MUSCLES OF THE PERINEUM

CN: (1) Color gray the title *perineum* (*¹) and the two related diamond-shaped areas at the top of the plate. Color the elements forming the boundaries of the peri- neum, as seen from below. (2) Color gray the titles *urogenital triangle* and *anal triangle*, and their respective triangles. (3) Color the lower views simultaneously.

PERINEUM:*¹ (BOUNDARIES):
SYMPHYSIS PUBIS_A
COCCYX_B
ISCHIAL TUBEROSITY_C
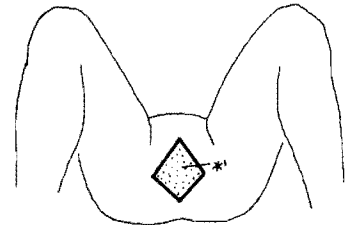## SACROTUBEROUS LIGAMENT_D
ISCHIOPUBIC RAMUS_E

The 3-dimensional *perineum* is the region below the pelvic cavity situated within the pelvic outlet. It is bordered by structures A-E. Its floor (inferior border) is skin and fascia; its roof is the pelvic diaphragm. The diamond-shaped perineum is bisected at the *ischial tuberosities* into the urogenital and anal triangles.

UROGENITAL TRIANGLE:*²
ISCHIOCAVERNOSUS M.·F
BULBOSPONGIOSUS M.·G
SUP. TRANSVERSE PERINEAL M.·H
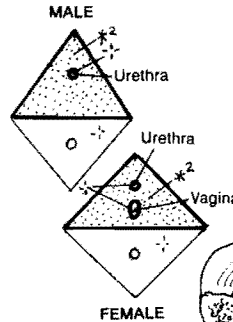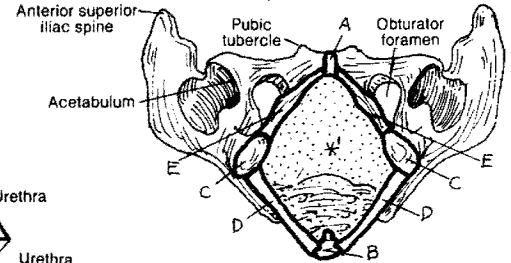## UROGENITAL DIAPHRAGM_I

The *urogenital triangle* contains the penis, scrotum, and related structures in the male and the clitoris, urethral and vaginal orifices, and related structures in the female. It includes: (1) the anterior recess of the ischiorectal fossa, (2) the *urogenital diaphragm* composed of the deep transverse perineal muscle and sphincter urethrae, and (3) the superficial perineal space, containing the *ischiocavernosus* and *bulbospongiosus muscles*. These muscles ensheathe the roots of the erectile bodies of the penis/clitoris, aiding in their erection. *Bulbospongiosus* also contracts rhythmically during the ejaculation of semen. The *superficial transverse perineal* muscles stabilize the fibrous perineal body which helps anchor the perineal structures.

ANAL TRIANGLE: *³
LEVATOR ANI M.·J
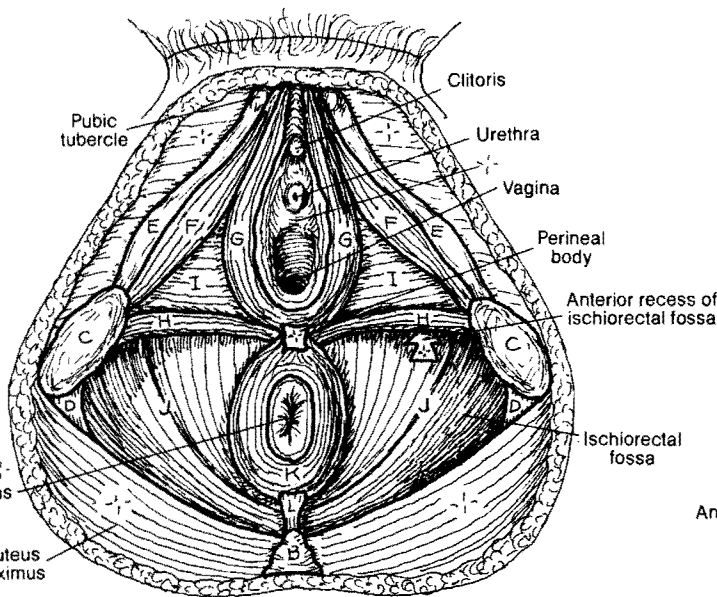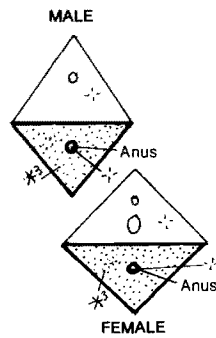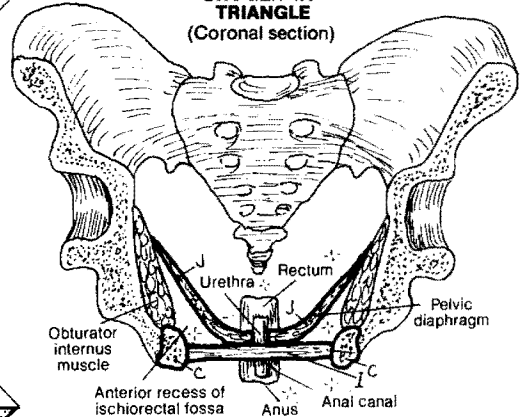## EXTERNAL SPHINCTER ANI M.·K
ANOCOCCYGEAL LIGAMENT_L

The *anal triangle* includes the fat-filled ischiorectal fossae and the anal opening (anus) and its *external sphincter ani muscle*. The inferior fibers of the anococcygeal ligament give attachment to the anal sphincter.
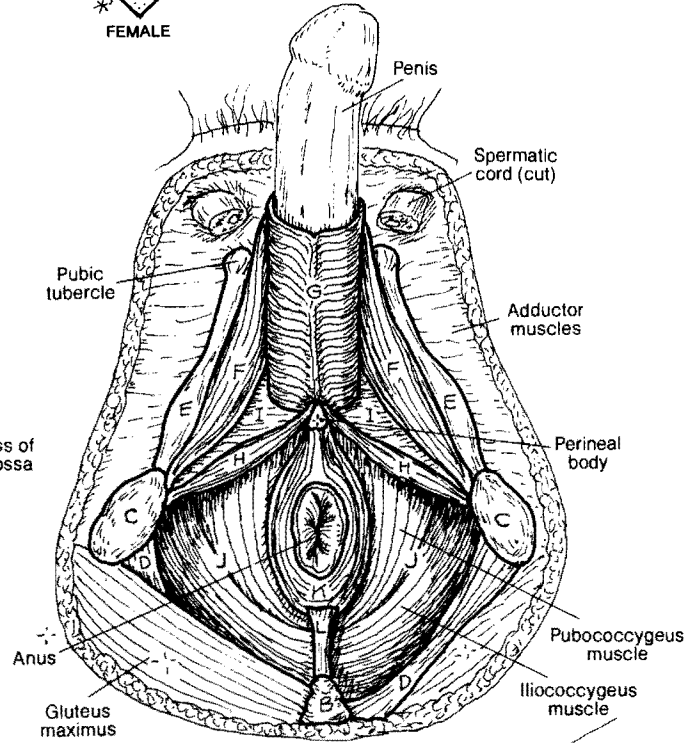

BOUNDARIES OF PERINEUM (From below)

UROGENITAL TRIANGLE (Coronal section)

MALE — FEMALE

FEMALE PERINEUM

MALE PERINEUM