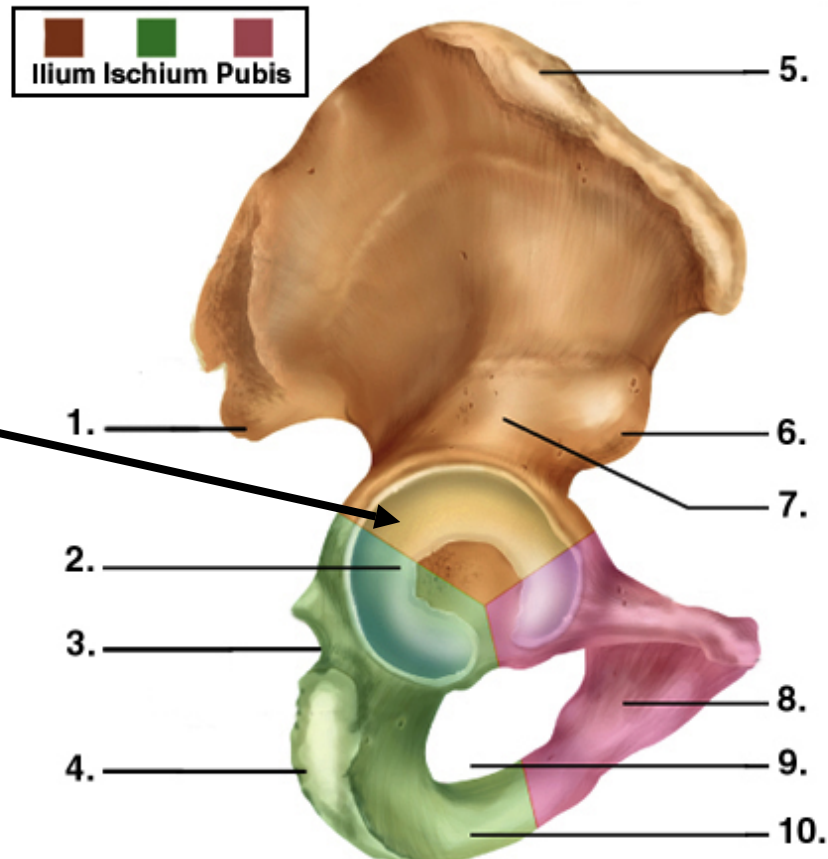
The Ilium



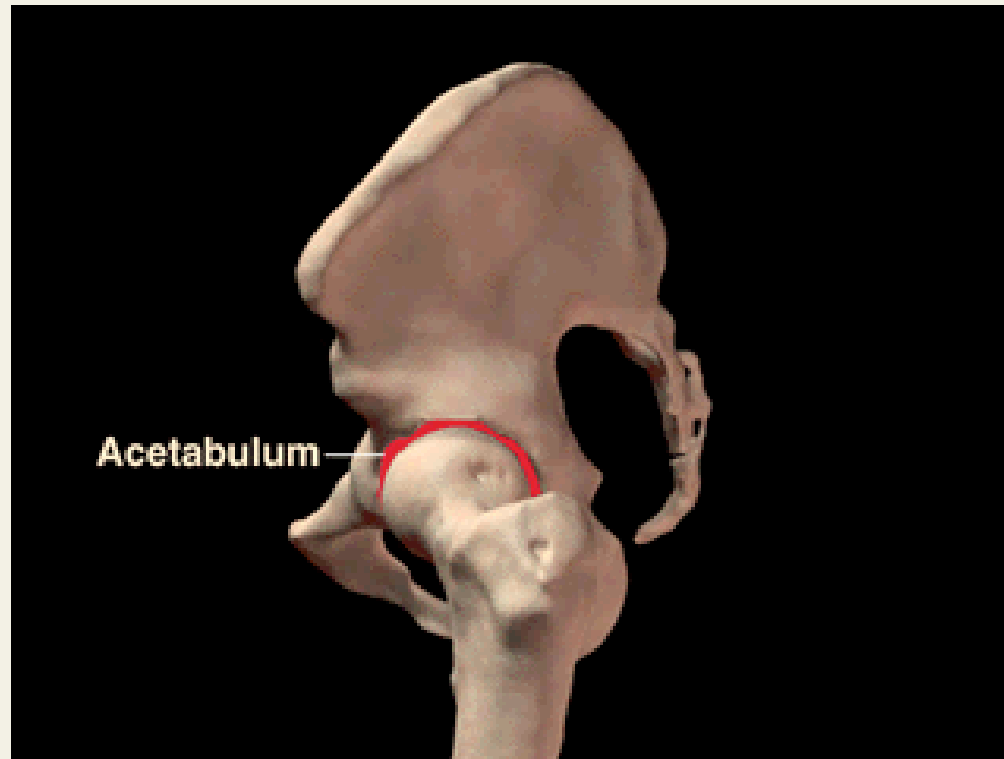
The Ischium

Posterior and lower 2/5ths

Acetabulum



The Ischium

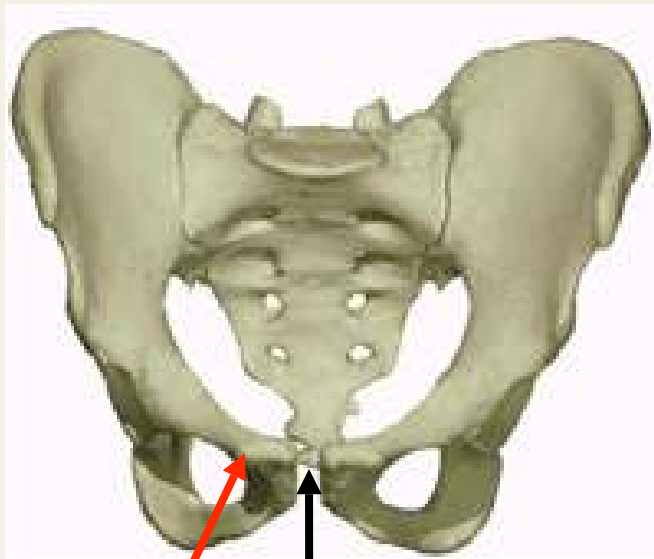


The Ischium

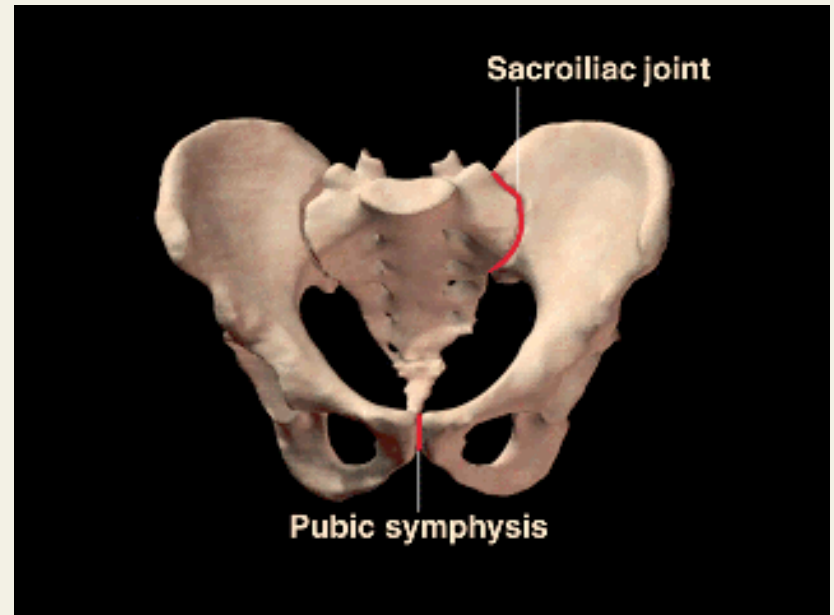


