

## PRINCIPLES OF MOVEMENTS AT JOINTS - HIP

POSTERIOR VIEW



### EXTERNAL ROTATION ONLY

- Crosses posteriorly at level of joint

ANTERIOR VIEW

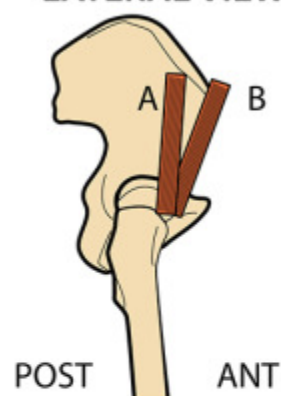


### A ADDUCTION ONLY

### B ODD MAN OUT

- Sartorius which crosses anterior to joint but inserts medially on the tibia & thus externally rotates joint

LATERAL VIEW



### A ABDUCTION ONLY

- Crosses superiorly at level of joint

### B INTERNAL ROTATION & ABDUCTION

- Crosses both anteriorly & superior to level of joint

## PRINCIPLES OF MOVEMENTS AT JOINTS - HIP

POSTERIOR VIEW



### EXTERNAL ROTATION ONLY

- Piriformis
- Gemelli
- Obturator externus
- Obturator internus
- Quadratus femoris

### EXTERNAL ROTATION & EXTENSION

- Gluteus maximus

ANTERIOR VIEW



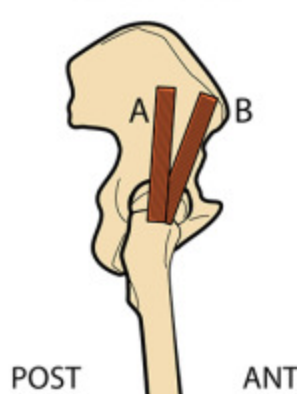
### A ADDUCTION ONLY

- Adductor longus
- Adductor brevis
- Adductor magnus
- Gracilis
- (Pectineus)

### B EXTERNAL ROTATION & FLEXION

- Sartorius

LATERAL VIEW



### A ABDUCTION ONLY

- Gluteus medius & Gluteus minimus (posterior fibres)

### B INTERNAL ROTATION & ABDUCTION

- Gluteus minimus & Gluteus medius (anterior fibres)