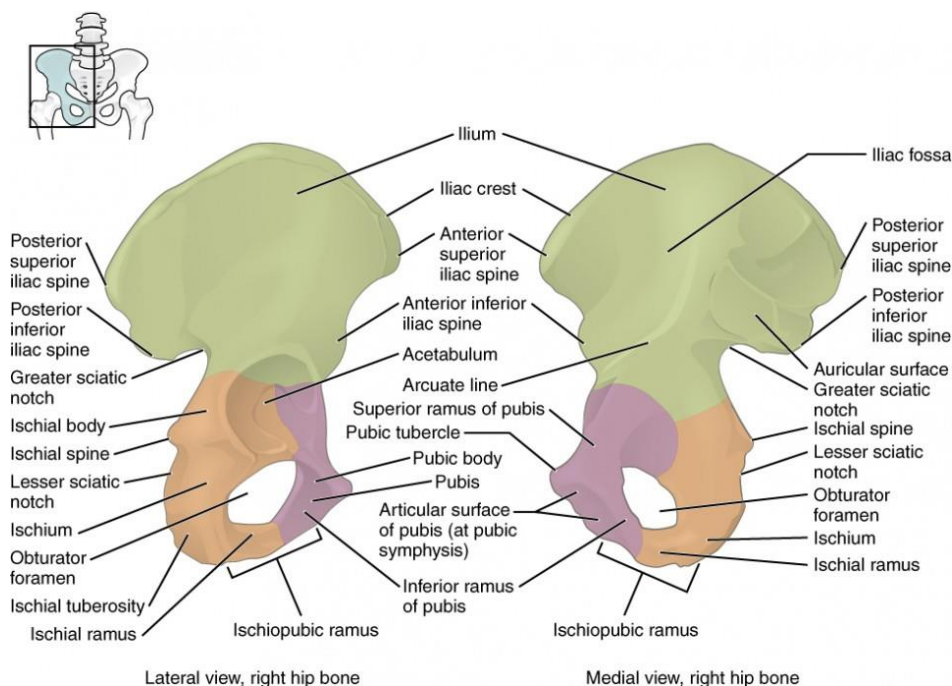


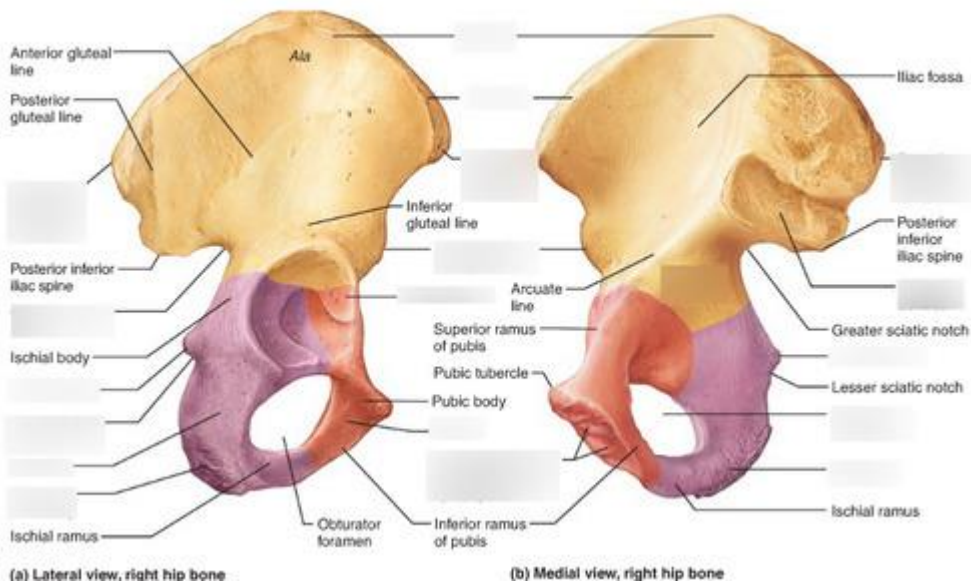
Topic: Hip Bone (Innominate Bone / Os Coxae):

