

V. MUSCULAR SYSTEM / LOWER LIMB

MUSCLES OF THE GLUTEAL REGION

CN: Note in the two superficial views that the upper part of the iliotibial tract (*, title in the left, lower corner), normally covering gluteus medius (B), has been cut away. (1) Color each muscle in all views, including the directional arrows, before going on to the next one. The site of origin of the piriformis muscle (E) on the anterior sacrum cannot be seen at lower right. The origin of the obturator internus (F) on the right cannot be seen, but the origin of the muscle on the contralateral side can be colored. See plate 44 for additional views of these muscles.

GLUTEUS MAXIMUS^A
GLUTEUS MEDIUS^B
GLUTEUS MINIMUS^C
TENSOR FASCIAE LATAE^D

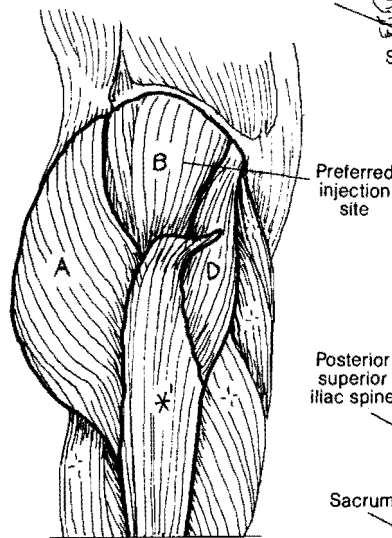
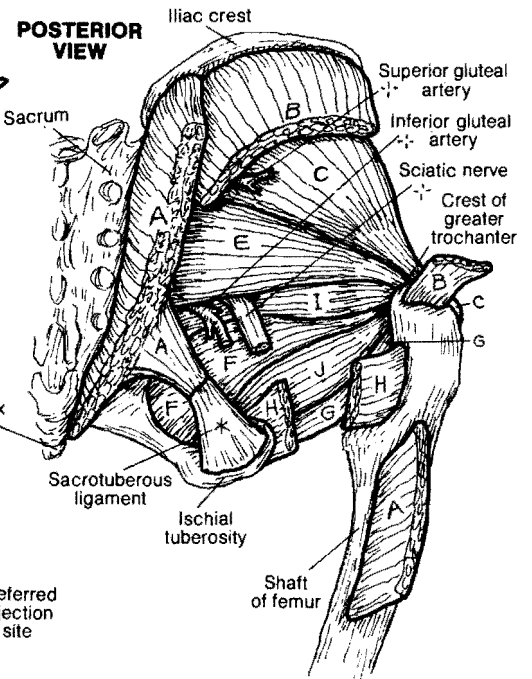
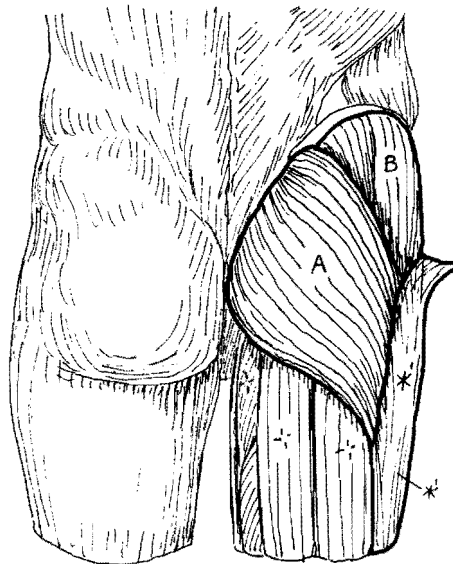
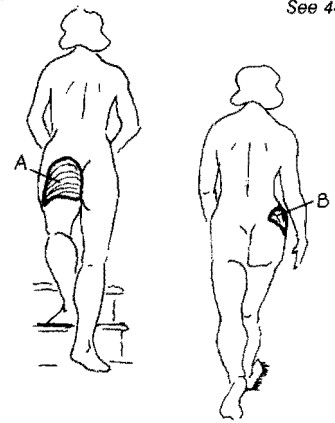
6 DEEP, LATERAL ROTATORS:^{*}
PIRIFORMIS^E
OBTURATOR INTERNUS^F
OBTURATOR EXTERNUS^G
QUADRATUS FEMORIS^H
GEMELLUS SUPERIOR^I
GEMELLUS INFERIOR^J

The gluteal muscles are arranged in three layers: the most superficial is *gluteus maximus*. The large sciatic nerve runs deep to it, as every student nurse has learned well. Its thickness varies. Gluteus maximus extends the hip joint during running and walking up-hill, but does not act in relaxed walking. The intermediately placed, more lateral *gluteus medius* is a major abductor of the hip joint and an important stabilizer (leveler) of the pelvis when the opposite lower limb is lifted off the ground.

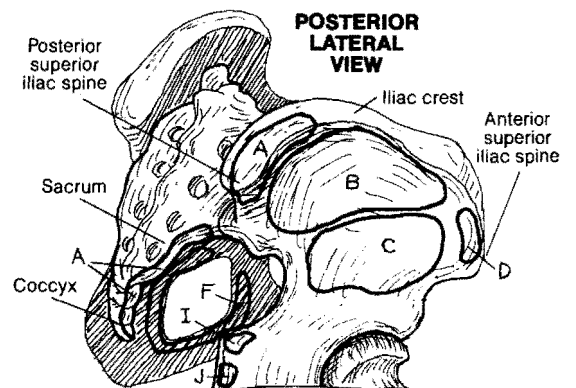
The deepest layer of gluteal muscles is the *gluteus minimus* and the *lateral rotators* of the hip joint. They cover up/fill the greater and lesser sciatic notches. These muscles generally insert at the posterior aspect of the greater trochanter of the femur. The gluteal muscles (less gluteus maximus) correspond to some degree with the rotator cuff of the shoulder joint: lateral rotators posteriorly, abductor (*gluteus medius*) superiorly, medial rotators (*gluteus medius* and *minimus*, *tensor fasciae latae*) anteriorly.

ILIOTIBIAL TRACT^{*}

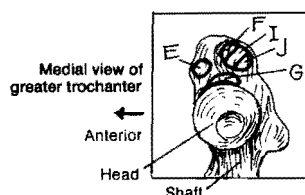
The *iliotibial tract*, a thickening of the deep fascia (fascia lata) of the thigh, runs from ilium to tibia and helps stabilize the knee joint laterally. The muscle *tensor fasciae latae*, a frequently visible and palpable flexor and medial rotator of the hip joint, inserts into this fibrous band, tensing it.



LATERAL VIEW



POSTERIOR LATERAL VIEW



Medial view of greater trochanter

