

# Gluteal Region and Posterior Thigh



# SCRUBS

STUDENT COLLABORATIVE RESOURCES FOR UNDERSTANDING AND BRODY SUCCESS

# *Mission Statement*

**SCRUBS** is a student-driven initiative that aims to develop supplemental recourses for current and future cohorts that will pass through Brody. Members of **SCRUBS** participate in a variety of sub-committees working to create resources for students, by students. These resources aim to offer unique perspectives from students that have walked in the same shoes, developing resources that we wish we had been exposed to during our time in the course.

The hope is this organization will become a staple of the Brody student body, exemplifying the unique collaborative community that Brody offers. If this is a mission that aligns with your goals and you have the desire to help those that will come behind you, as well as a goal to leave your mark on Brody as a whole, we invite you to join the team!

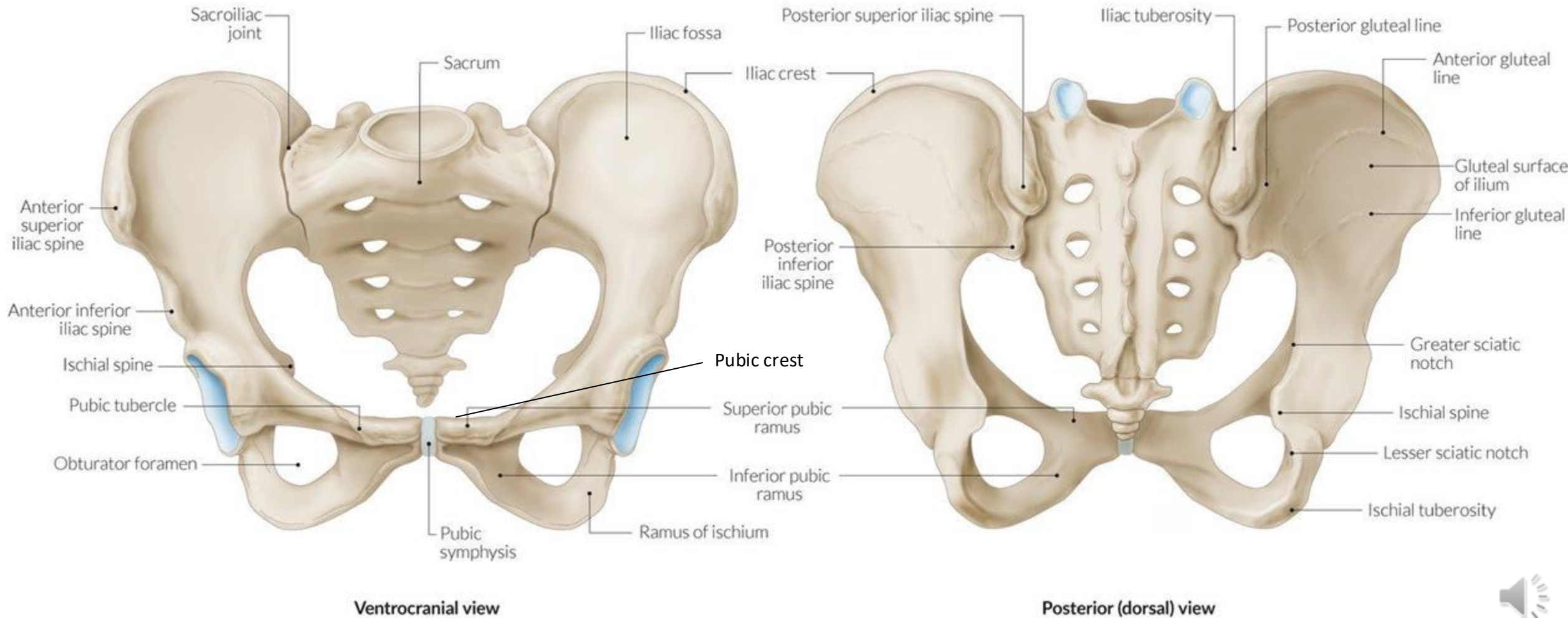


# *Disclaimer*

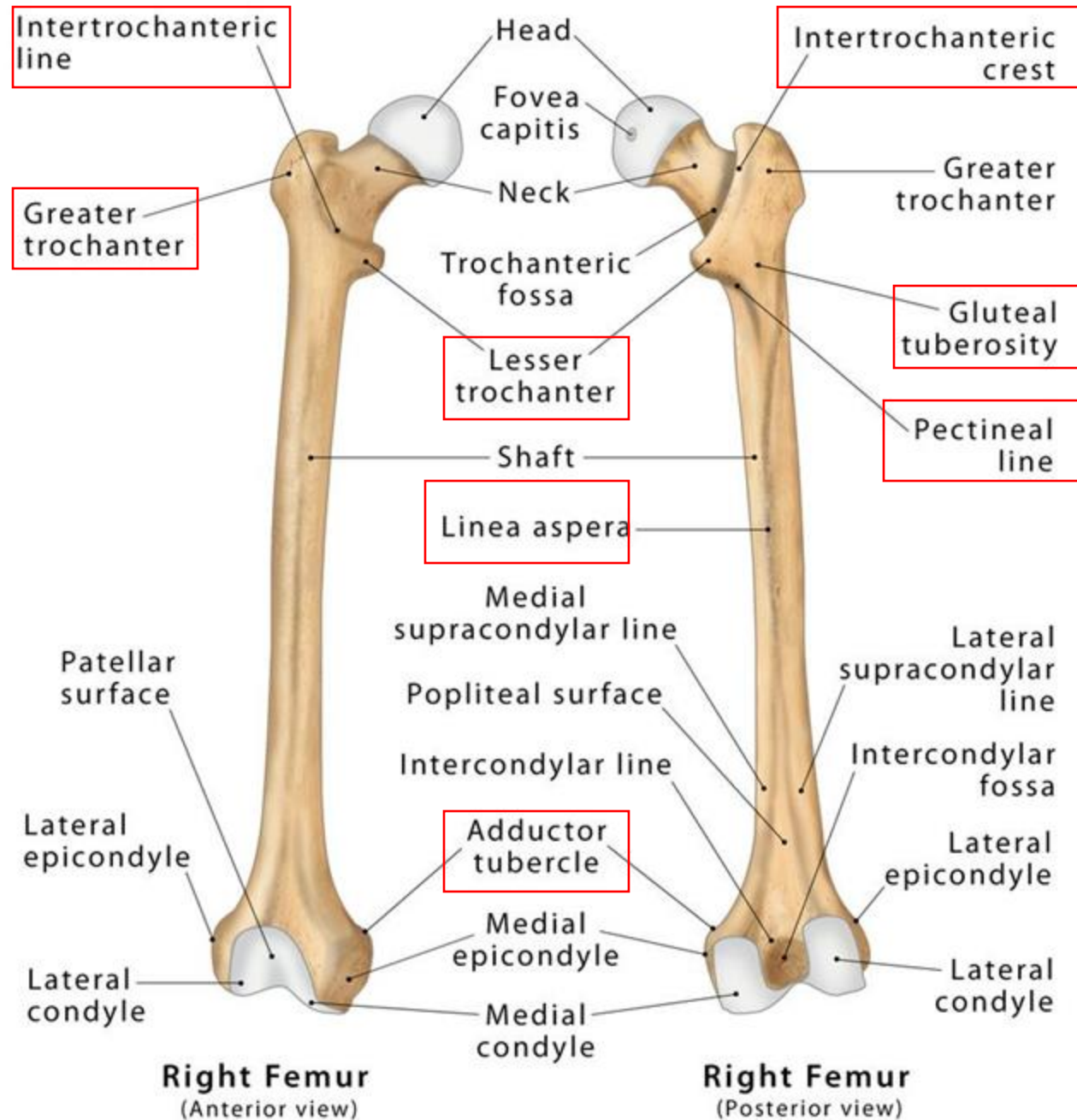
The resources that are included in this document are made by students and not the faculty. As such, there is the possibility for errors in our development, although this is mitigated via a team approach to development with multiple stages of vetting. If there is a contradiction with the coursework presented within your course, please go by the course documents. Additionally, **SCRUBS** aims to supply ***supplemental recourses***, however these are in no way replacements to the instruction of the Brody faculty. Use these recourses as a supplement, but not as your primary source for course material.



