

# Hip

## Flexors

Muscle	Origin	Insertion	Nerve	Action
Iliopsoas	Transverse Lumbar Spine	Lesser Trochanter	Femoral	Flexor (Hip)
(Quadricep) Rectus Femoris	Anterior Inferior Iliac Spine	Patellar Tendon - Tibial Tuberosity	Femoral	Flexor (Hip) Extend (Knee)
Tensor Fasciae Latae	Outer edge Iliac Crest	iliotibial tract long fascia lata tendon	Sup. Glut	Flexor (Hip) Abducts (Hip) Med. Rotate (Hip)
Sartorius	Anterior Superior Iliac Spine	Upper/Medial Surface of Tibia	Femoral	Flexor (Hip) Flexor (Knee) Assist Med. Rotate (Hip)
Pectineus	Upper anterior ramus of pubic	Upper/Medial Shaft of Femur	Femoral	Flexor (Hip)

## Adductors

Muscle	Origin	Insertion	Nerve	Action
Gracilis	Lower Margin Pubic	Upper/Medial Surface of Tibia	Obturator	Adduction (Hip) Assist. Flexion (Knee) Medial Rotate (Knee)
Adductor Magnus	Anterior Pubic + ischial tuberos.	Medial side of lower 1/2 femur	Obturator	Adduction (Hip) Lat. Rotate (Hip)
Adductor Longus	Anterior Pubic	Medial border of femur	Obturator	Adduction (Hip)
Adductor Brevis	Anterior Pubic Ramus	Mid shaft of femur	Obturator	Adduction (Hip)

## Abductors

Muscle	Origin	Insertion	Nerve	Action
Gluteus Medius	Upper Outer Surface of Ilium	Lat. Surf. Greater Troc.	Sup. Glut	Abduction (Hip) Med.(+Lat) Rotate (Hip)
Gluteus Minimus	Mid. Outer Surface of Ilium	Ant. Border Greater Troc.	Sup. Glut.	Abduction (Hip) Med. Rotate (Hip)
Tensor Fasciae Latae	Outer edge Iliac Crest	iliotibial tract long fascia lata tendon	Sup. Glut	Flexor (Hip) Abducts (Hip) Med. Rotate (Hip)

## Extensors

Muscle	Origin	Insertion	Nerve	Action
Gluteus Maximus	Ilium + Sacrum+Coccyx	Femur	Inf. Glut	Extends (Hip) Lat. Rotate (Hip)

## Hamstrings:

Biceps Femoris	Ischial Tub + Back of Femur	Back Med. Cond. of Tibia	Sciatic	Flex (Knee) Extends (Hip) Lat. Rotate (Shank)
Semitendinosus	Ischial Tub	Upper Med. Surf of shaft of Tibia	Sciatic	Flex (Knee) Extends (Hip) Med. Rotate (Shank)
Semimembranosus	Ischial Tub	Back Med Cond. Tibia	Sciatic	Flex (Knee) Extends (Hip) Med. Rotate (Shank)

## Medial Rotators

Muscle	Origin	Insertion	Nerve	Action
Gluteus Minimus anterior fibers	Mid. Outer Surface of Ilium	Ant. Border Greater Troc.	Sup. Glut.	Abduction (Hip) Med.(+Lat) Rotate (Hip)
Tensor Fasciae Latae	Outer edge Iliac Crest	iliotibial tract long fascia lata tendon	Sup. Glut	Flexor (Hip) Abducts (Hip) Med. Rotate (Hip)
Semimembranosus	Ischial Tub	Back Med Cond. Tibia	Sciatic	Flex (Knee) Extends (Hip) Med. Rotate (Shank)
Semitendinosus	Ischial Tub	Upper Med. Surf of shaft of Tibia	Sciatic	Flex (Knee) Extends (Hip) Med. Rotate (Shank)
Gluteus Medius anterior fibers	Upper Outer Surface of Ilium	Lat. Surf. Greater Troc.	Sup. Glut	Abduction (Hip) Med.(+Lat) Rotate (Hip)

## Lateral Rotators

Muscle	Origin	Insertion	Nerve	Action
Piriformis	Internal Surf of Sacrum	Greater Troc.	Lumbar Plexus	Lat. Rotation (Hip) Hold Femur in
Gamellus			Greater Troc	Lat. Rotation
Obturator			Greater Troc	Lat. Rotation
Quadratus Femoris				Lat. Rotation

## Assist from:

Gluteus Medius posterior fibers	Upper Outer Surface of Ilium	Lat. Surf. Greater Troc.	Sup. Glut	Abduction (Hip) Med.(+Lat) Rotate (Hip)
Gluteus Minimus posterior fibers	Mid. Outer Surface of Ilium	Ant. Border Greater Troc.	Sup. Glut.	Abduction (Hip) Med.(+Lat) Rotate (Hip)