1. In the bone lab, you pick up an adult hip bone. How many primary bones fuse to form it, and name them in order of size (largest to smallest).
2. The hip bone has two views: lateral (external) and medial (internal). Which view shows the large concave **iliac fossa**, and what is its clinical importance in physiotherapy?
3. Identify the deep cup-shaped cavity on the lateral surface that articulates with the femoral head. Name it and state its three contributing bones.
4. On the superior border of the hip bone, palpate the curved thickened ridge from front to back. What is this structure called, and name its two endpoints.
5. The anterior end of the iliac crest has a prominent projection – name it (full term) and one muscle that originates from it.
6. Posteriorly on the iliac crest, identify the two spines: superior and inferior. Which one is at the level of S2 vertebra and serves as a landmark for lumbar puncture?
7. On the posterior border of the ilium, there is a deep indentation above the ischial spine. Name it and the corresponding smaller one below.
8. The ischial part: Identify the rough projection you sit on – name it and one major muscle attaching there (hamstrings origin).
9. On the ischium, find the sharp projection separating greater and lesser sciatic notches. Name it and one important ligament attaching to it.
10. The pubic part: Identify the ridge on the superior ramus ending laterally in a tubercle. Name the tubercle and the ligament attaching medially to it.
11. Borders of the hip bone: The anterior border of the ilium ends inferiorly in a spine – name it and one muscle originating below it (sartorius).
12. Surfaces scenario: On the gluteal surface of the ilium, identify the three curved lines demarcating gluteal muscle attachments. Name the most inferior one.
13. Medial surface attachments: The rough area behind the auricular surface on the ilium is the **iliac tuberosity** – what strong ligaments attach here?
14. Obturator foramen: This large opening is bounded by which two bones, and what membrane almost closes it?
15. Clinical integration: A patient with Trendelenburg gait has weak gluteus medius. Identify its attachment site on the hip bone (lateral surface of greater trochanter? No – wait, on hip bone itself? Gluteus medius attaches to external surface of ilium between which lines?).

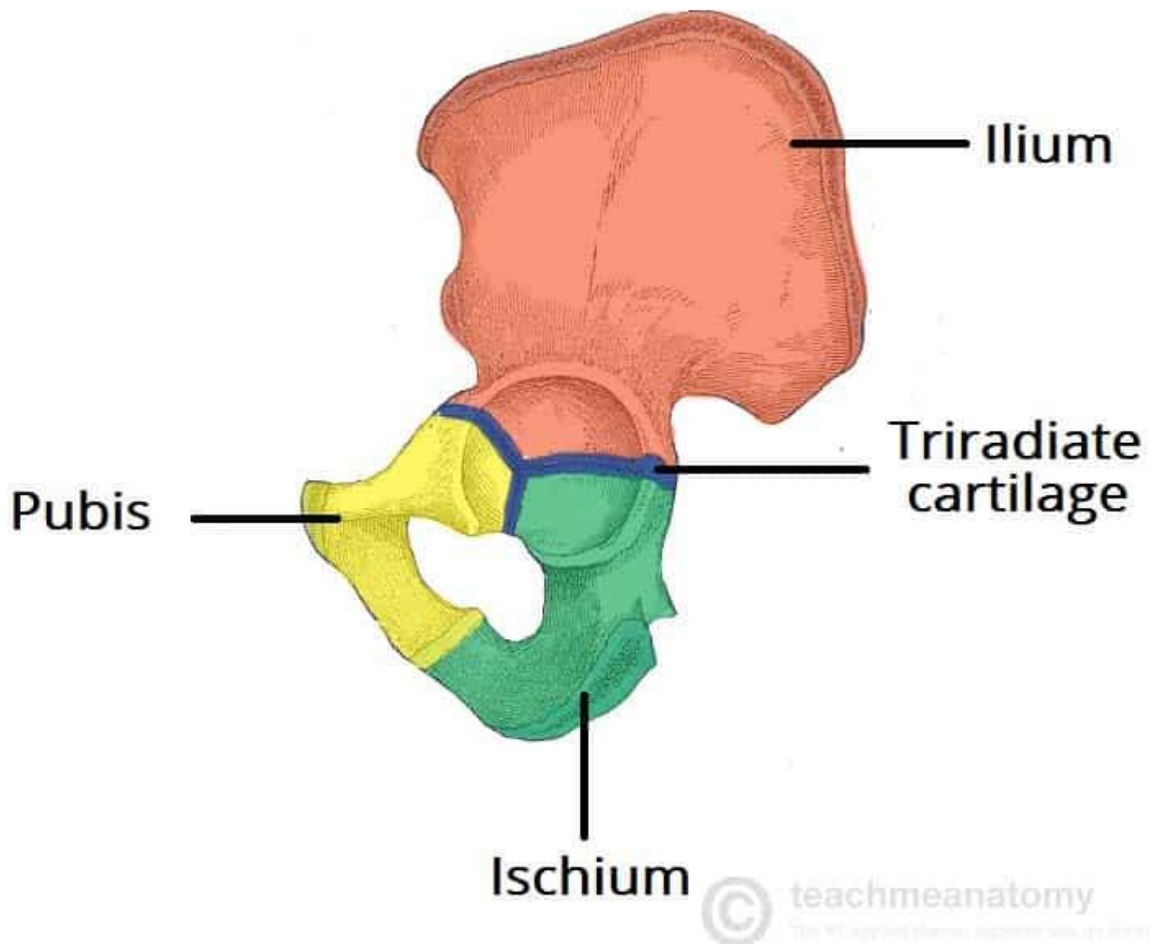
ANSWER KEY:

