GLUTEAL REGION

- ligaments
  - sacrospinous lig. — From tip of ischial spine to margin of last sacral &1st coccygeal vertebrae
  - sacrotuberous lig — From medial border of ischial tuberosity to back of sacrum & coccyx
  - Functions
    -transform sciatic notches into foramina
- muscles
  - deep (5)
    - piriformis
      - origin:anterior surface of middle3 sacral vertebra
      - insertion: pass through greater sciatic foramen to upper border of greater trochanter
      - nerve supply: sacral plexus (S1, 2 nerves)
    - obturator internus
      - origin: inner surface of obturator membrane & the surrounding bone
      - insertion: pass through lesser sciatic foramen to insert in greater trochanter above trochanteric fossa
    - superior gemellus
      - O.:- upper border of lesser sciatic notch
      - I.:- upper border of tendon of obturator internus then to medial surface of greater trochanter
    - inferior gemellus
      - O.:- lower border of lesser sciatic notch
      - I:lower border of tendon of obturator internus then to medial surface of greater trochanter
    - quadratus femoris
      - O.:- Lateral border of ischial tuberosity
      - I.:-quadrate tubercle
    - all deep muscles have the same action: lateral rotation of thigh
    - nerve supply of obturator internus and superior gemellus : n. to obturator internus
      nerve supply of inferior gemellus and quadratus : n. to quadratus femoris
  - superficial (4)
    - Gluteus minimus
      - O.: outer surface of ilium( )ant.& inferior gluteal lines
      - I. : front of greater trochanter.
    - gluteus medius
      - O: outer surface of ilium ( ). post. & ant. gluteal lines
      - I. :lateral aspect of greater trochanter.
    - tensor fascia lata
      - O.: ant. 5cm of outer lip of iliac crest
      - I.: ant. border of iliotibial tract
      - Actions: 1-abduction of thigh
        2-tense iliotibial tract in standing position to keep bone of L.L above each other
    - gluteus maximus
      - O. : outer surface of ilium behind post. gluteal line Back of sacrum & coccyx & sacrotuberous lig.
      - I.:superficial 3 / 4 insert in post. border of iliotibial tract deep 1 / 4 insert in gluteal tuberosity
      - N.S. : inferior gluteal n.
      - Action:
        1-main extensor of hip joint
        2- tense iliotibial tract in standing position to keep bone of L.L above each other
    - ACTION of G.medius and minimus :
      1- abduction of thigh
      2- Medial rotation of thigh by the ant. fibers
      3-prevent tilting of pelvis towards unsupported side on standing on one limb so paralysis of these muscles on both sides causes waddling gait
    - Nerve supply of G.minimus,G.medius and tensor fascia lata: superior gluteal n
- foramina
  - greater sciatic foramen
    - structures above piriformis — superior gluteal n & superior gluteal vessels
    - structures below piriformis — inferior gluteal n.& inferior gluteal vessels sciatic n. post. cut. n. of thigh. n. to quadratus femoris n. to obturator internus int. pudendal vessels Pudendal n.
  - lesser sciatic foramen — - obturator internus/n. to obturator internus/ int. pudendal vessel/pudendal n.
- nerves
  - superior gluteal n.
    -arise inside pelvis from sacral plexus
    -pass through greater sciatic foramen above piriformis.
    -pass ( ) gluteus medius & minimus
    - supply gluteus medius& minimus & tensor fascia lata
  - inferior gluteal n. :
    - arise inside pelvis from sacral plexus
    -pass through greater sciatic foramen below piriformis.
    -supply gluteus maximus
  - NOTE: nerves of gluteal region.
    superior gluteal n. -inferior gluteal n.
    -sciatic n -post. cut. n. of thigh
    -to Quadratus femoris -n. to obturator internus -pudendal n.

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