# Bony Landmarks

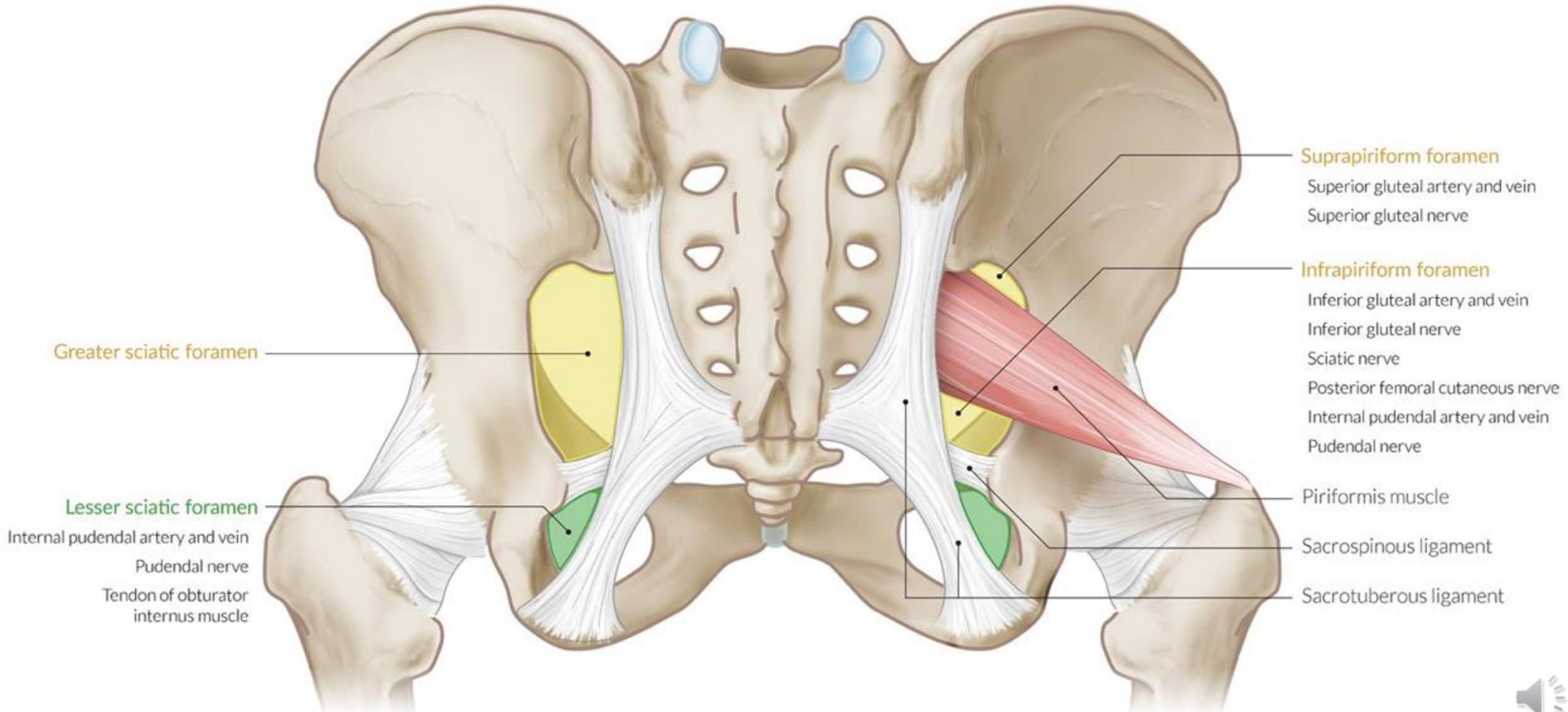


# Femur





# Greater and Lesser Sciatic Foramen



# Muscles of the Gluteal Region

(1)

## Gluteus Maximus

<b>O:</b> Iliac Crest, Sacrum, Sacrotuberous ligament	<b>I:</b> Gluteal tuberosity
<b>N:</b> Inferior Gluteal Nerve (L5-S2)	<b>A:</b> Extensor of the thigh, lateral rotation, <b>add</b> uction

## Gluteus Medius

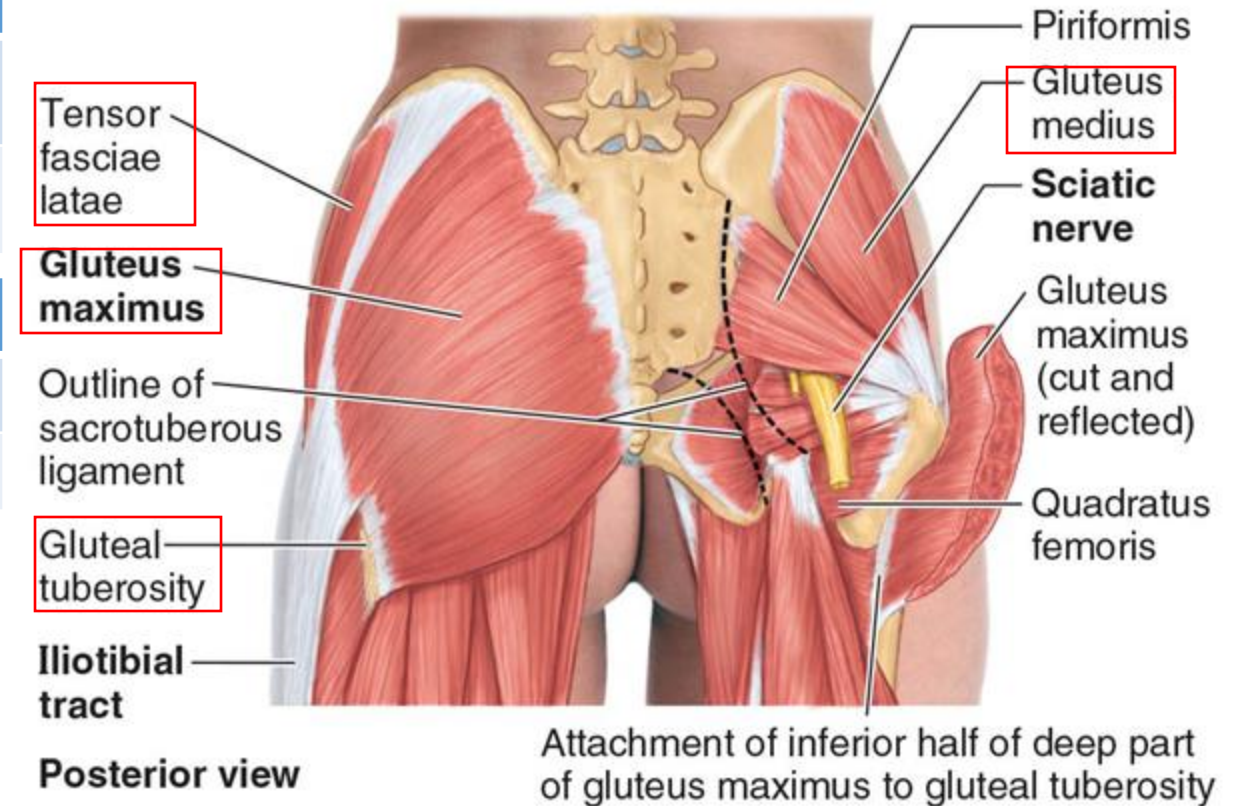
<b>O:</b> Ilium, fascia of gluteus maximus	<b>I:</b> Greater trochanter
<b>N:</b> Superior gluteal nerve (L4-S1)	<b>A:</b> <b>Ab</b> duction, medial rotation

