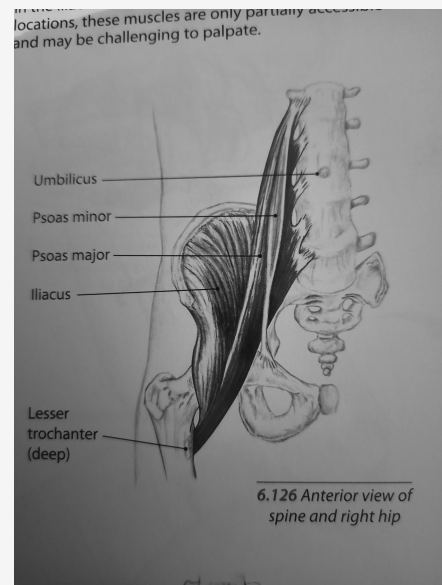


Iliopsoas



C

By **Siffi** (Siffi)
cheatography.com/siffi/

Not published yet.
Last updated 3rd February, 2021.
Page 1 of 100.

Sponsored by **Readable.com**
Measure your website readability!
<https://readable.com>

Psoas Major

Origin: TVPs of T12-L4 + lateral aspects of the discs between them

Psoas Major (cont)

Insertion: Lesser Trochanter of the femur

C

By **Siffi** (Siffi)
cheatography.com/siffi/

Not published yet.
Last updated 3rd February, 2021.
Page 2 of 100.

Sponsored by **Readable.com**
Measure your website readability!
<https://readable.com>

Psoas Major (cont)

Nerve: Lumbar plexus - anterior branches of L1-L3 nerves

Psoas Major (cont)

Action: Flexion of hip, flexion of upper lx, extension of lower lx

- Antagonist - Glut Max

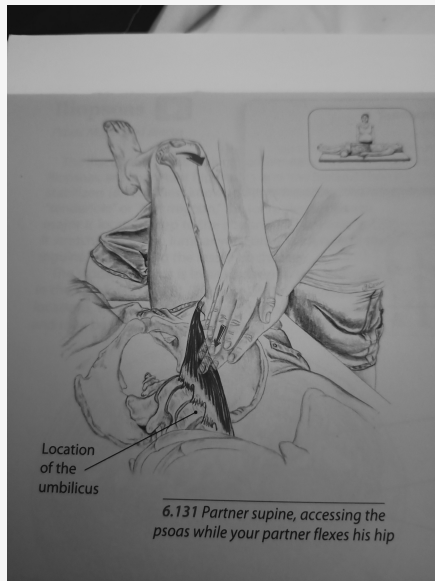
C

By **Siffi** (Siffi)
cheatography.com/siffi/

Not published yet.
Last updated 3rd February, 2021.
Page 3 of 100.

Sponsored by **Readable.com**
Measure your website readability!
<https://readable.com>

Psoas Major - Palpation



Psoas Major - Trigger Points



- Patients with unilateral iliopsoas TrP tend to feel LBP that runs up and down the spine. Pain from bilateral TrPs tends to be felt across the back as in QL and rectus abdominis TrPs
- Iliopsoas TrPs do not cause pain on deep inspiration or coughing whereas QL TrPs do
- TrPs in Psoas may be associated with spinal manipulable lesions around the thoracolumbar junction

C

By **Siffi** (Siffi)
cheatography.com/siffi/

Not published yet.
Last updated 3rd February, 2021.
Page 4 of 100.

Sponsored by **Readable.com**
Measure your website readability!
<https://readable.com>

Iliopsoas Minor

- Sometimes absent

Iliopsoas Minor (cont)

Origin: lies anterior to psoas major, sides of the bodies of 12th tx and first lx and from the disc inbetween them

C

By **Siffi** (Siffi)
cheatography.com/siffi/

Not published yet.
Last updated 3rd February, 2021.
Page 5 of 100.

