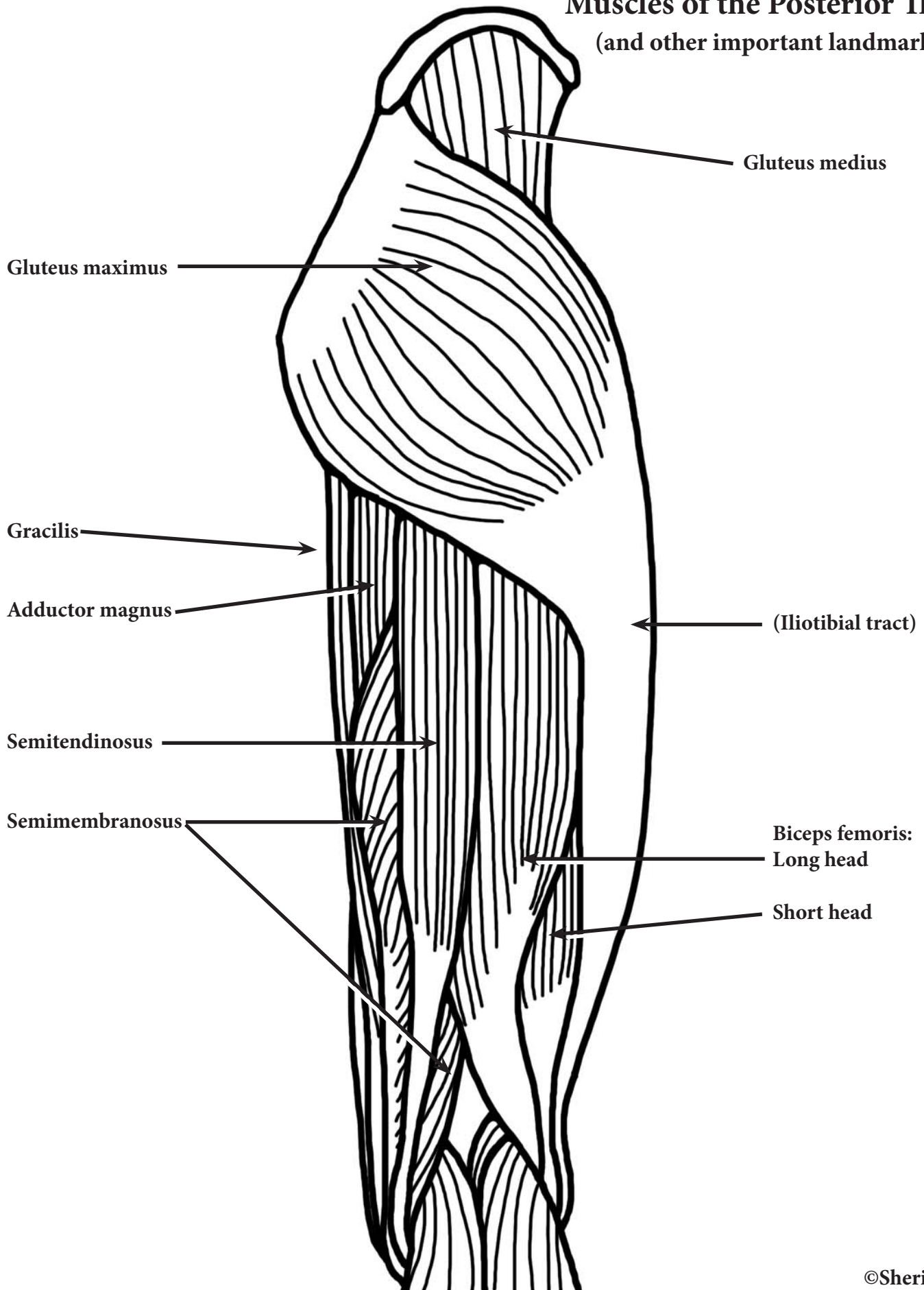


Muscles of the Posterior Thigh (and other important landmarks)



