Pelvic Girdle formed from two os coxae (“bone hip”) which articulate with sacrum (sacroiliac joint). Front: pubic symphysis

OS COXA (p 251) LEARN: in embryo formed from three bones, ilium, ischium and pubis

acetabulum (“vinegar cruet”) where ilium, ischium and pubis meet, articulate with femur.

obturor foramen large hole below acetabulum

Ilum: [“flat”] iliac fossa lateral top of “hip”

iliac crest [smooth inner concave surface]

anterior superior iliac spine hard bony lateral anterior points

arcuate line [bow shaped] lower portion of iliac fossa, greater sciatic notch

Ischium [“hip”]
greater ischial spine posterior inferior portion of os coxa, part of acetabulum

ischial tuberosity below sciatic notch

ischial ramus supports weight when sitting

arches to meet pubic ramus [branch]

Pubis: [“hairy”]
superior ramus forms pubic symphysis [“hairy growing together”]

inferior ramus joins with ischial ramus

Pelvic cavities: false (greater pelvis) and true (lesser) pelvis = [“basin”]

pelvic brim sacral promontory, upper margin sympsis-arcuate lines

false pelvis surrounded by iliac fossa, abdominal wall

true pelvis surrounded by bone: ilium, ischium, pubis, sacrum, coccyx.

top is the inlet, bottom is the outlet

p 253: Male Pelvis narrower ischial tuberosities

pubic angle acute

massive

narrow iliac spines

heart shaped inlet

oval obturator foramen

acetabulum faces laterally

curved ilium wing

Female Pelvis wider ischial tuberosities

pubic angle obtuse

delicate

wide iliac spines

large circular inlet

triangular obturator foramen

acetabulum faces more anterior

straight ilium wing

FEMUR [“thigh”]: longest bone in body

255 head spherical proximal epiphysis: fovea capitis [“depression of the head”]

ligamentum teres ties it to the acetabulum

neck often site of a “fractured hip”

greater and lesser trochantors two processes for muscle attachment: greater: gluteus maximus (etc), lesser: iliopsoas

linea aspera [“rough line”] posterior line widens into popliteal [“back of knee”] surface distally

medial and lateral condyles at distal end, separated by intercondylar fossa

adductor tubercle [“toward carry”] medially from end

PATELLA: improves leverage of quadriceps femoris: largest sesamoid bone: form within tendons at compression sites, protects,

TIBIA: medial and lateral condyles at proximal end

256 [“flute”] intercondylar eminence or spine

[“limestone heel”] heel bone, attachment for Achilles tendon

medial malleolus projects down medially, inner lump of ankle.

FIBULA: [“brooch”]

256 head articulates with lateral condyle of tibia

lateral malleolus outer lump of ankle

ANKLE [“ankle”] seven tarsal bones: talus [“ankle or heel”] articulates via trochlea with tibia and fibula, between malleoli

calcaneus [“limestone heel”] heel bone, attachment for Achilles tendon

cubiod articulates laterally with calcaneus, anteriorly with forth & fifth metatarsals

navicular [“boat little”] connects calcaneus with all cuneiforms distally

medial cuneiform [“wedge shaped”] to 1st metatarsal

intermediate cuneiform connects to second metatarsal

lateral cuneiform third metatarsal [next to cuboid]

TOES: three cuneiforms articulate with first three metatarsals: I, II, III cuboid with last two metatarsals: IV, V.

PHALANGES as in hand: 2nd-5th have proximal, middle, distal phalanges. 1st has no medial.

Arches: supported mainly by ligaments (flat foot, or fallen arches can result from failure of these ligaments and plantar muscles

longitudinal arch: from calcaneus to metatarsals and tarsals, medial portion greater than lateral [calcaneal].

transverse forms across at base of metatarsals
also around metacarpophalangeal and metatarsophalangeal joints