- 2. Ischial tuberosity

The Pubis



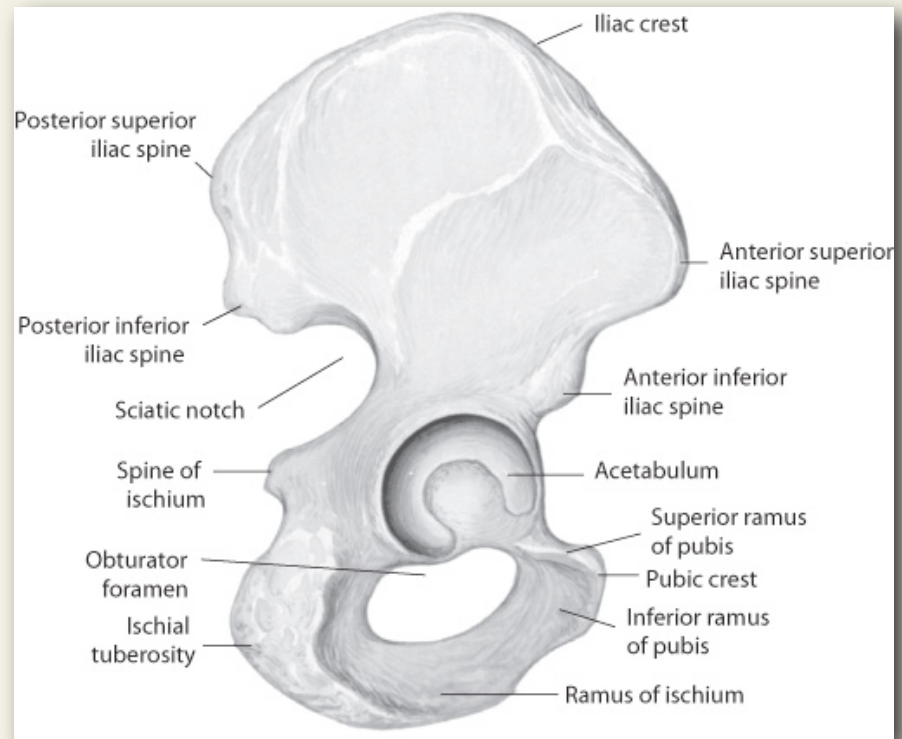
Pubic symphysis
Pubic crest



Sacroiliac joint

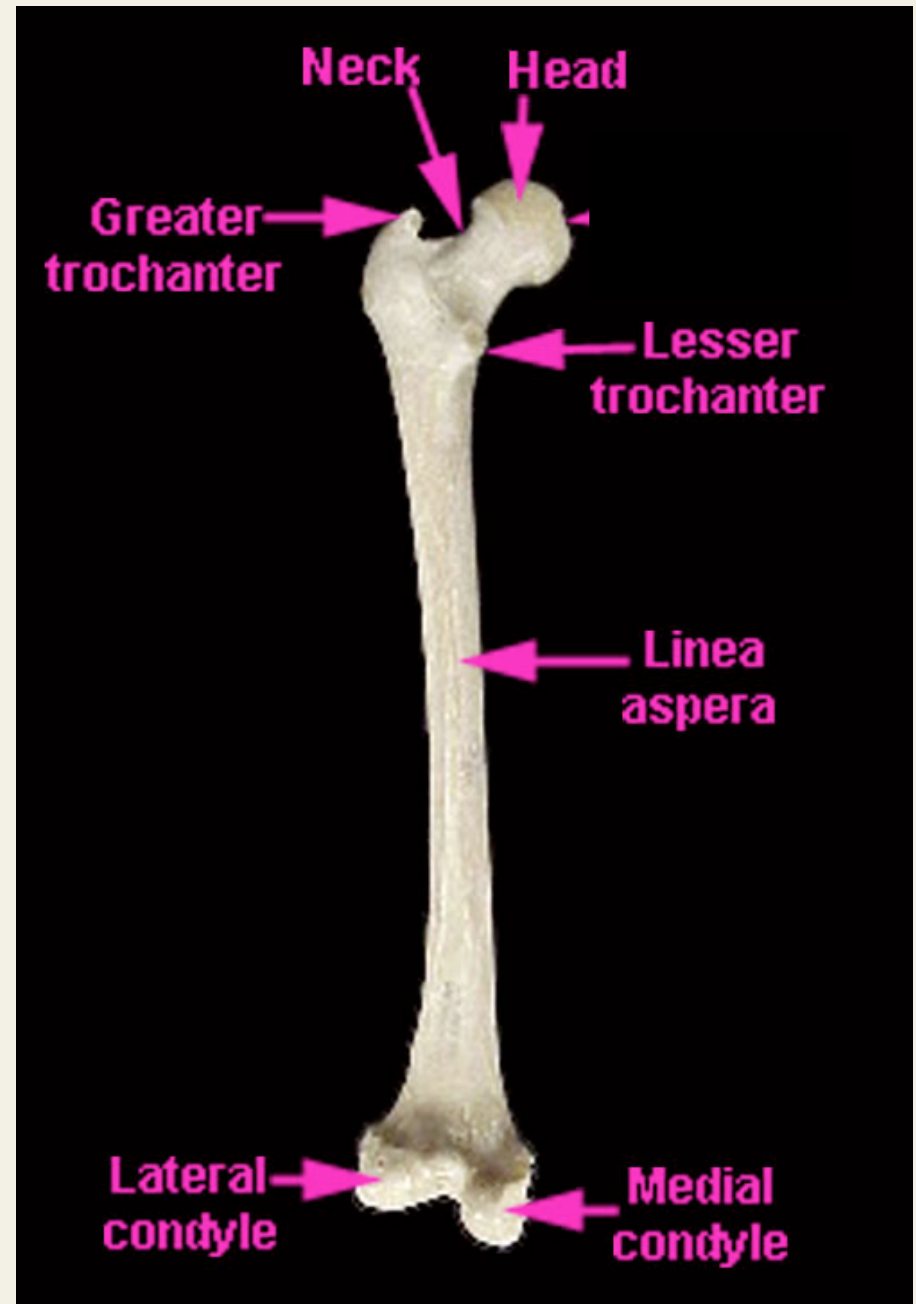
Pubic symphysis

1. Iliac crest
2. Anterior spine
3. Sciatic notch
4. Acetabulum