## Gluteus Minimus

<b>O:</b> Ilium	<b>I:</b> Greater trochanter
<b>N:</b> Superior gluteal nerve (L4-S1)	<b>A:</b> <b>Ab</b> duction, medial rotation

## Tensor Fascia Latae

<b>O:</b> ASIS, Iliac Crest	<b>I:</b> Iliotibial tract
<b>N:</b> Superior gluteal nerve (L4-S1)	<b>A:</b> <b>Ab</b> duction, medial rotation, flexion



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\*All the muscles innervated by the SGN abduct and medially rotate the thigh





# Muscles of the Gluteal Region

(2)

## Piriformis

<b>O:</b> Anterior surface of sacral vertebrae	<b>I:</b> Greater trochanter
<b>N:</b> Nerve to piriformis (S1-S2)	<b>A:</b> Lateral rotation of the thigh

## Superior Gemellus

<b>O:</b> Ischial Spine	<b>I:</b> Greater trochanter
<b>N:</b> N to SG and O.I. (L5-S2)	<b>A:</b> Lateral rotation of thigh

## Obturator internus \*Passes through the inferior sciatic foramen

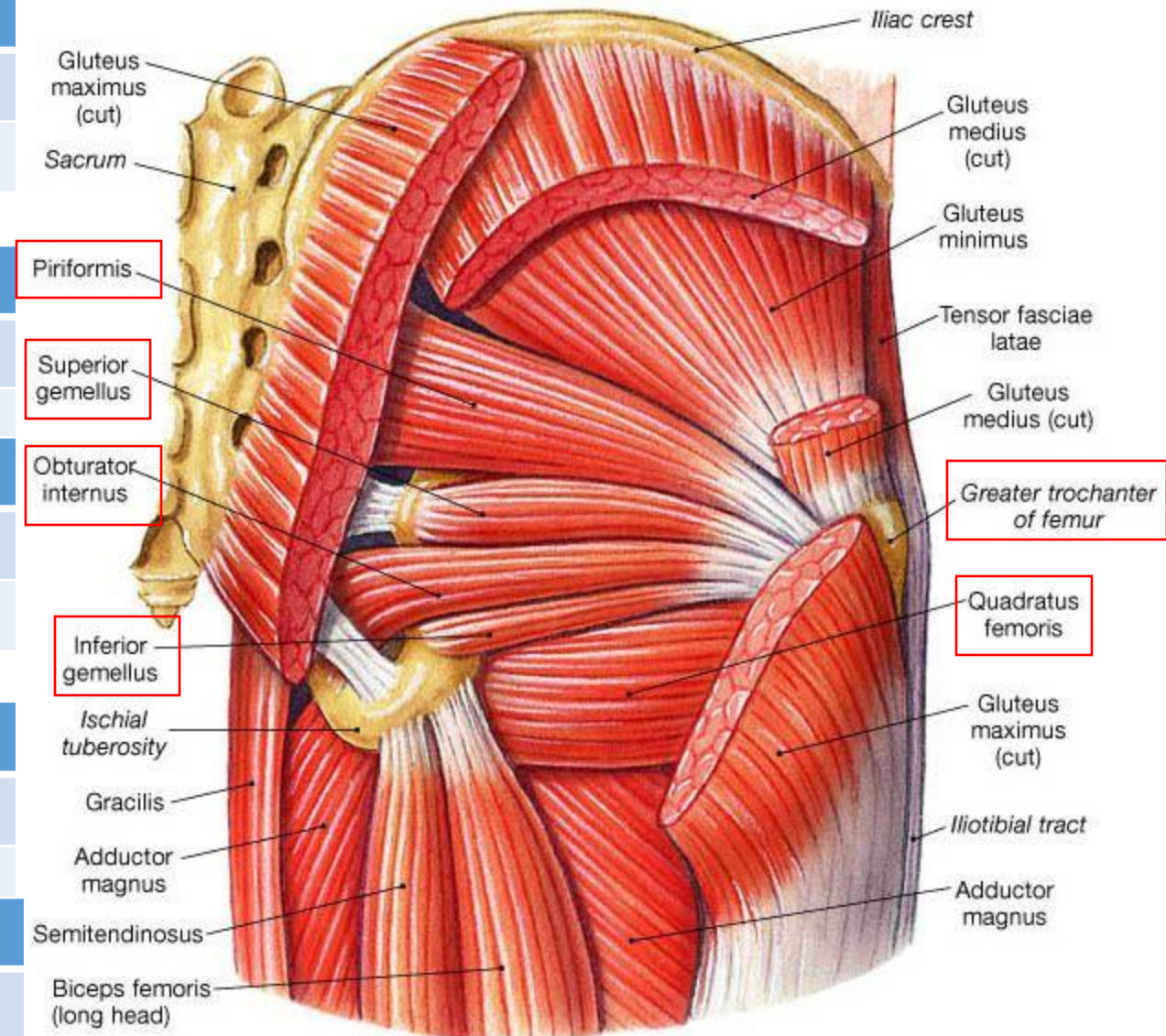
<b>O:</b> Ilium	<b>I:</b> Greater trochanter
<b>N:</b> N to SG and O.I. (L5-S2)	<b>A:</b> Lateral rotation of thigh