Sponsored by **Readable.com**
Measure your website readability!
<https://readable.com>

Iliopsoas Minor (cont)

Insertion: Pecineal line and iliopectineal eminence and laterally to the iliac fascia

Iliopsoas Minor (cont)

NS: Lumbar plexus Ventral rami L1

C

By **Siffi** (Siffi)
cheatography.com/siffi/

Not published yet.
Last updated 3rd February, 2021.
Page 6 of 100.

Sponsored by **Readable.com**
Measure your website readability!
<https://readable.com>

Iliopsoas Minor (cont)

Action: Flexion of the trunk

Iliopsoas Minor (cont)

Trps same as Psoas Major

Psoas minor syndrome where an overly taught psoas minor mimics appendicitis.

- Taught band on RLQ of the abdomen



By **Siffi** (Siffi)
cheatography.com/siffi/

Not published yet.
Last updated 3rd February, 2021.
Page 7 of 100.

Sponsored by **Readable.com**
Measure your website readability!
<https://readable.com>

Iliacus

- **Origin:** superior 2/3 of concavity of the iliac fossa, inner lip of the iliac crest, ventral SI and iliolumbar ligaments and upper surface of the lateral part of the sacrum

Iliacus (cont)

- **Insertion:** Lesser trochanter of the femur

C

By **Siffi** (Siffi)
cheatography.com/siffi/

Not published yet.
Last updated 3rd February, 2021.
Page 8 of 100.

Sponsored by **Readable.com**
Measure your website readability!
<https://readable.com>

Iliacus (cont)

- **NS:** Femoral nerve L2-L3

Iliacus (cont)

- **Action:** Flexion and external rotation of the thigh

C

By **Siffi** (Siffi)
cheatography.com/siffi/

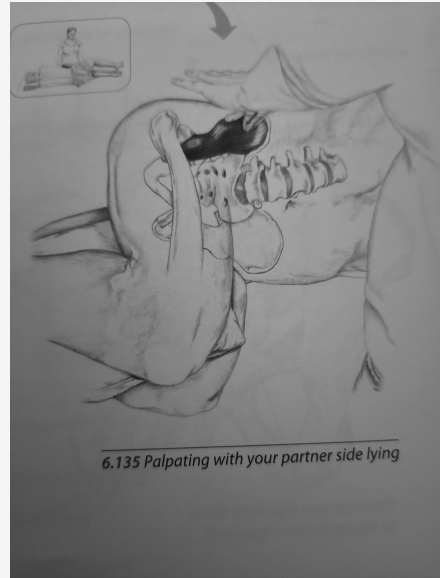
Not published yet.
Last updated 3rd February, 2021.
Page 9 of 100.

Sponsored by **Readable.com**
Measure your website readability!
<https://readable.com>

Iliacus (cont)

TrPs same as psoas

Iliacus - Palpation



C

By **Siffi** (Siffi)
cheatography.com/siffi/

Not published yet.
Last updated 3rd February, 2021.
Page 10 of 100.

Sponsored by **Readable.com**
Measure your website readability!
<https://readable.com>

Levator Ani



Consists of:

- Ischiococcygeus
- Iliococcygeus
- Pubococcygeus

Ischiococcygeus

- At posterosuperior portion



By **Siffi** (Siffi)
cheatography.com/siffi/

Not published yet.
Last updated 3rd February, 2021.
Page 11 of 100.

Sponsored by **Readable.com**
Measure your website readability!
<https://readable.com>

Ischiococcygeus (cont)

- Attached to pelvic surface and tip of the iliac spine

Ischiococcygeus (cont)

- Base attached to lateral margins of coccyx and 5th sacral segment

C

By **Siffi** (Siffi)
cheatography.com/siffi/

Not published yet.
Last updated 3rd February, 2021.
Page 12 of 100.

Sponsored by **Readable.com**
Measure your website readability!
<https://readable.com>

Ischiococcygeus (cont)

- Usually tendinous than muscular

Ischiococcygeus (cont)

- Sometimes fused with sacrospinous ligament

C

By **Siffi** (Siffi)
cheatography.com/siffi/

Not published yet.
Last updated 3rd February, 2021.
Page 13 of 100.