5. Ischial tuberosity
6. Pubic crest

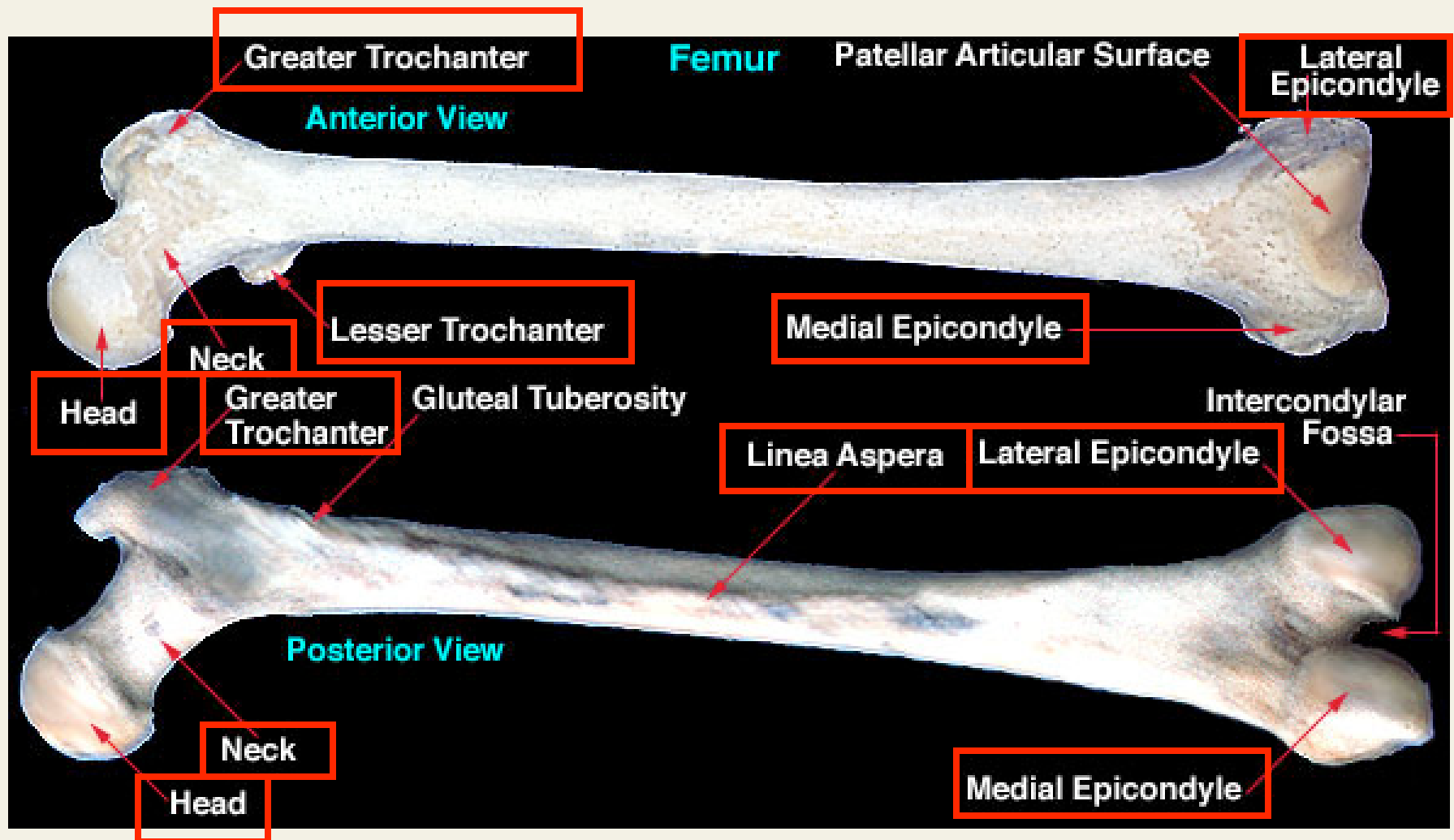


The Femur

1. Head
2. Neck
3. Greater Trochanter
4. Lesser Trochanter
5. Linea Aspera - vertical ridge on the posterior surface
6. Lateral Condyle
7. Medial Condyle