## Inferior Gemellus

<b>O:</b> Ischial Tuberosity	<b>I:</b> Greater Trochanter
<b>N:</b> N to I.G. and Q.F. (L4-S1)	<b>A:</b> Lateral rotation of thigh

## Quadratus Femoris

<b>O:</b> Ischial tuberosity	<b>I:</b> Intertrochanteric Crest
<b>N:</b> N to I.G. and Q.F. (L4-S1)	<b>A:</b> Lateral rotation of thigh



(a) Posterior view, deep muscles





# Muscles of the Posterior Thigh

## SemiMembranous --- M for Medial

<b>O:</b> Ischial Tuberosity	<b>I:</b> Medial surface of tibia
<b>N:</b> Tibial Nerve (L4-S3)	<b>A:</b> Extend thigh and flex knee

## Semitendinous

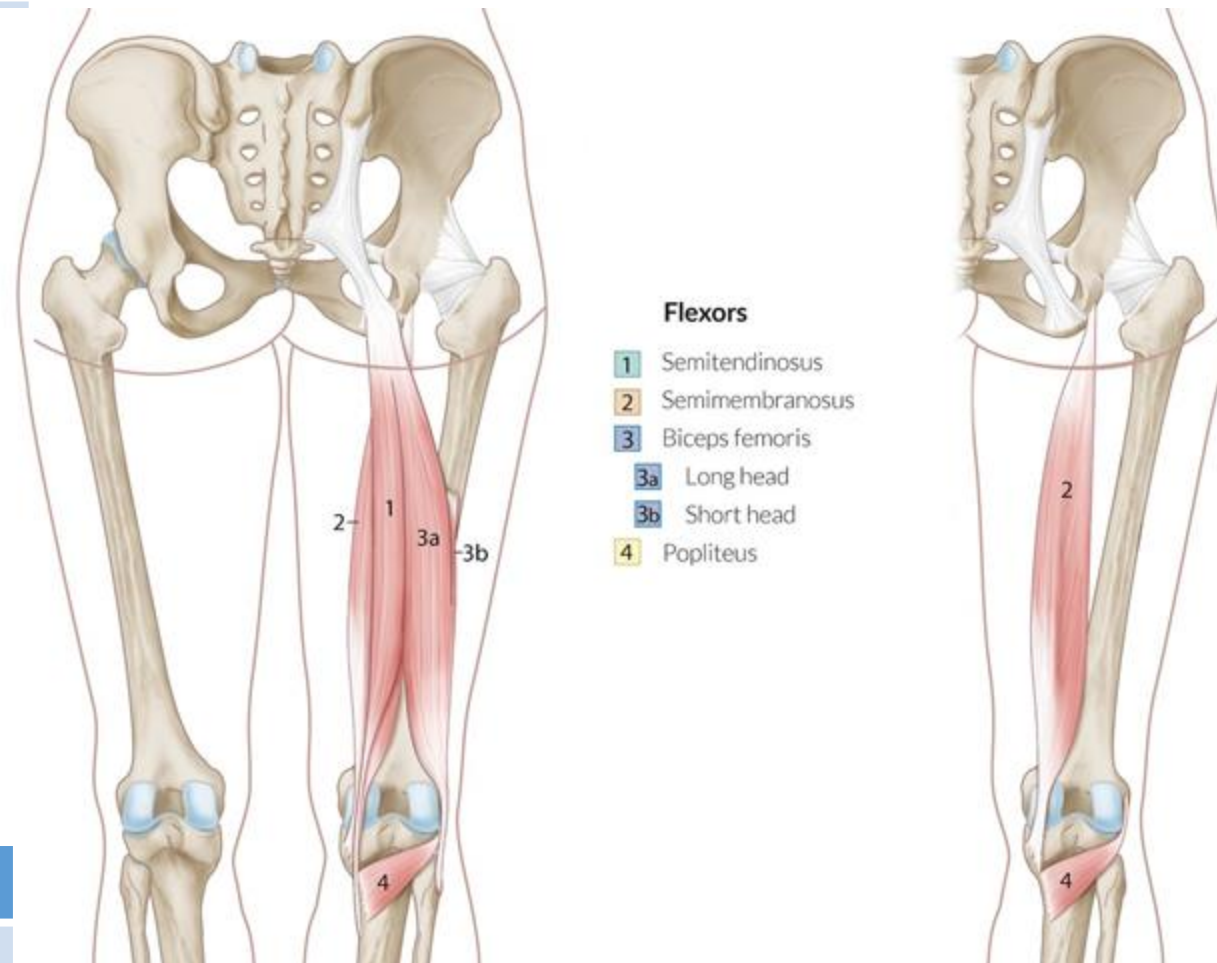
<b>O:</b> Ischial Tuberosity	<b>I:</b> Pes anserine
<b>N:</b> Tibial Nerve (L4-S3)	<b>A:</b> Extend thigh and flex knee