Muscles Crossing Hip and Knee Joints

Muscles of the Posterior Compartment of Pelvis

1) Gluteus maximus

- a. **Actions:** extends thigh (at hip) for climbing stairs and running, laterally rotates thigh (opposite action of the iliopsoas muscle).
- b. **Innervation:** Inferior gluteal nerve
- c. **Origin:** from ilium and dorsal sacrum
- d. **Insertion:** to gluteal tuberosity of femur and iliotibial tract

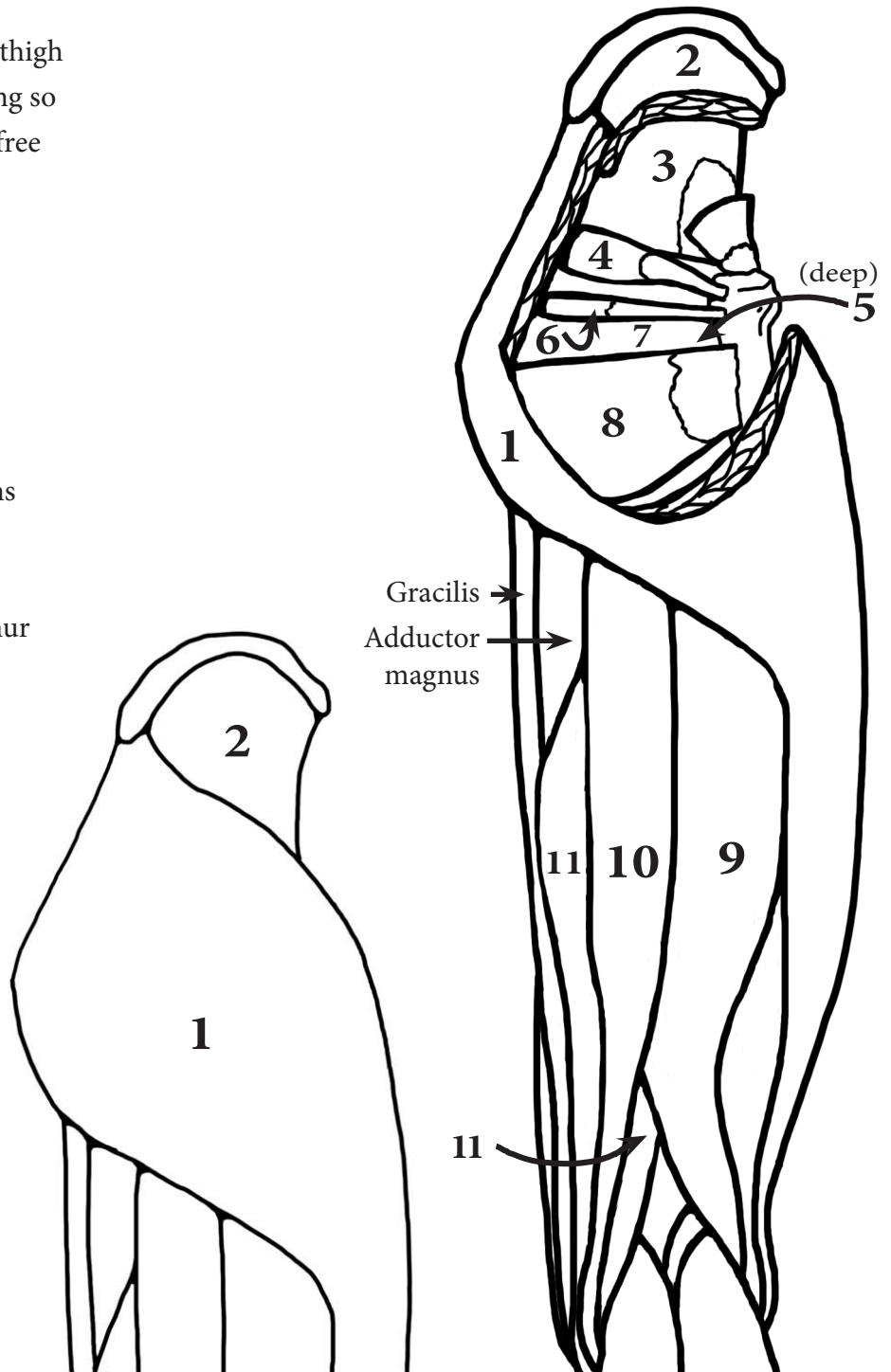
2) Gluteus medius

- a. **Actions:** abducts and medially rotates thigh for walking, holds up pelvis when waling so it doesn't tip down and foot can swing free of the ground
- b. **Innervation:** Superior gluteal nerve
- c. **Origin:** from ilium
- d. **Insertion:** to greater trochanter of femur

3) Gluteus minimus

- a. **Actions:** aids Gluteus medius in actions
- b. **Innervation:** Superior gluteal nerve
- c. **Origin:** from ilium
- d. **Insertion:** to greater trochanter of femur

Deep muscles of gluteal region (Gluteus maximus and medius cut for view)



Muscles Crossing Hip and Knee Joints

Lateral Rotators of Thigh (Posterior)

4) Piriformis

- a. **Actions:** lateral rotator of thigh, aids in abduction of thigh when hip is flexed
- b. **Innervation:** S1, S2, L5
- c. **Origin:** from anterior sacrum
- d. **Insertion:** to greater trochanter of femur

5) Obturator externus

- a. **Actions:** lateral rotator of thigh, stabilizes hip joint
- b. **Innervation:** Obturator nerve
- c. **Origin:** from margin of obturator foramen on pubis and ischium
- d. **Insertion:** to posterior femur between greater and lesser trochanter of femur

6) Obturator internus

- a. **Actions:** lateral rotator of thigh, stabilizes hip joint
- b. **Innervation:** L5 – S1
- c. **Origin:** from obturator membrane and greater sciatic notch
- d. **Insertion:** to greater trochanter of femur