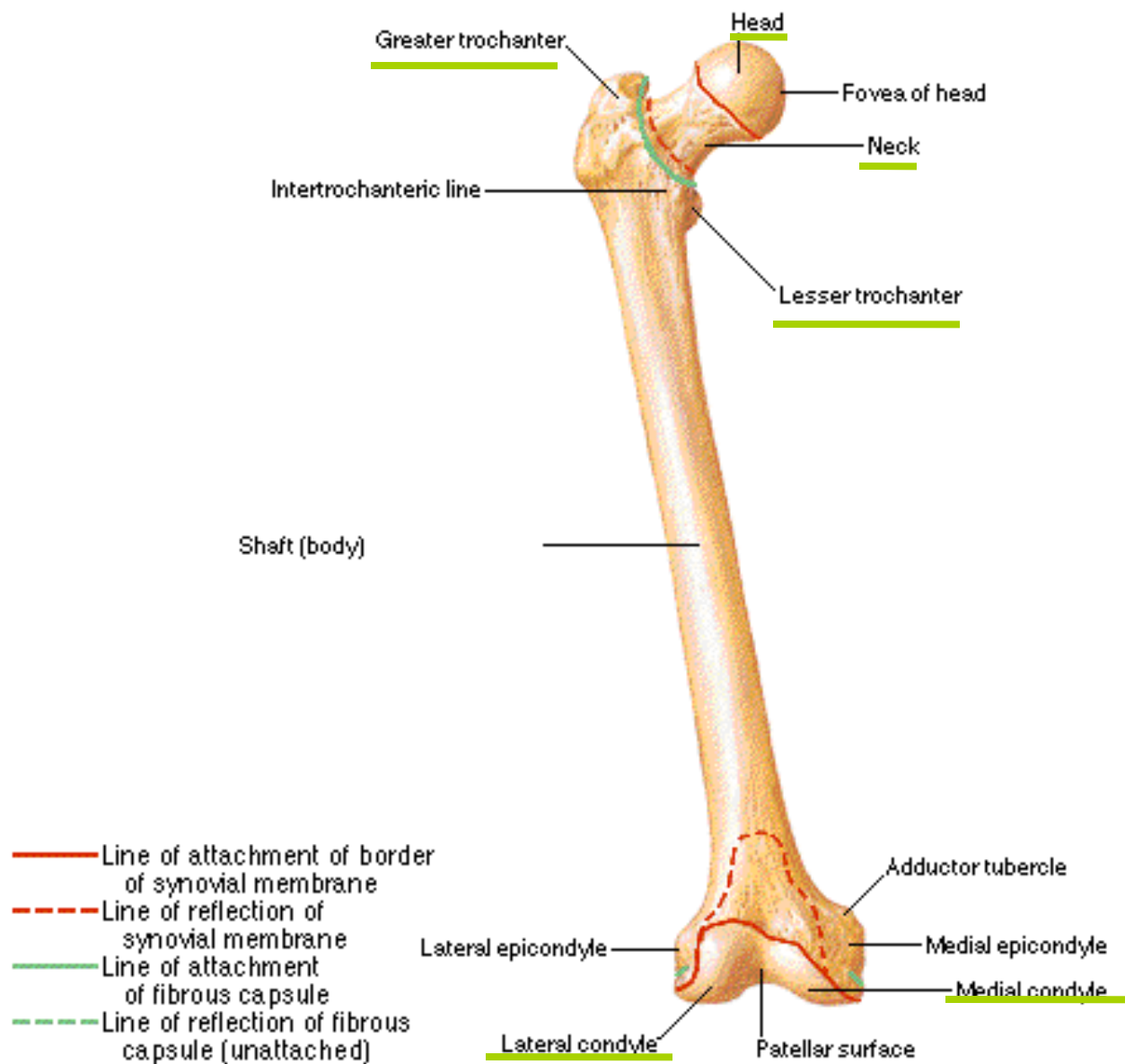


The Femur



Femur

Anterior View



The Femur

1 = Head

2 = Neck

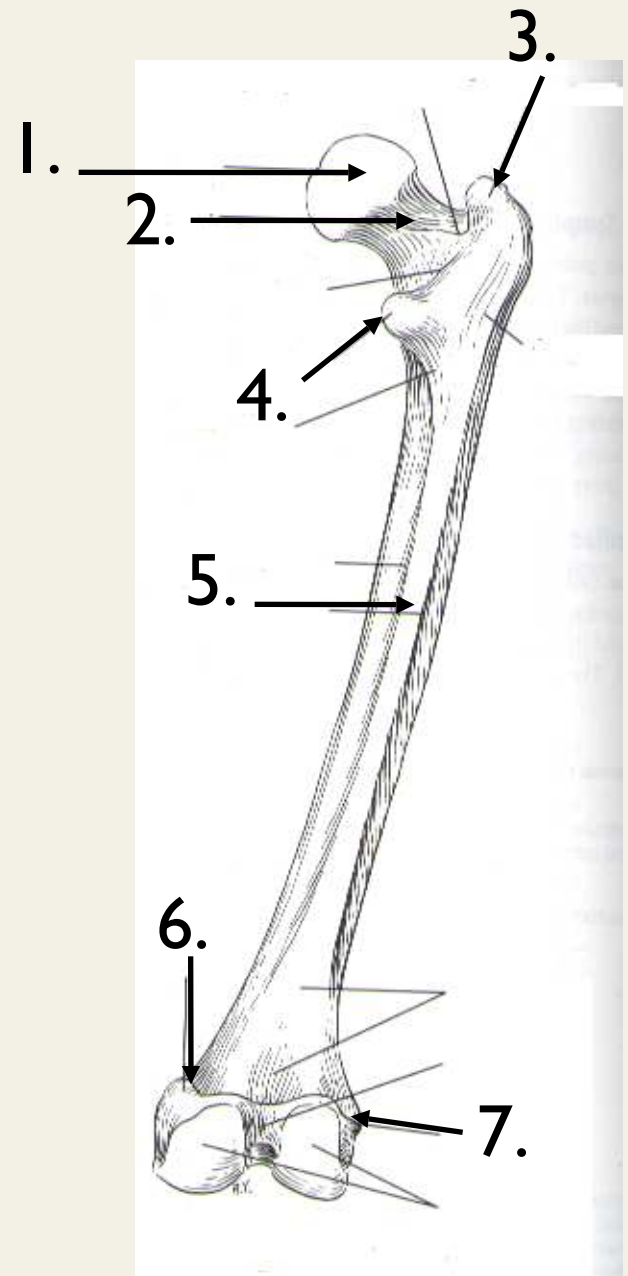
3 = Greater trochanter

4 = Lesser trochanter

5 = Linea Aspera

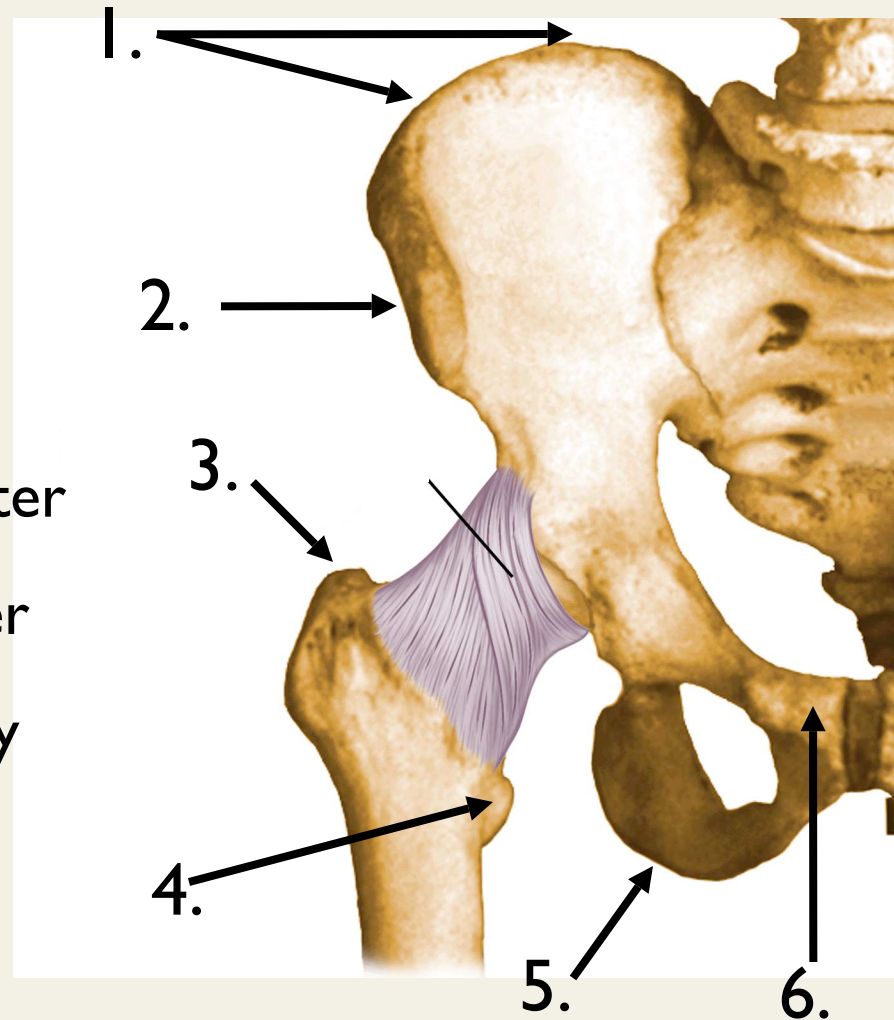
6 = Medial condyle

7 = Lateral condyle



Anterior Hip

- 1 = iliac crest
- 2 = anterior spine
- 3 = greater trochanter
- 4 = lesser trochanter
- 5 = ischial tuberosity
- 6 = pubis crest