1. Three bones: Ilium (largest), Ischium, Pubis (smallest).
2. Medial (internal) view; origin of iliacus muscle (important for hip flexion).
3. Acetabulum; contributed by ilium (superior 2/5), ischium (posteroinferior 2/5), pubis (anteromedial 1/5).
4. Iliac crest; endpoints: Anterior Superior Iliac Spine (ASIS) and Posterior Superior Iliac Spine (PSIS).
5. Anterior Superior Iliac Spine (ASIS); sartorius originates from it.
6. Posterior Superior Iliac Spine (PSIS) at S2 level.
7. Greater sciatic notch (above); lesser sciatic notch (below).
8. Ischial tuberosity; origin of hamstrings (semimembranosus, semitendinosus, biceps femoris long head).
9. Ischial spine; sacrospinous ligament.
10. Pecten pubis (or pectineal line); pubic tubercle – inguinal ligament attaches to it.
11. Anterior Inferior Iliac Spine (AIIS); sartorius originates just below it.
12. Inferior gluteal line.
13. Sacroiliac ligaments (posterior interosseous and other strong ligaments).
14. Pubis and ischium; obturator membrane.
15. Gluteus medius attaches to the external (gluteal) surface of ilium between anterior and posterior gluteal lines.

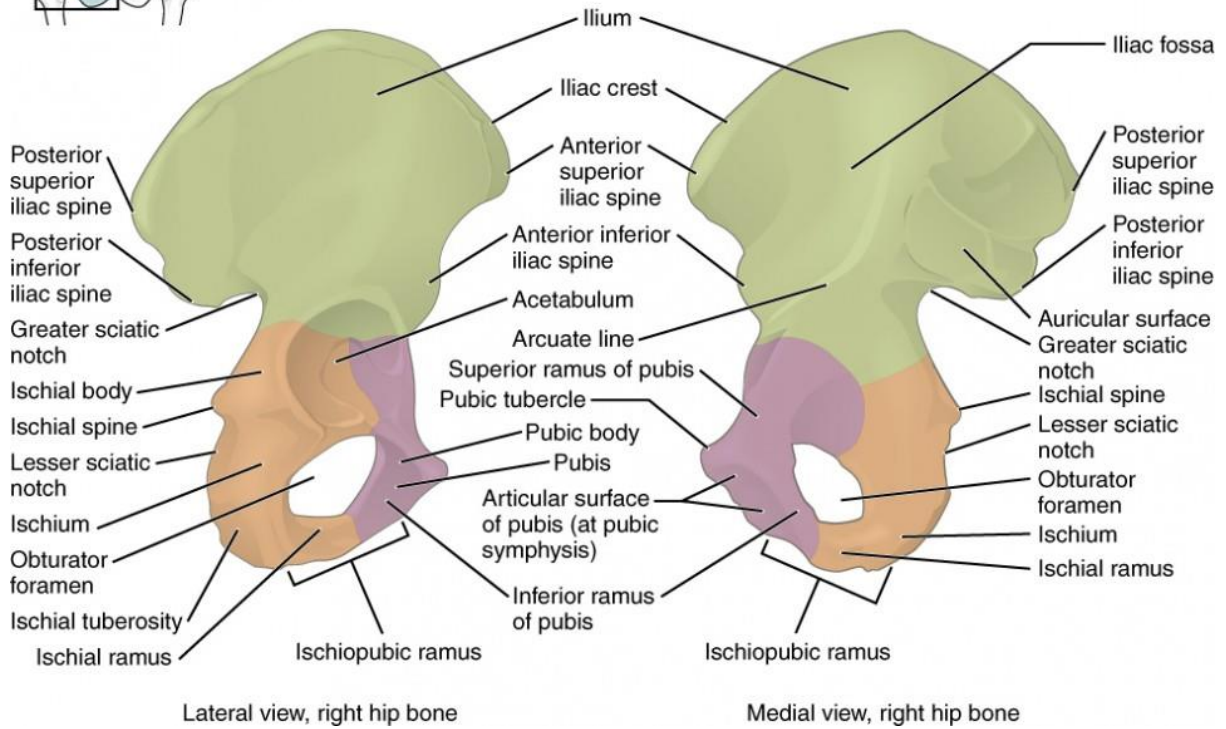




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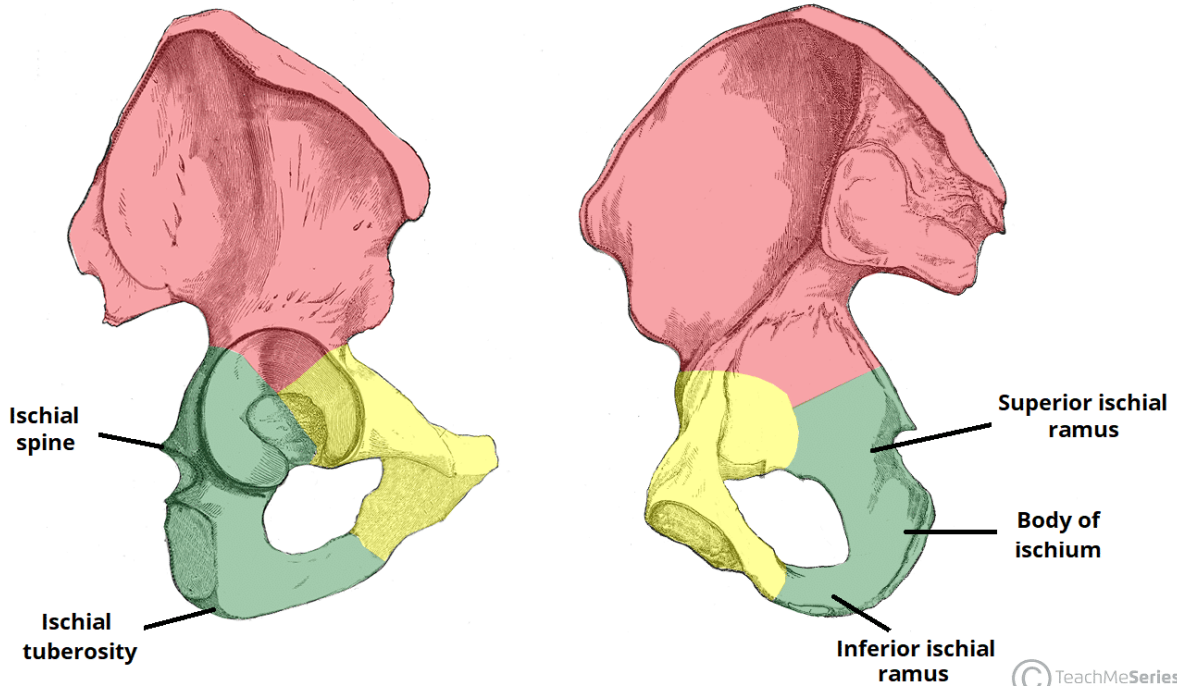
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(i) Lateral View

(ii) Medial View



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