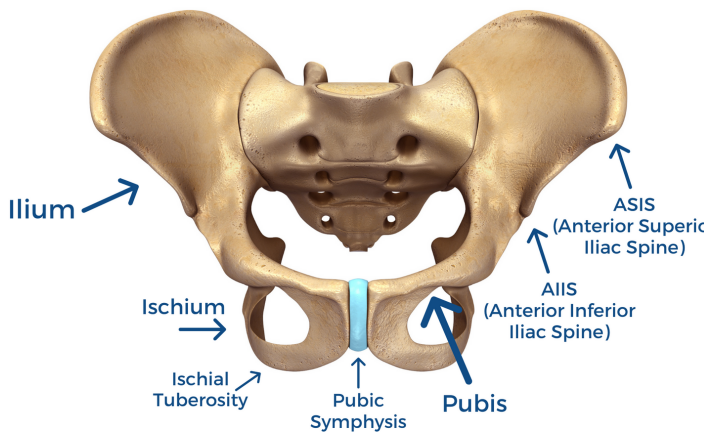


APPLIED ANATOMY FOR YOGIS: THE HIP

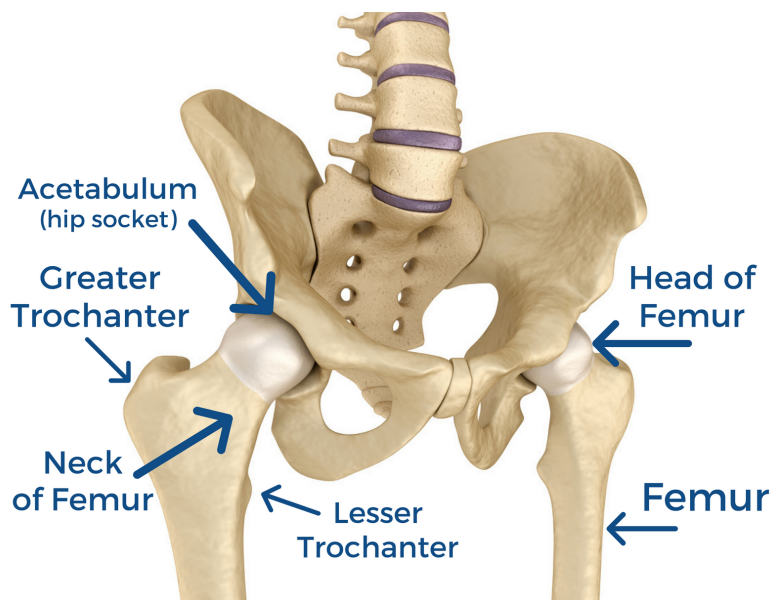
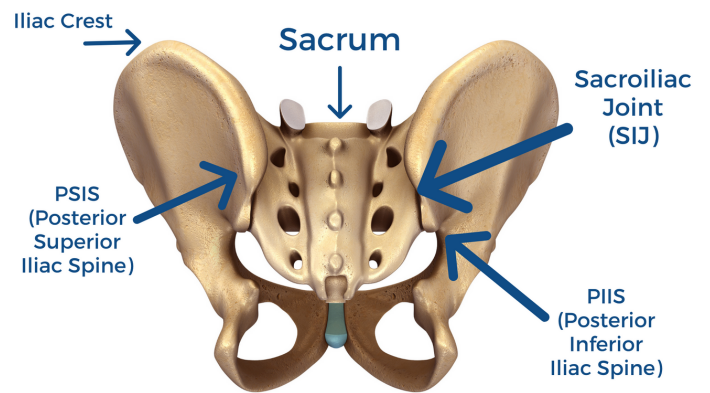
with Jenni Rawlings

Lumbopelvic hip complex bones & bony landmarks:

Pelvis, Anterior View



Pelvis, Posterior View



APPLIED ANATOMY FOR YOGIS: THE HIP

with Jenni Rawlings

References mentioned in the course:

-Should we avoid closed-to-open hip transitions in yoga?

(YouTube video - JRY)

-How Important is Pelvic Tilt in Yoga? (YouTube video - JRY)

-How to Fix Anterior Pelvic Tilt? (YouTube video - blog_post - E3 Rehab)

-Gluteal Amnesia (E3 Rehab)

-Should Yogis Worry About Hips & Knees That Click & Pop?

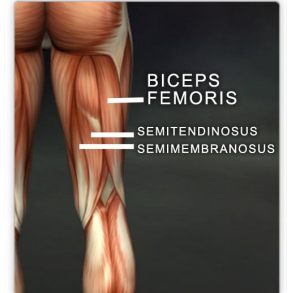
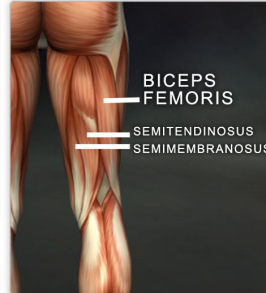
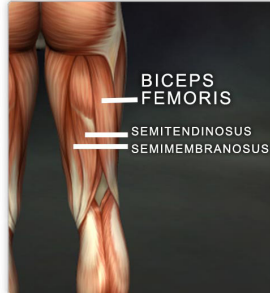
(blog_post - JRY)

-Arthroscopic Surgical Procedures Versus Sham Surgery for

Patients with Femoroacetabular Impingement and/or Labral Tears

APPLIED ANATOMY FOR YOGIS: THE HIP

with Jenni Rawlings



Gluteus Maximus

Actions: hip extension,
external rotation,
abduction (upper fibers),
adduction (lower fibers)

Attachment, proximal:
iliac crest, sacrum, & coccyx

Attachment, distal:
IT band and gluteal tuberosity of
the femur

Biceps Femoris (hamstrings group)