Posterior Hip

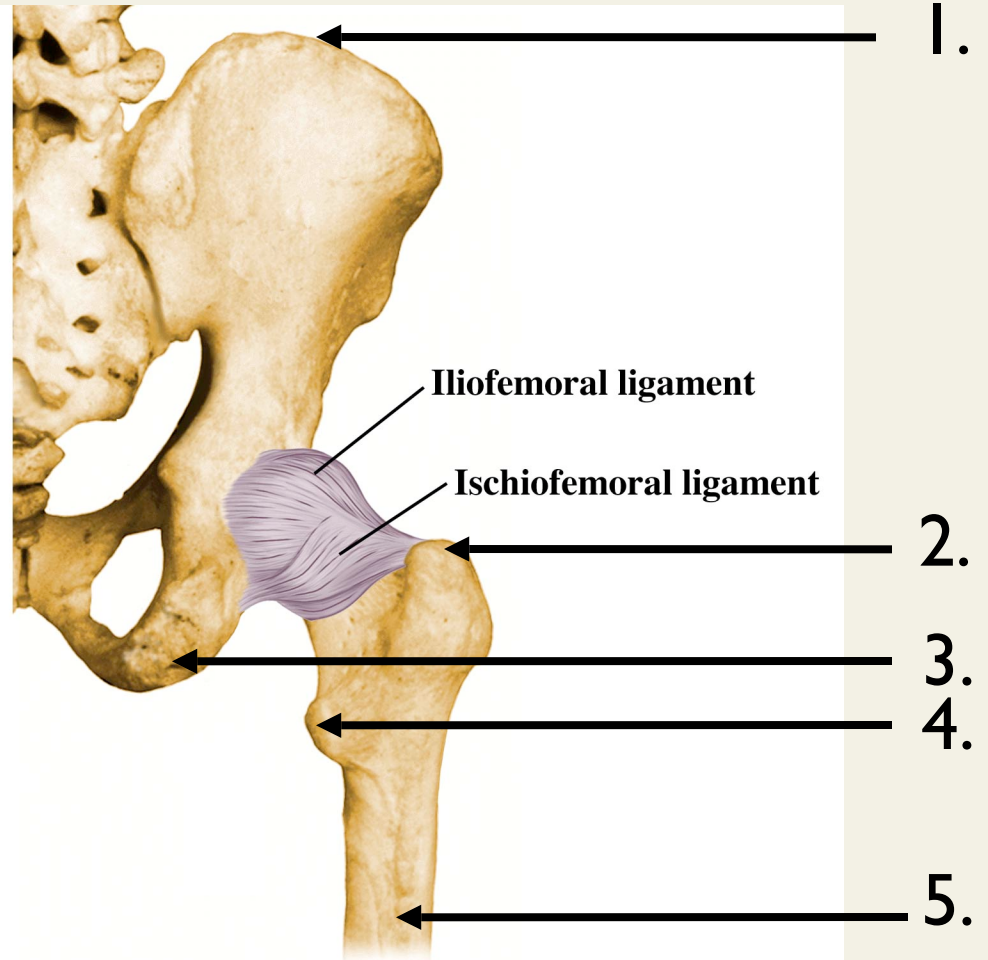
1 = iliac crest

2 = greater trochanter

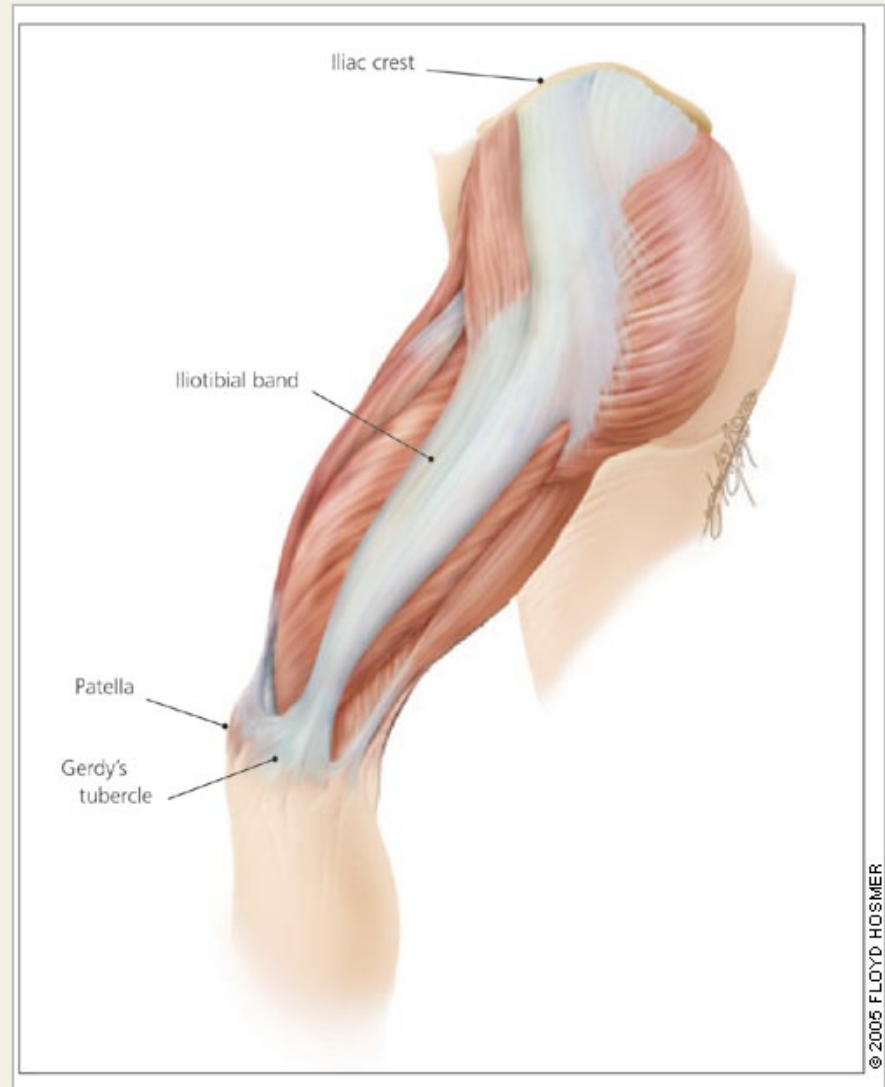
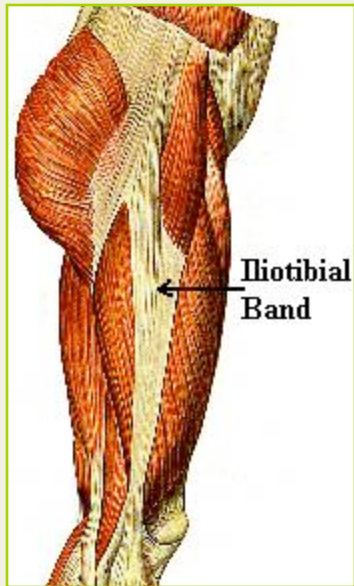
3 = ischial tuberosity

4 = lesser trochanter

5 = linea aspera



Iliotibial (I.T.) Band



The Hip Joint

Hip anatomy

The hip is a ball and socket joint that allows the upper leg to move smoothly. It is surrounded by cartilage, muscles and ligaments. The hip is the largest weight bearing joint in the body.

