

ThomP's Tools Hip Muscle Review Sheet

Group	Muscle	Joints Crossed		Origins			Insertions		Actions			
Ilio-psoas	iliacus	hip		iliac fossa of oscoxa			lesser trochanter of femur		flexion of hip	lateral rotation of hip		
	psoas major	hip	intervertebral joints	vertebrae T12 - L5, bodies & transverse processes			lesser trochanter of femur		flexion of hip	lateral rotation of hip	postural: pelvic stabilizer	
	psoas minor	NOT hip	intervertebral joints	vertebra T12			pelvic brim/inlet		postural: stabilizes pelvis with vertebral column			
Quadriceps	rectus femoris	hip	knee	AIIS of oscoxa			tibial tuberosity (quadricep insertion tendon)		flexion of hip	extension of knee		
TFL/ITB	tensor fascia latae	hip		ASIS of oscoxa			ilio-tibial band		flexion of hip	abduction of hip	medial rotation of hip	postural: pulls on ITB to stabilize extended
	sartorius	hip	knee	ASIS of oscoxa			anteromedial shaft of tibia (pes anserine)		flexion of hip	abduction of hip	lateral rotation of hip	flexion of knee
Hamstrings	biceps femoris	hip	knee	ischial tuberosity of oscoxa	linea aspera of femur		head of fibula		extension of hip	flexion of knee		
	semi-membranosus	hip	knee	ischial tuberosity of oscoxa			medial condyle of tibia (posterior side)		extension of hip	flexion of knee		
	semi-tendinosus	hip	knee	ischial tuberosity of oscoxa			anteromedial shaft of tibia (pes anserine)		extension of hip	flexion of knee		
Adductors	adductor brevis	hip		pubic bone of oscoxa			linea aspera of femur		adduction of hip	flexion of hip		
	adductor longus	hip		pubic bone of oscoxa			linea aspera of femur		adduction of hip	flexion of hip		
	adductor magnus	hip		pubic bone of oscoxa	ischium of oscoxa		linea aspera of femur	adductor tubercle of femur	adduction of hip	flexion of hip		
	gracilis	hip	knee	pubic bone of oscoxa			anteromedial shaft of tibia, (pes anserine)		adduction of hip	flexion of hip	flexion of knee	
	pectineus	hip		pubic bone of oscoxa			posterior femur between lesser trochanter & linea aspera		adduction of hip	flexion of hip	rotation (in a highly debated)	
Gluteals	gluteus maximus	hip		PSIS of oscoxa	iliac crest of oscoxa next to PSIS	lateral sacrum	gluteal tuberosity of femur	ilio-tibial band	extension of hip	lateral rotation of hip	abduction of hip	adduction of hip
	gluteus medius	hip		lateral ilium between superior & mid gluteal lines			greater trochanter of femur		abduction of hip	extension of hip	lateral rotation of hip	medial rotation of hip
	gluteus minimus	hip		lateral ilium between mid & inferior gluteal lines			greater trochanter of femur		abduction of hip	flexion of hip	medial rotation of hip	
Six Deep Lateral Rotators	piriformus	hip		anterior sacrum			greater trochanter of femur		lateral rotation of hip	abduction of hip		
	gemellus inferior	hip		ischium of oscoxa			greater trochanter of femur		lateral rotation of hip			
	gemellus superior	hip		ischium of oscoxa			greater trochanter of femur		lateral rotation of hip			
	obturator externus	hip		ischium of oscoxa			greater trochanter of femur		lateral rotation of hip	adduction of hip		
	obturator internus	hip		ischium of oscoxa			greater trochanter of femur		lateral rotation of hip			
	quadratus femoris	hip		ischium of oscoxa			greater trochanter of femur		lateral rotation of hip	adduction of hip		