## Biceps Femoris

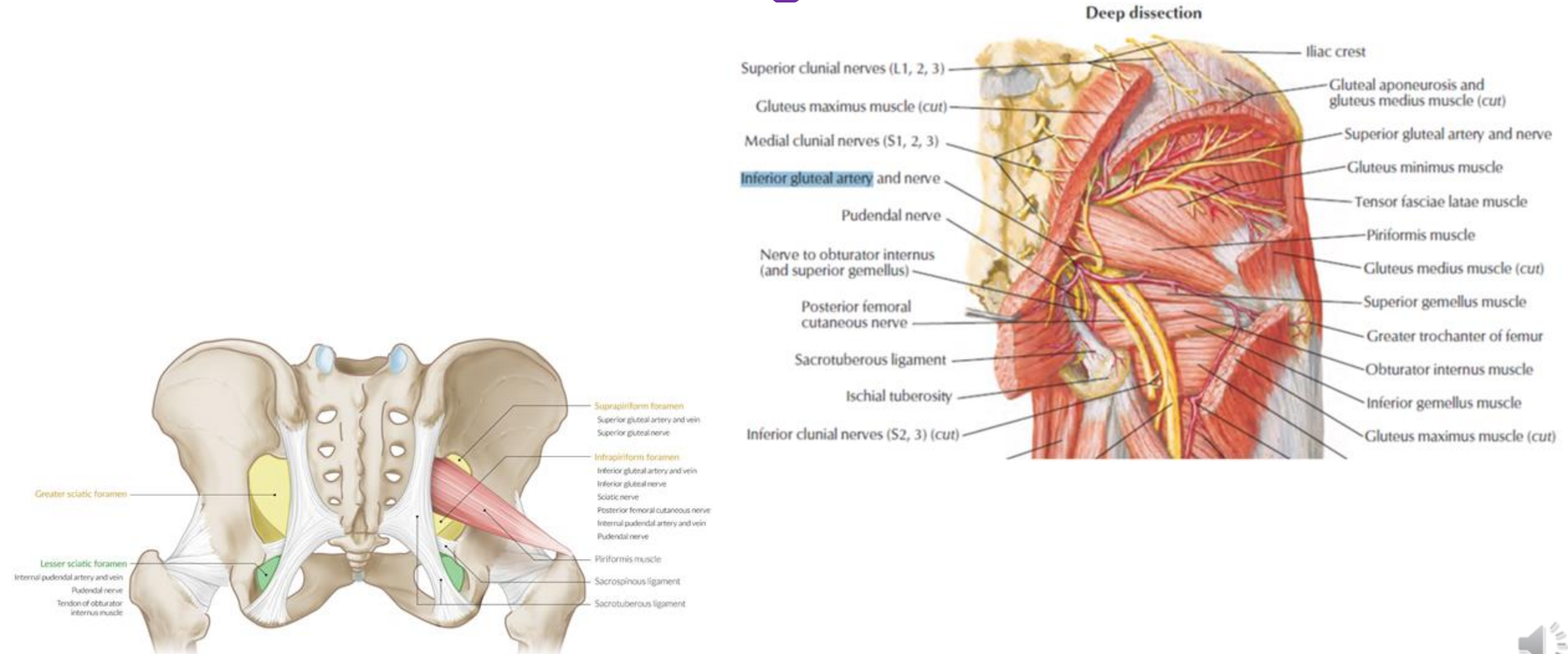
<b>O:</b> Ischial Tuberosity "long" Shaft of femur "short"	<b>I:</b> Head of fibula via common tendon
<b>N:</b> Tibial Nerve (L4-S3) "Long" Common Fibular nerve (L4-S2) "Short"	<b>A:</b> Extend thigh and flex knee

## Vertical fibers of Add. Magnus

<b>O:</b> Ischial Tuberosity	<b>I:</b> Adductor tubercle of femur
<b>N:</b> Tibial Nerve (L4-S3)	<b>A:</b> Extend thigh and flex knee