ILIO-FEMORAL
LIGAMENTS

LIGAMENTS
COVERING HIP
JOINT

CREST OF
ILIUM

FEMORAL
HEAD

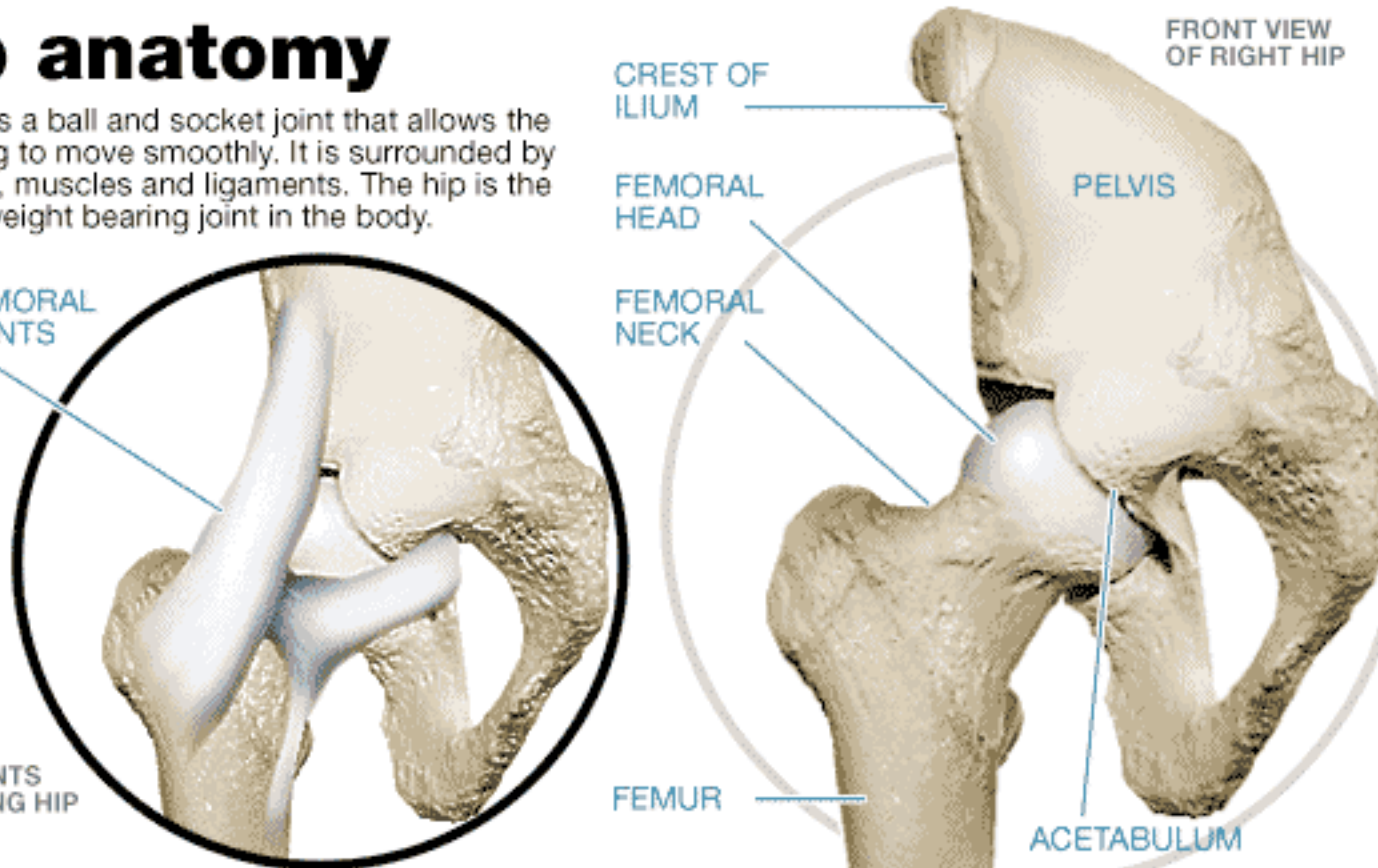
FEMORAL
NECK

FEMUR

FRONT VIEW
OF RIGHT HIP

PELVIS

ACETABULUM

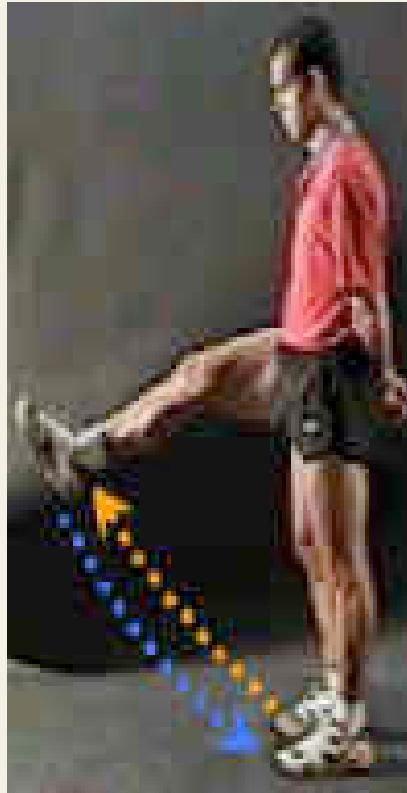


Movements of the hip

1. Flexion
2. Extension