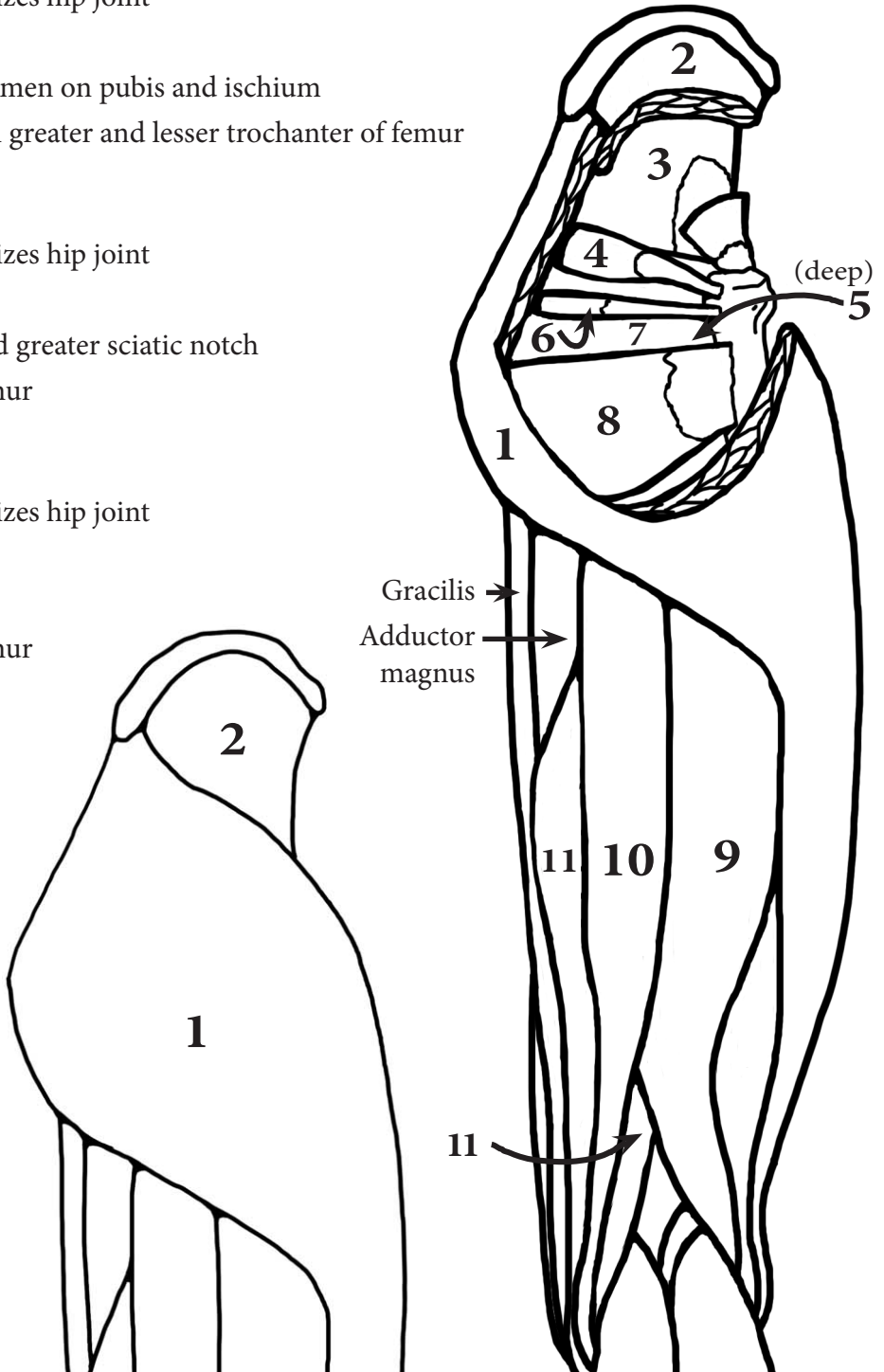
7) Gemellus (Superior and Inferior)

- a. **Actions:** lateral rotator of thigh, stabilizes hip joint
- b. **Innervation:** L4, L5, S1
- c. **Origin:** from ischial tuberosity
- d. **Insertion:** to greater trochanter of femur

8) Quadratus femoris

- a. **Actions:** lateral rotator of thigh, stabilizes hip joint
- b. **Innervation:** L4, L5, S1
- c. **Origin:** from ischial tuberosity
- d. **Insertion:** to greater trochanter of femur

Deep muscles of gluteal region (Gluteus maximus and medius cut for view)



Muscles Crossing Hip and Knee Joints

Muscles of the Posterior Compartment of Thigh (Knee Flexors and Thigh Extensors)

Hamstrings – three-muscle complex

9) Biceps femoris

- a. **Actions:** extends thigh at hip, flexes knee, laterally rotates leg
- b. **Innervation:** Sciatic nerve
- c. **Origin:** long head from ischial tuberosity, short head from linea aspera
- d. **Insertion:** to lateral leg to fibula head and lateral condyle of tibia

10) Semitendinosus

- a. **Actions:** extends thigh at hip, flexes knee, medially rotates leg
- b. **Innervation:** Sciatic nerve
- c. **Origin:** from ischial tuberosity
- d. **Insertion:** to medial tibial shaft

11) Semimembranosus

- a. **Actions:** extends thigh at hip, flexes knee, medially rotates leg
- b. **Innervation:** Sciatic nerve
- c. **Origin:** from ischial tuberosity
- d. **Insertion:** to medial condyle of tibia

Deep muscles of gluteal region (Gluteus maximus and medius cut for view)