Sponsored by **Readable.com**
Measure your website readability!
<https://readable.com>

Iliococcygeus

- Attached to inner surface of ischial spine

Iliococcygeus (cont)

- Posterior fibres attached to the tip of the sacrum and coccyx

C

By **Siffi** (Siffi)
cheatography.com/siffi/

Not published yet.
Last updated 3rd February, 2021.
Page 14 of 100.

Sponsored by **Readable.com**
Measure your website readability!
<https://readable.com>

Pubococcygeus

- Attached to the back of the body of the pubis

Pubococcygeus (cont)

- Medial fibres run lateral to the urethra and its sphincter (puboperinealis/pubourethralis))

C

By **Siffi** (Siffi)
cheatography.com/siffi/

Not published yet.
Last updated 3rd February, 2021.
Page 15 of 100.

Sponsored by **Readable.com**
Measure your website readability!
<https://readable.com>

Pubococcygeus (cont)

- Forms part of the urethral sphincter - fibres decussate across the midline directly behind urethra

Pubococcygeus (cont)

- In males, fibres lie lateral and inferior to the prostate (levator prostatae) In females the fibres form a sling around the posterior wall of the vagina (pubovaginalis)

C

By **Siffi** (Siffi)
cheatography.com/siffi/

Not published yet.
Last updated 3rd February, 2021.
Page 16 of 100.

Sponsored by **Readable.com**
Measure your website readability!
<https://readable.com>

Pubococcygeus (cont)

NS: 2nd and 3rd sacral spinal segments from pundental nerve

Pubococcygeus (cont)

Action: Lateral compressor of the canals - reinforces external anal sphincter, reduces anteroposterior dimension of the ano-urogenital hiatus

C

By **Siffi** (Siffi)
cheatography.com/siffi/

Not published yet.
Last updated 3rd February, 2021.
Page 17 of 100.

Sponsored by **Readable.com**
Measure your website readability!
<https://readable.com>

LA -Trps



Glut Max



C

By **Siffi** (Siffi)
cheatography.com/siffi/

Not published yet.
Last updated 3rd February, 2021.
Page 18 of 100.

Sponsored by **Readable.com**
Measure your website readability!
<https://readable.com>

Gluteus Maximus

Origin: posterior gluteal line of the ilium, aponeurosis of ES, dorsal surface of lower part of the sacrum and side of the coccyx, sacrotuberous ligament and gluteal aponeurosis

Gluteus Maximus (cont)

Insertion: Superficial fibres = iliotibial tract of the fascia lata
Deep fibres = gluteal tuberosity



By **Siffi** (Siffi)
cheatography.com/siffi/

Not published yet.
Last updated 3rd February, 2021.
Page 19 of 100.

Sponsored by **Readable.com**
Measure your website readability!
<https://readable.com>

Gluteus Maximus (cont)

NS: Inferior gluteal nerve L5-S2

Gluteus Maximus (cont)

Actions: Extends flexed thigh, walking, climbing stairs, lateral rotation of the thigh

Upper fibres abduct the thigh

inactive during standing, swaying forwards at the ankle joints, bending forwards at the hip joints

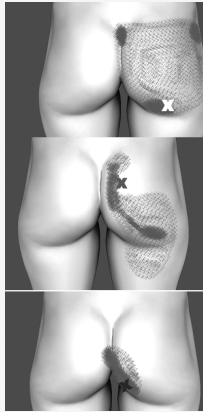
C

By **Siffi** (Siffi)
cheatography.com/siffi/

Not published yet.
Last updated 3rd February, 2021.
Page 20 of 100.