3. Abduction
4. Adduction
5. Inward rotation
6. Outward rotation

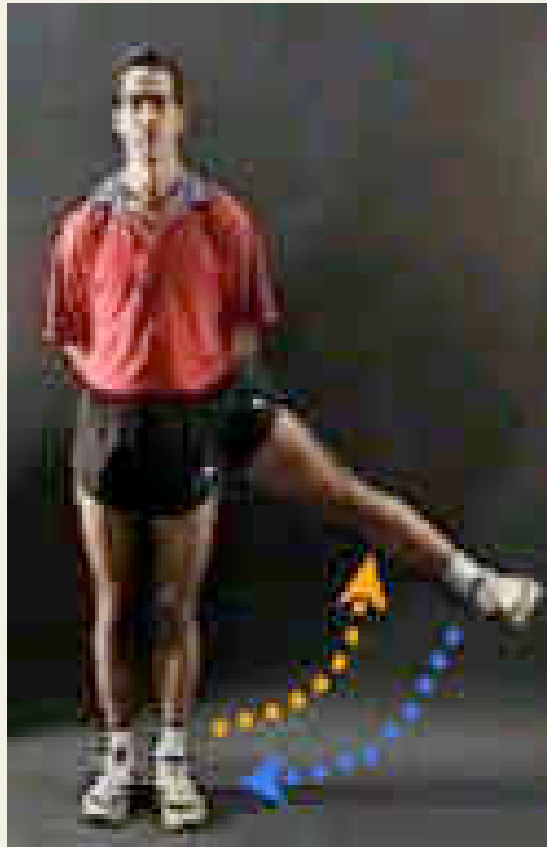
A. Flexion

B. Extension



C. Abduction

D. Adduction



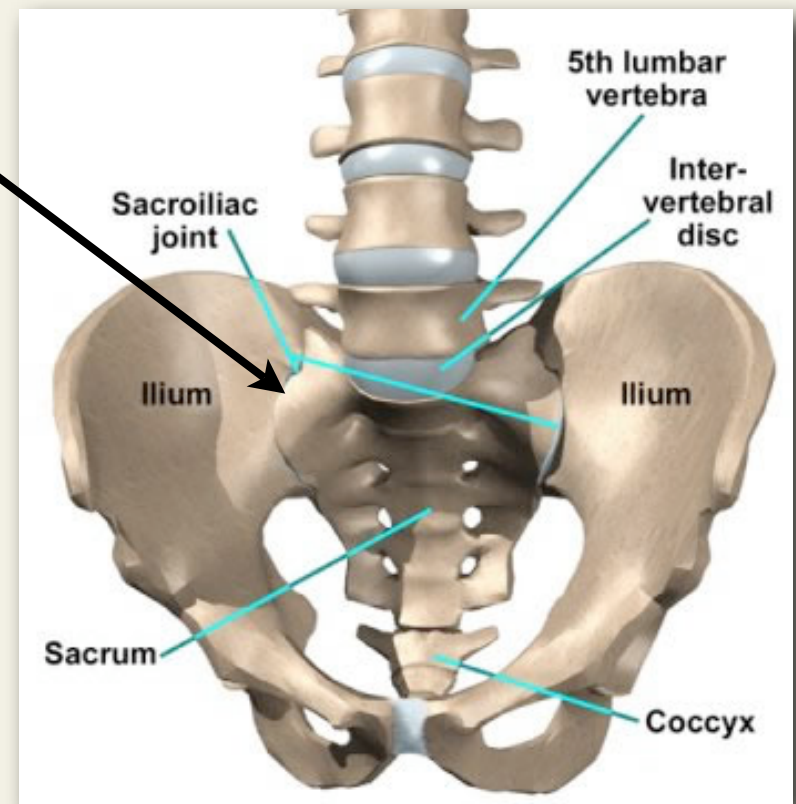
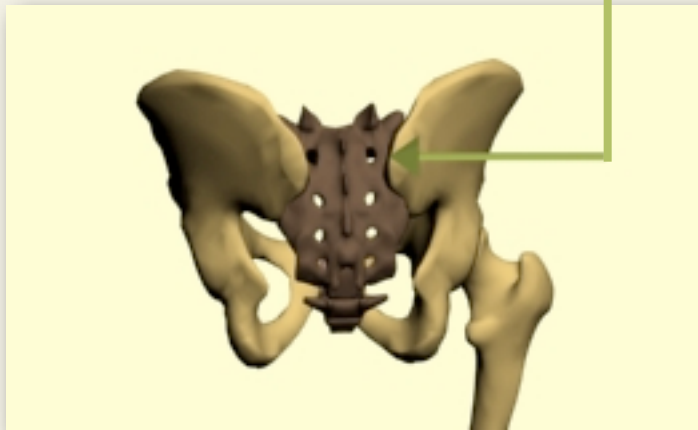
- E. Inward rotation
- F. Outward rotation