# Vasculature and Innervation of the Gluteal Region

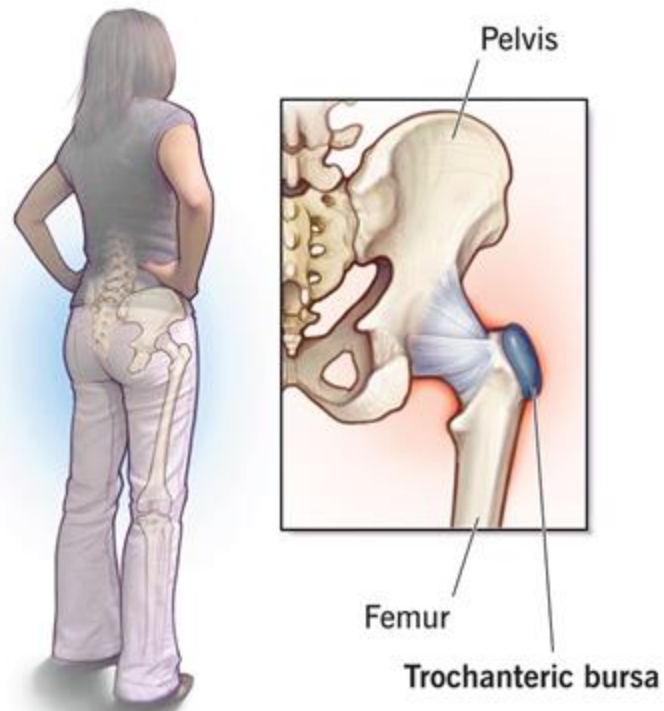


# Clinical Anatomy



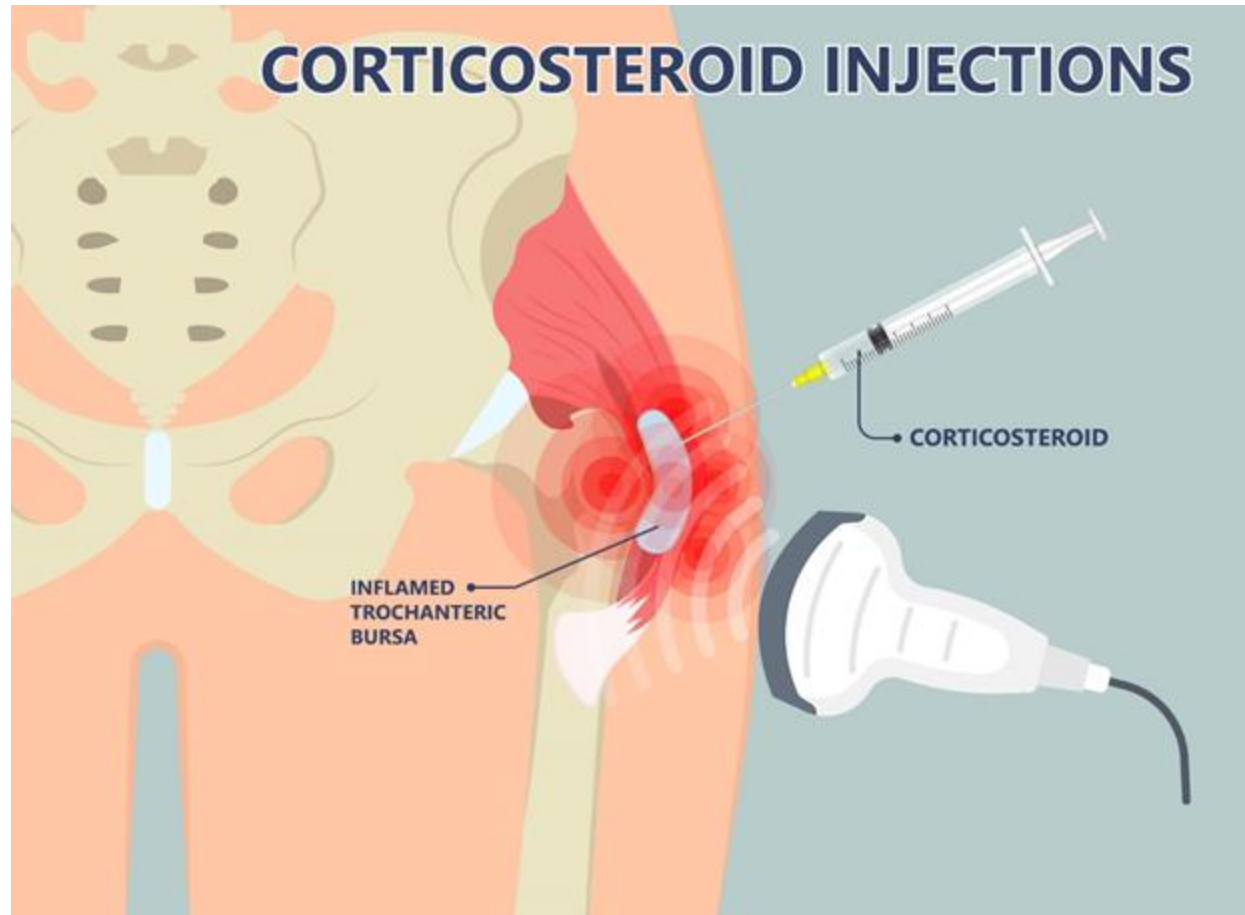
# Bursitis

Trochanteric bursitis



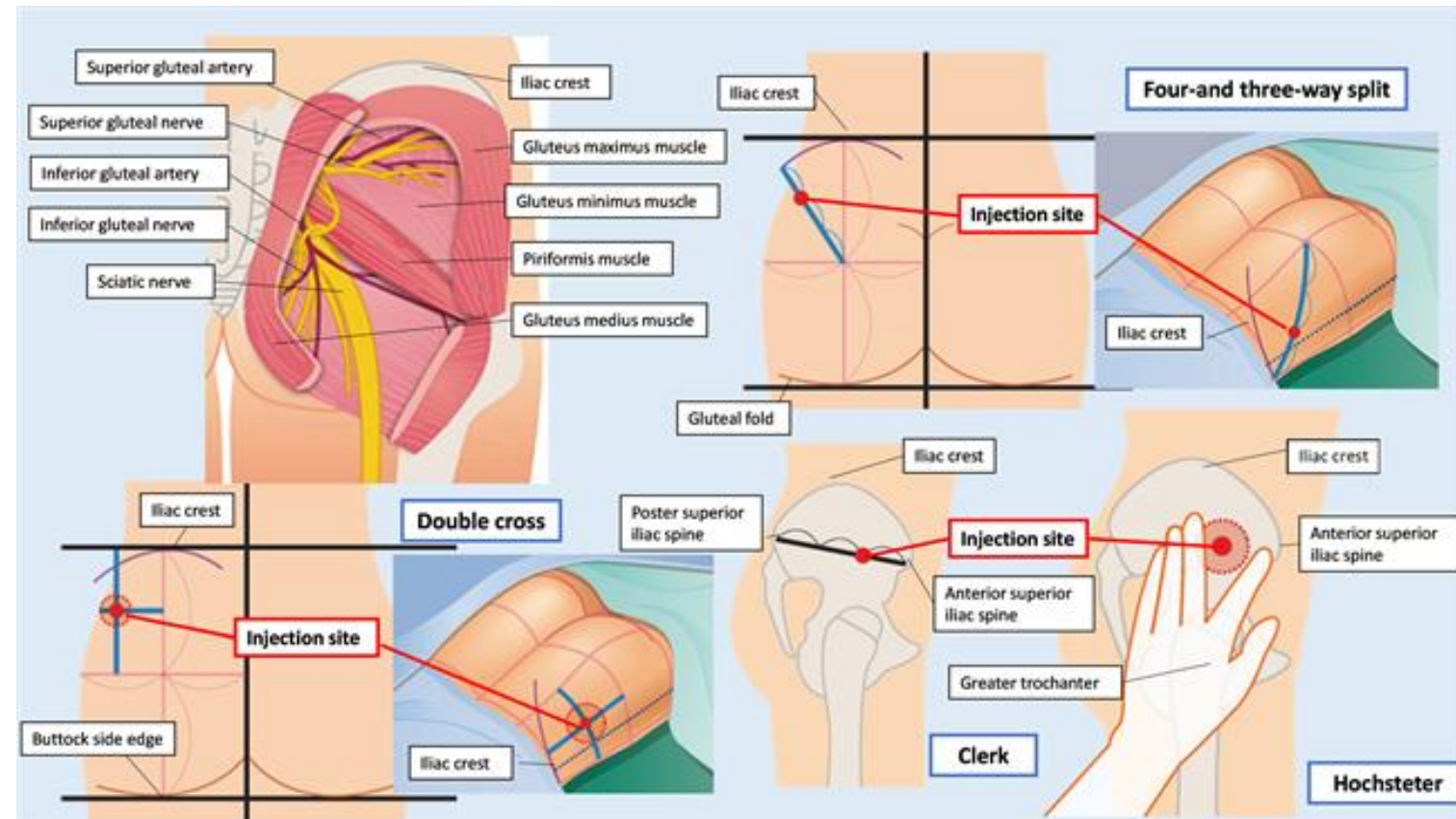
