

Muscles & Movements of the Hip

The muscles of the thigh, gluts, and lower back work together to keep the hip stable, aligned and moving. It is the muscles of the hip that allow the 4 basic movements of the hip:

- flexion – bend and lifting the leg up and forward
- extension – straightening and drawing the leg back
- abduction – take the leg away from the mid-line of the body
- adduction – bring the leg back toward the mid-line body

The above 4 movements together create circumduction (moving the leg in a circular motion).

The muscles of the hip allow the hip to move. There are seventeen muscles in the hip, which are separated into four categories based upon their location around the hip. The four categories are the (1) iliopsoas group, (2) gluteal group, (3) abductor group, and (4) adductor group.

Flexion: The iliopsoas group consists of the psoas major and the iliacus. This is a powerful flexor muscle of the thigh at the hip joint. They act as important flexors of the trunk on the hip, as in sitting up from a lying-down position.

Extension: The gluteal group, also known as the posterior thigh muscles, consists of the gluteus maximus, the strongest muscle in the body. It covers a large part of the buttock and causes the leg to straighten at the hip when a person walks, runs, or climbs. It is also used to raise the body from a sitting position. The posterior thigh muscles consist of the gluteus minimus, gluteus medius, gluteus maximus, and the tensor fasciae latae.

Abduction: The abductor group of muscles allows movement of the limb away from the central line of the body. This group includes such muscles as the piriformis muscle, and the inferior and superior gemelli muscles. All of these muscle groups provide movement of the hip.

Adduction: The adductor group of muscles moves a limb toward the centerline of the body. These include muscles such as the adductor brevis, adductor longus, and the adductor magnus.

Internal & External Rotation of the Hip

The hip also has the ability to rotate internally (medially) or towards the centerline of the body, and externally (laterally) or away from the mid-line of the body.

The IT Band

The fascia lata, which is not a muscle but the deep fascia of the thigh, is known as the iliotibial band. The function of this band is to prevent dislocation of the hip. If this band is too tight, it can cause hip and knee problems.

References:

- (1) [http://healthpages.org/anatomy-function/hip-structure-function-common-problems/;](http://healthpages.org/anatomy-function/hip-structure-function-common-problems/)
- (2) <http://www.innerbody.com/image/musc08.html#full-description>

For More on the Anatomy of the Hip, Watch These Short Videos:

<http://www.youtube.com/watch?v=aYP8OLPWJBQ>

<http://www.youtube.com/watch?v=ZWcdMj8wRos>

<http://www.youtube.com/watch?v=8HDiQ4uHGYk>