Pelvic Girdle

- Sacroiliac joint

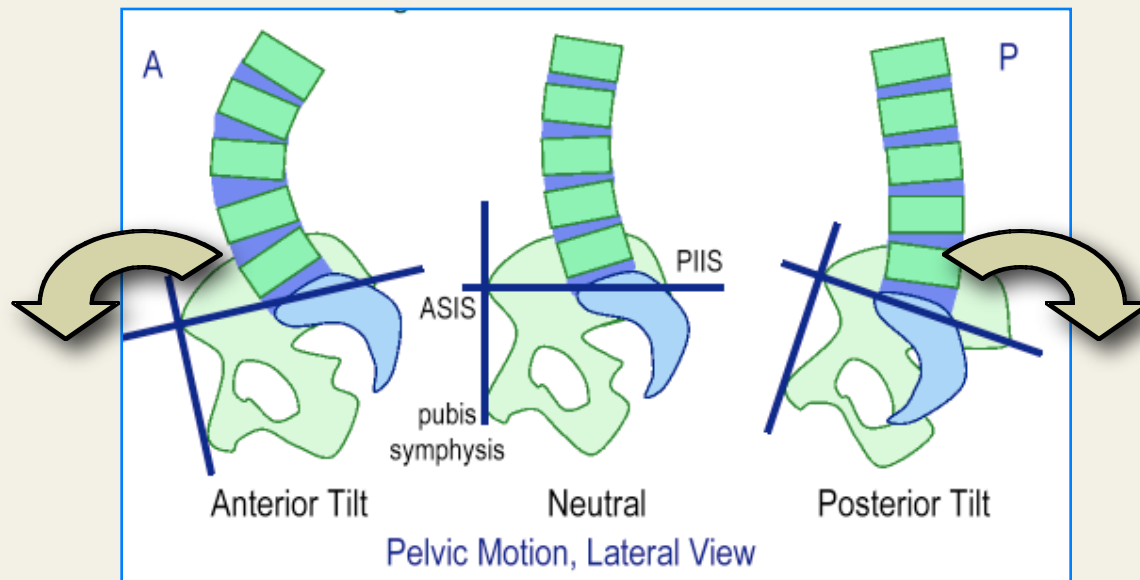
- Ilium
- Sacrum



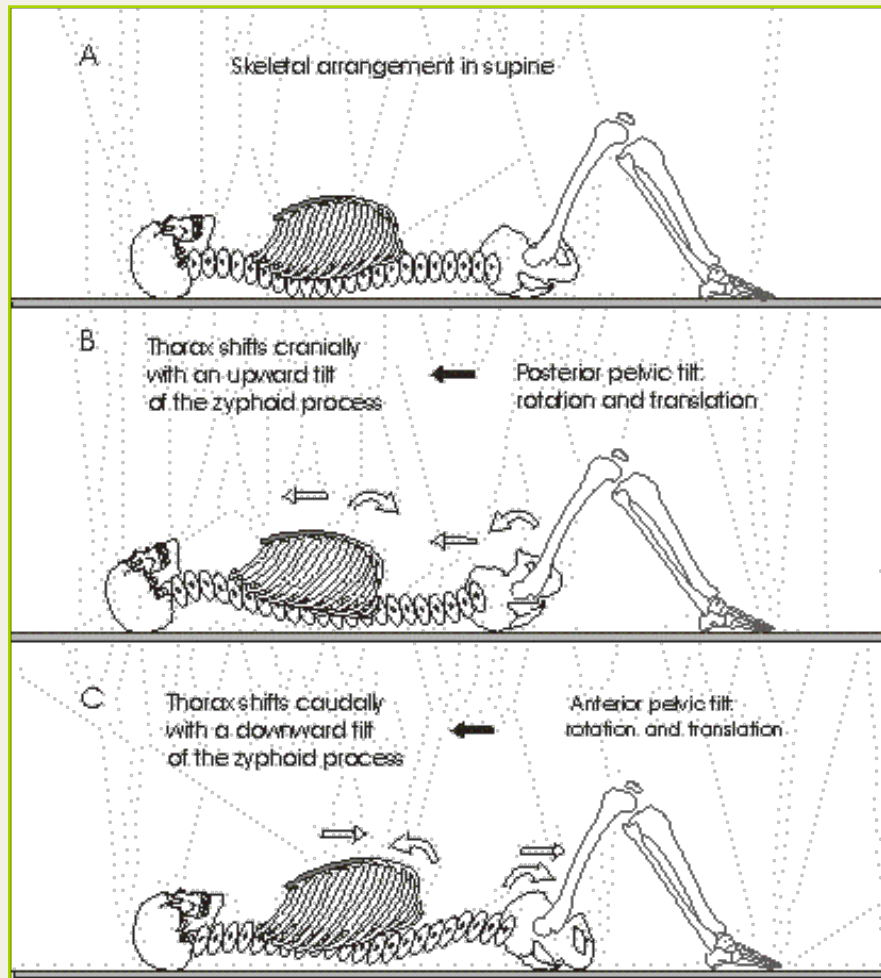
Movements of the pelvis

Anterior rotation (tilt)

Posterior rotation (tilt)



Anterior and Posterior Pelvic Rotation

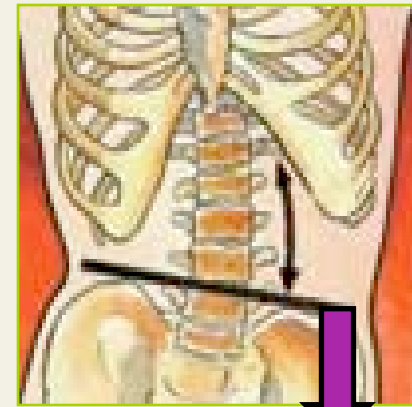


Posterior rotation

Anterior rotation

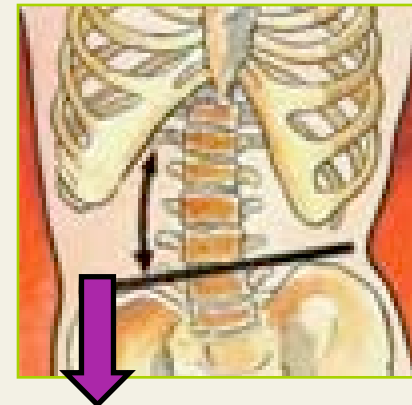
Right and Left Pelvic Rotation

- **LEFT ROTATION:** The left pelvis moves inferiorly in relation to the right pelvis



Left Lateral Tilt

- **RIGHT ROTATION:** The right pelvis moves inferiorly in relation to the left pelvis



Right Lateral Tilt