Sponsored by **Readable.com**
Measure your website readability!
<https://readable.com>

Glut Max TrPs



- Can develop with manipulable lesions in SI joint
- Increased Tx kyphosis and AHC can increase hip flexion
- Sitting on a wallet or uneven chair
- Glut med, hamstrings, minimus can develop satellite TrPs with glut max
- Hamstrings, lower paraspinal muscles distort pelvic structure when tight - antagonist iliopsoas and rect fem developing TrPs - treating these eases pressure off glut max

Glut Med



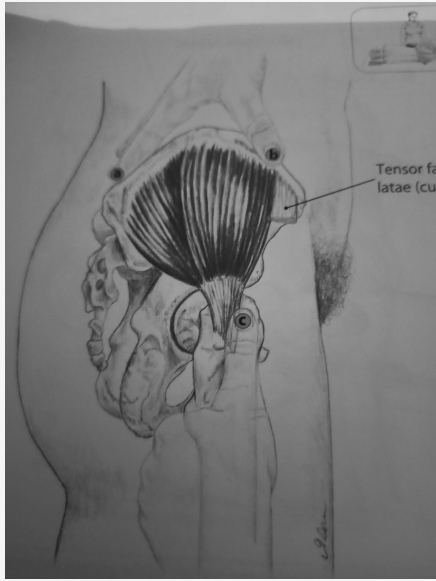
C

By **Siffi (Siffi)**
cheatography.com/siffi/

Not published yet.
Last updated 3rd February, 2021.
Page 21 of 100.

Sponsored by **Readable.com**
Measure your website readability!
<https://readable.com>

Glut Medius and Minimus



Glut Medius

- **Origin:** Outer surface of the ilium between iliac crest and posterior gluteal line above and anterior gluteal line below

C

By **Siffi** (Siffi)
cheatography.com/siffi/

Not published yet.
Last updated 3rd February, 2021.
Page 22 of 100.

Sponsored by **Readable.com**
Measure your website readability!
<https://readable.com>

Glut Medius (cont)

- **Insertion:** Lateral surface of GT

Glut Medius (cont)

- *NS.** Superior gluteal nerve L4-S1

C

By **Siffi** (Siffi)
cheatography.com/siffi/

Not published yet.
Last updated 3rd February, 2021.
Page 23 of 100.

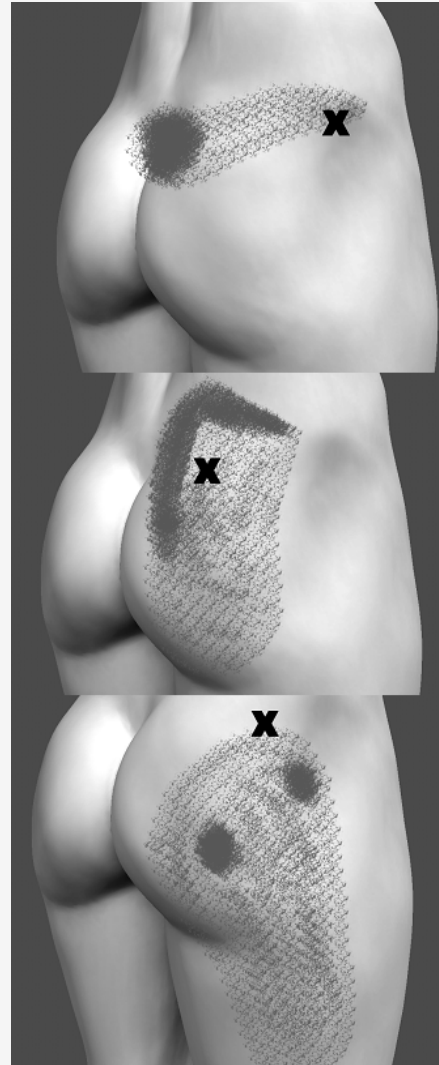
Sponsored by **Readable.com**
Measure your website readability!
<https://readable.com>

Glut Medius (cont)

- **Action:** Abduct the thigh, anterior fibres rotate it medially, posterior fibres create lateral rot

