

V. MUSCULAR SYSTEM / TORSO

MUSCLES OF THE PELVIS

PELVIC DIAPHRAGM (FLOOR):*

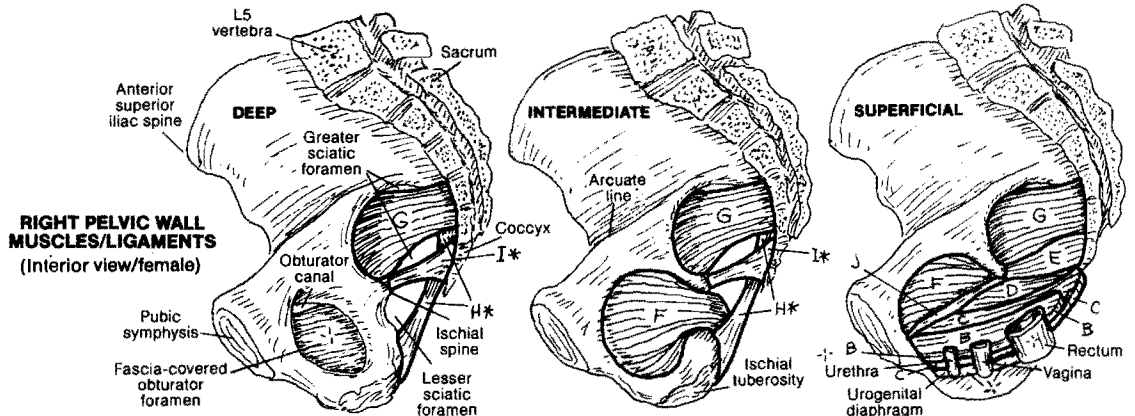
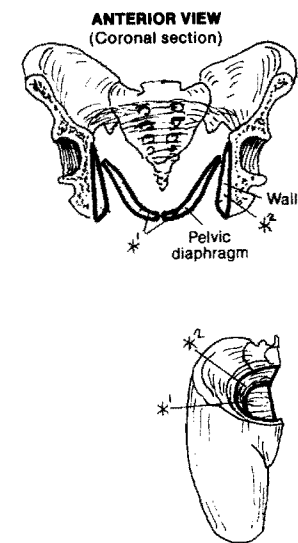
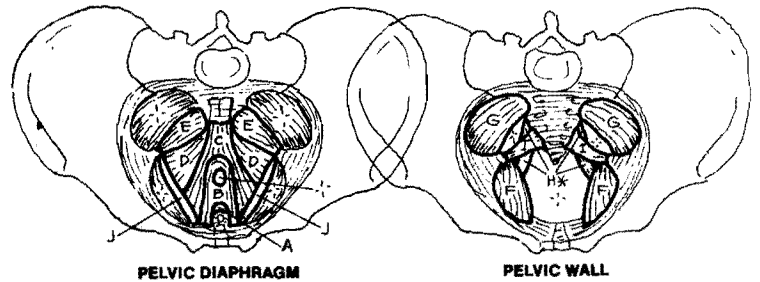
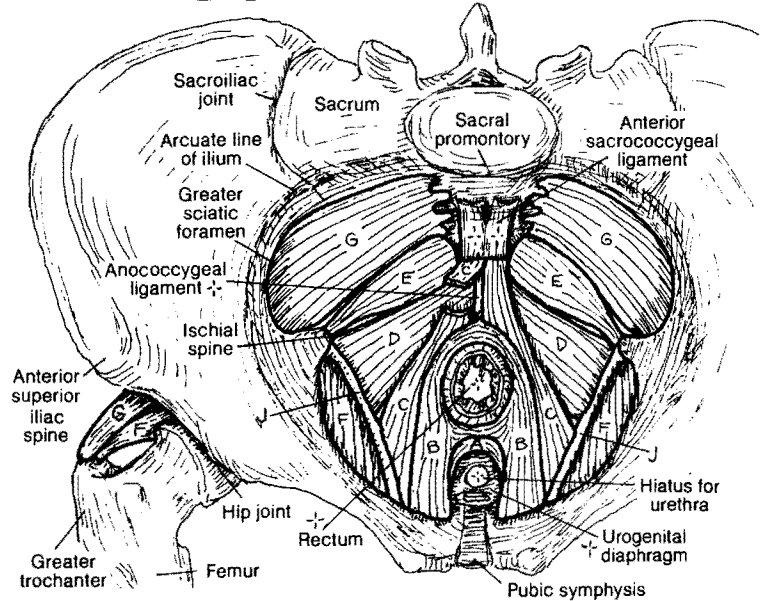
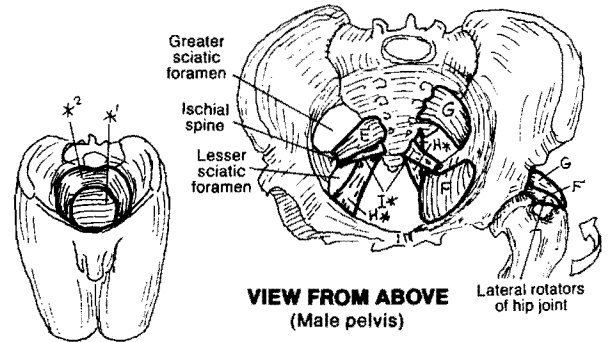
LEVATOR ANI:†

- LEVATOR PROSTATAE/VAGINAE_A
- PUBORECTALIS_B
- PUBOCOCCYGEUS_C
- ILIOCOCCYGEUS_D
- COCCYGEUS_E

PELVIC WALL:‡

- OBTURATOR INTERNUS_F
- PIRIFORMIS_G
- SACROTUBEROUS LIGAMENT_{H*}
- SACROSPINOUS LIGAMENT_{I*}
- TENDINOUS ARCH_J

CN: Use bright colors for A and J, and gray for H and I.
 (1) Begin with the illustration of the pelvic floor muscles, labeled "pelvic diaphragm," just below the large illustration at mid-right. Then go to that large illustration and color the same muscles. Continue with all drawings showing pelvic floor muscles.
 (2) Color the pelvic wall muscles and the ligaments in the "pelvic wall" diagram. Then color these muscles/ligaments in the large illustration at right, followed by the rest of the drawings showing pelvic wall muscles/ligaments.



The muscles of the pelvis form the pelvic floor in the pelvic outlet (coccygeus and the levator ani) and the pelvic wall (obturator internus and piriformis). The fascia-covered pelvic floor muscles constitute the pelvic diaphragm, separating pelvic viscera from the perineal structures inferiorly. The pelvic wall includes the sacrotuberous and sacrospinous ligaments.

The levator ani on each side arises from the pubic bone and ischial spine and the intervening tendinous arch, droops downward as it passes toward the midline, and inserts on the anococcygeal ligament and the coccyx with the contralateral levator ani. The muscle essentially has four parts (A, B, C, and D). Coccygeus is the posterior muscle of the pelvic floor, on the same plane as iliococcygeus and immediately posterior to it. The pelvic diaphragm counters abdominal pressure, and with the thoracic diaphragm, assists in micturition, defecation, and childbirth. It is an important support mechanism for the uterus, resisting prolapse.

The obturator internus, a lateral rotator of the hip joint, arises, in part, from the margins of the obturator foramen on the pelvic side. It passes downward and posterolaterally past the obturator foramen to and through the lesser sciatic foramen, inserting on the medial surface of the greater trochanter of the femur. Its covering fascia forms the tendinous arch from which levator ani arises in part. Piriformis, a lateral rotator of the hip joint, takes a course similar to obturator internus to arrive at the greater trochanter.