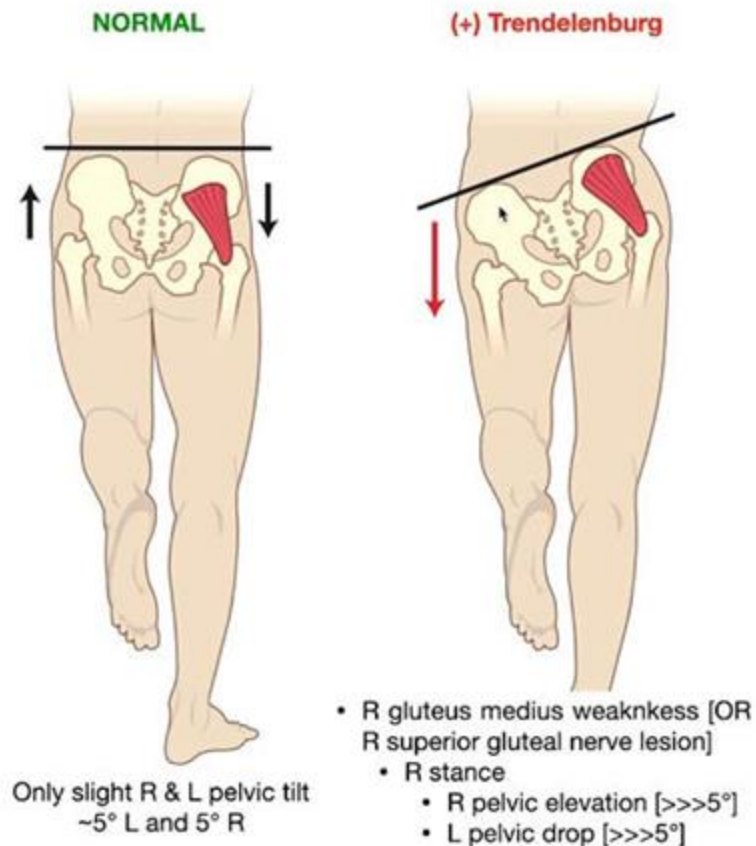
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## CORTICOSTEROID INJECTIONS





# Trendelenburg Sign/Safe Zone of Injection



Indicates Superior Gluteal Nerve Injury