Maintains upright trunk posture when walking (foot on opposite side is raised from the ground - makes pelvis sag downwards on unsupported side)

Glut Med Trps



- Presents similar to SIJ dysfunction
- Sitting for too long/leaning forward/lying on affected side can activate Trps
- Unequal leg length, walking on uneven ground can perpetuate TrPs
- Secondary Trps can develop in piriformis, posterior part of glut min and max when posterior fibres of glut max develop TrPs
- When anterior glut max fibres are involved, 2ndary Trps can develop in the TFL and satellite TrPs from QL

Glut Minimus



Glut Minimus

- **Origin:** Outer surface of ilium

C

By **Siffi** (Siffi)
cheatography.com/siffi/

Not published yet.
Last updated 3rd February, 2021.
Page 25 of 100.

Sponsored by **Readable.com**
Measure your website readability!
<https://readable.com>

Glut Minimus (cont)

- **Insertion:** Anterolateral ridge on GT

Glut Minimus (cont)

- **NS:** Superior Gluteal Nerve L4-S1

C

By **Siffi** (Siffi)
cheatography.com/siffi/

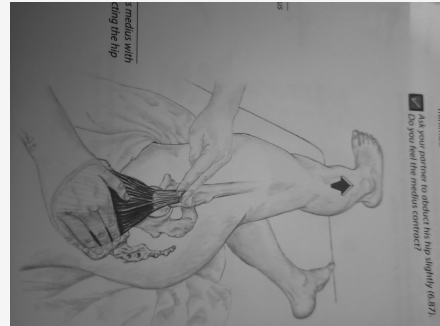
Not published yet.
Last updated 3rd February, 2021.
Page 26 of 100.

Sponsored by **Readable.com**
Measure your website readability!
<https://readable.com>

Glut Minimus (cont)

- **Actions:** Abduction of the thigh and anterior fibres rotate it medially, maintains upright posture of trunk when foot of the opposite side is raised from the ground

Glut Minimus and Medius - Palpation



C

By **Siffi** (Siffi)
cheatography.com/siffi/

Not published yet.
Last updated 3rd February, 2021.
Page 27 of 100.

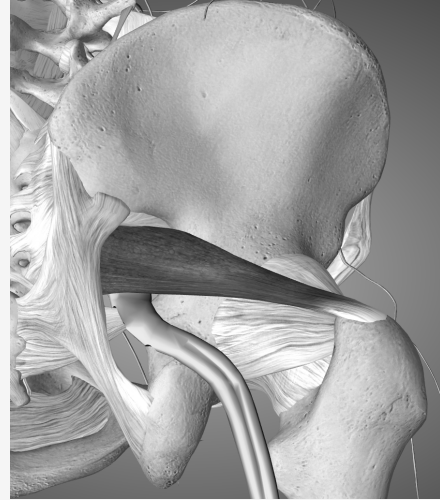
Sponsored by **Readable.com**
Measure your website readability!
<https://readable.com>

Glut Min TrPs



- Referred to as pseudosciatica - severe and persistent pain down leg
- TrPs in anterior fibres = mimics L5 Radiculopathy
- TrPs in posterior fibres = mimics S1 Radiculopathy
- Can cause SIJ Dysfunction
- Associated with TrPs in piriformis, gluteus medius, vastus lateralis, fibularis longus, quadratus lumborum and gluteus maximus

Piriformis



C

By **Siffi** (Siffi)
cheatography.com/siffi/

Not published yet.
Last updated 3rd February, 2021.
Page 28 of 100.

Sponsored by **Readable.com**
Measure your website readability!
<https://readable.com>

Piriformis

Origin: Anterior surface of sacrum, Gluteal surface of ilium, Sacrotuberous ligament

Piriformis (cont)

Insertion: Medial side of upper border of GT

C

By **Siffi** (Siffi)
cheatography.com/siffi/

Not published yet.
Last updated 3rd February, 2021.
Page 29 of 100.