Actions: hip extension,
knee flexion

Attachment, proximal:
ischial tuberosity (long head) &
linea aspera of femur (short head)

Attachment, distal:
head of the fibula

Semitendinosus (hamstrings group)

Actions: hip extension,
knee flexion

Attachment, proximal:
ischial tuberosity

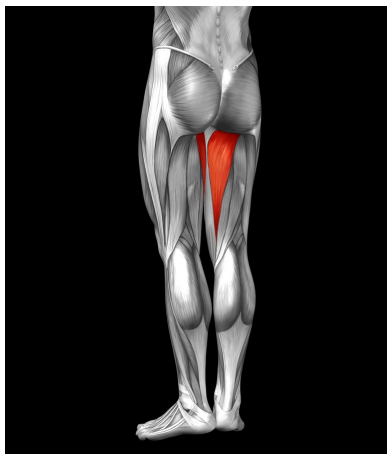
Attachment, distal:
tibia

Semimembranosus (hamstrings group)

Actions: hip extension,
knee flexion

Attachment, proximal:
ischial tuberosity

Attachment, distal:
medial condyle of the tibia

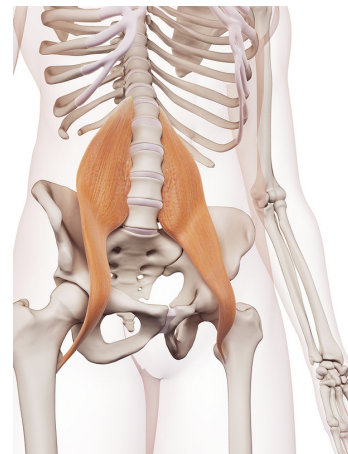


Adductor Magnus

Actions:
hip adduction
hip extension

Attachment, proximal:
ischio pubic ramus (anterior head);
ischial tuberosity
(posterior head)

Attachment, distal:
linea aspera, gluteal tuberosity,
medial supracondylar line,
and adductor tubercle of the femur



Psoas

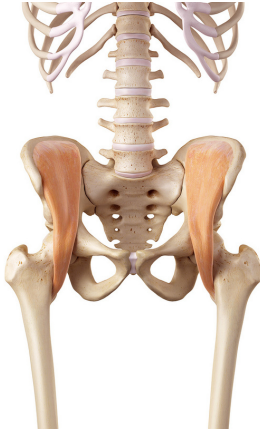
Actions:
hip flexion,
hip external rotation,
spinal stabilization

Attachment, proximal:
bodies and intervertebral disks of
T12-L5, transverse processes of
L1-L5

Attachment, distal:
lesser trochanter of the femur

APPLIED ANATOMY FOR YOGIS: THE HIP

with Jenni Rawlings



Iliacus

Actions: hip flexion,
external rotation

Attachment, proximal:
iliac fossa

Attachment, distal:
lesser trochanter of the femur

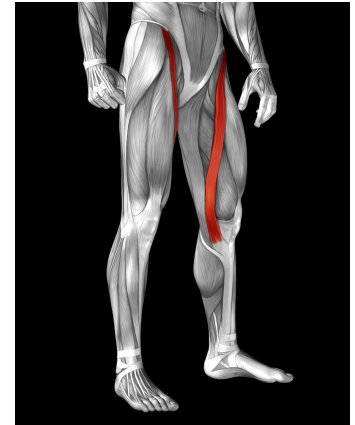


Tensor Fasciae Latae

Actions: hip flexion,
hip abduction,
internal rotation

Attachment, proximal:
ASIS

Attachment, distal:
IT band

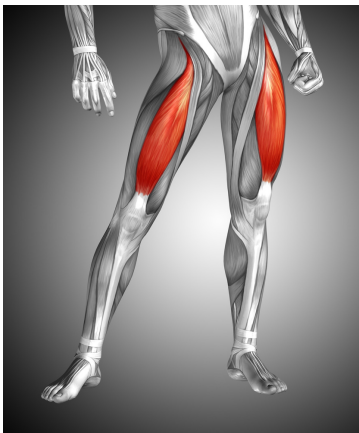


Sartorius

Actions: hip flexion,
abduction,
external rotation,
knee flexion

Attachment, proximal:
ASIS

Attachment, distal:
tibia

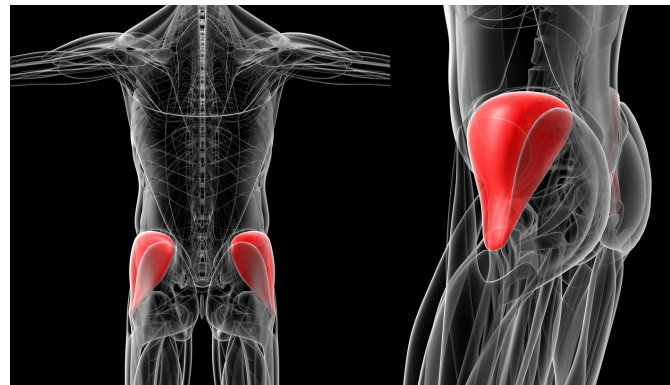


Rectus Femoris (quadriceps group)

Actions: hip flexion
knee extension

Attachments, proximal:
AIIIS

Attachment, distal:
tibial tuberosity



Gluteus Medius (superficial to gluteus minimus)

Actions: hip abduction,
extension & ER (posterior fibers),
flexion & IR (anterior fibers)

Attachment, proximal:
external ilium

Attachment, distal:
greater trochanter of femur

Gluteus Minimus (deep to gluteus medius)

Actions: hip abduction,
extension & ER (posterior fibers),
flexion & IR (anterior fibers)

Attachment, proximal:
external ilium

Attachment, distal:
greater trochanter of femur