Sponsored by **Readable.com**
Measure your website readability!
<https://readable.com>

Piriformis (cont)

NS: Branches from L5-S2

Piriformis (cont)

Action: Rotates extended thigh laterally, abducts flexed thigh

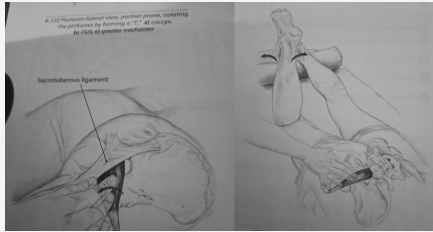
C

By **Siffi** (Siffi)
cheatography.com/siffi/

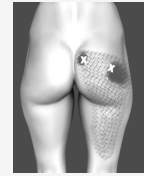
Not published yet.
Last updated 3rd February, 2021.
Page 30 of 100.

Sponsored by **Readable.com**
Measure your website readability!
<https://readable.com>

Piriformis - Palpation



Piriformis TrPs



Associated trigger points include the gluteus medius, gemelli, obturator internus, levator ani and coccygeus

- Causes Pain and paresthesia in LB, Grion, perineum, buttock, hip, posterior thigh, leg and foot, defaecation
- Aggravated by prolonged sitting, hip flexion, adduction, internal rotation

C

By **Siffi** (Siffi)
cheatography.com/siffi/

Not published yet.
Last updated 3rd February, 2021.
Page 31 of 100.

Sponsored by **Readable.com**
Measure your website readability!
<https://readable.com>

Short Lateral Rotators

Consists of:

Short Lateral Rotators (cont)

- Obturator Internus

C

By **Siffi** (Siffi)
cheatography.com/siffi/

Not published yet.
Last updated 3rd February, 2021.
Page 32 of 100.

Sponsored by **Readable.com**
Measure your website readability!
<https://readable.com>

Short Lateral Rotators (cont)

- Oburator Externus

Short Lateral Rotators (cont)

- Gemellus inferior and Gemellus superior

C

By **Siffi** (Siffi)
cheatography.com/siffi/

Not published yet.
Last updated 3rd February, 2021.
Page 33 of 100.

Sponsored by **Readable.com**
Measure your website readability!
<https://readable.com>

Short Lateral Rotators (cont)

- Quadratus Femoris

Short Lateral Rotators (cont)

TrPs usually presents as tenderness deep to glut max and inferior to piriformis (medial to upper third of GT - Gemelli or obturator internus)

C

By **Siffi** (Siffi)
cheatography.com/siffi/

Not published yet.
Last updated 3rd February, 2021.
Page 34 of 100.

Sponsored by **Readable.com**
Measure your website readability!
<https://readable.com>

Short Lateral Rotators (cont)

Tenderness deep to medial border of the GT = Quadratus femoris/obturator externus

Short Lateral Rotators (cont)

- Obturator externus can present with groin pain, check pectineus and adductor brevis

C

By **Siffi** (Siffi)
cheatography.com/siffi/

Not published yet.
Last updated 3rd February, 2021.
Page 35 of 100.

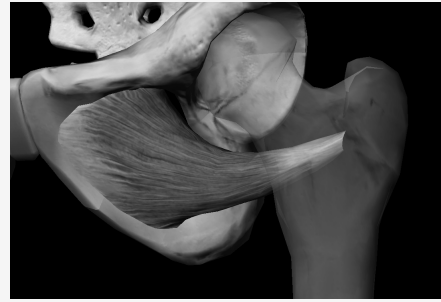
Sponsored by **Readable.com**
Measure your website readability!
<https://readable.com>

Oburator Internus



- **Origin:** Ischiopubic Ramus and obturator membrane
- **Insertion:** Medial aspect of GT
- **NS:** Nerve to obturator internus (L5-S2)
- **Action:** Abducts and lateral rotates extended hip, abducts the flexed thigh at the hip and stabilises hip during walking

Obturator externus



- **Origin:** Obturator foramen and Obturator membrane
- **Insertion:** Trochanteric fossa of femur
- **NS:** Posterior branch of obturator nerve (3rd and 4th lx nerves)
- **Actions:** Adduct thigh, laterally rotates thigh

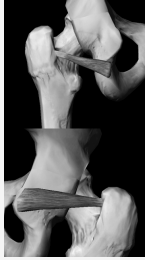
C

By **Siffi** (Siffi)
cheatography.com/siffi/

Not published yet.
Last updated 3rd February, 2021.
Page 36 of 100.

Sponsored by **Readable.com**
Measure your website readability!
<https://readable.com>

Gemellus inferior and gemellus superior



- Top: Inferior Gemellus
- Bottom: Superior Gemellus

Superior Gemellus

- **Origin:** Dorsal surface of ischial spine

C

By **Siffi** (Siffi)
cheatography.com/siffi/

Not published yet.
Last updated 3rd February, 2021.
Page 37 of 100.

Sponsored by **Readable.com**
Measure your website readability!
<https://readable.com>

Superior Gemellus (cont)

- **Insertion:** Medial surface of GT

Superior Gemellus (cont)

- **NS:** Nerve to Oburator internus L4-S1

C

By **Siffi** (Siffi)
cheatography.com/siffi/

Not published yet.
Last updated 3rd February, 2021.
Page 38 of 100.

Sponsored by **Readable.com**
Measure your website readability!
<https://readable.com>

Superior Gemellus (cont)

- **Action:** rotates extended thigh laterally and abduct flexed thigh

Inferior Gemellus

Origin: Upper part of lateral surface of the ischial tuberosity

C

By **Siffi** (Siffi)
cheatography.com/siffi/

Not published yet.
Last updated 3rd February, 2021.
Page 39 of 100.

Sponsored by **Readable.com**
Measure your website readability!
<https://readable.com>

Inferior Gemellus (cont)

Insertion: Medial surface of GT

Inferior Gemellus (cont)

NS: Nerve to Quadratus Femoris L4-S1

C

By **Siffi** (Siffi)
cheatography.com/siffi/

Not published yet.
Last updated 3rd February, 2021.
Page 40 of 100.

Sponsored by **Readable.com**
Measure your website readability!
<https://readable.com>

Inferior Gemellus (cont)

Action: Rotate extended thigh laterally and abduct the flexed thigh

Quadratus Femoris



Origin: Upper part of external aspect of ischial tuberosity

Insertion: Middle of trochanteric crest of the femur

NS: Quadratus Femoris nerve L5 and S1

Action: Lateral rotation of the thigh

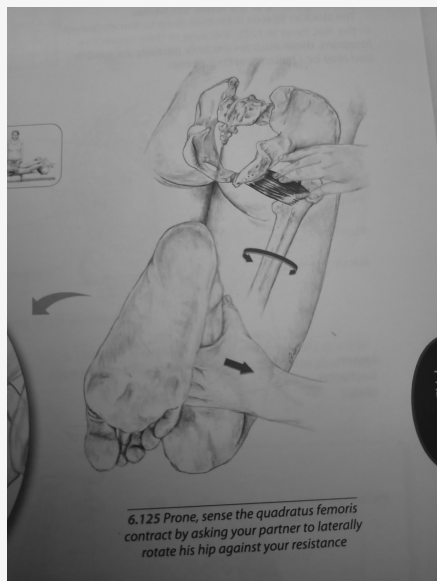
C

By **Siffi (Siffi)**
cheatography.com/siffi/

Not published yet.
Last updated 3rd February, 2021.
Page 41 of 100.

Sponsored by **Readable.com**
Measure your website readability!
<https://readable.com>

Quadratus Femoris - Palpation



C

By **Siffi** (Siffi)
cheatography.com/siffi/

Not published yet.
Last updated 3rd February, 2021.
Page 42 of 100.

Sponsored by **Readable.com**
Measure your website readability!
<https://readable.com>