Name: ***yasir orakzai***

Student id ***15994***

Instructor: Dr. Arooba.

Assignment for viva.

Question: Write a complete note on hip joint.

***Hip joint:***

***Introduction:***

***The hip joint allow the same movement as the mobile shoulder joint, but the range of movement is restricted.***

***Articulation:***

* ***The head of the femur articulation with the acetabulum of the hip bone to form the hip joint.***
* ***The head of the femur forms more than half a sphere , and is covered with hyaline cartilage except at the fovea capitis.***
* ***The acetabulum presence a horseshoe shaped, lunate articular surface, an acetabular notch and an acetabular fossa.***

***Stability:***

* ***The hip joint is unique in having a high degree of stability as well as mobility***
* ***The stability or strength depends upon***

1. ***Depth of the acetabulum and the narrowing of its mouth by the acetabular labrum.***
2. ***Tension and strength of ligaments.***
3. ***Strength of the surrounding muscles.***
4. ***Length and obliquity of the neck of the femur.***
5. ***Atmosphere pressure.***

***Ligaments:***

* ***Fibrous capsules.***
* ***Iliofemoral ligaments.***
* ***Pubofemoral ligaments .***
* ***Ischiofemoral ligaments.***
* ***Ligament of the head of the femur.***
* ***Acetabular labrum.***
* ***Transverse acetabular ligaments.***

***Fibrous capsules:***

* ***It is attached on the hip bone to the acetabular labrum including the transverse acetabular ligament and to bone above and behind the acetabulum and an femur to the intertrochanteric crest behind.***
* ***Anterosuperiorly, the capsule is thick and firmly attached.***
* ***This part is subjected to maximum tension in standing posture.***
* ***Poster inferiorly, the capsule is thin and loosely attached to the bone.***
* ***The capsule is made up of two type of fibers.***

1. ***Outer fibers – longitudinal***
2. ***Inner fibers—zona orbicularis***

* ***The joint cavity communicates with a bursae lying deep to the tendon of psoas major.***

***Iliofemoral ligaments:***

* ***It is inverted y shaped ligament of Bigelow, lies anteriorly.***
* ***It is one of the strongest ligament of the body.***
* ***Its prevents the truck from falling backwards in the standing posture.***
* ***It is triangular in shaped.***

***Pubofemoral ligaments :***

* ***It is support the joint inferomedially***
* ***It is also in triangular in shape.***
* ***Superiorly, it is attached to the iliopubic eminence, the obturator crest and the obturator membrane.***
* ***Inferiorly, it merges with the anteroinferior part of the capsule and with the band of the iliofemoral ligaments.***

***Ischiofemoral ligaments:***

* ***It covers the joint posteriorly***
* ***It is fibres or twisted extend from the ischium to the acetabulum***
* ***The fibres of the ligament from the zona orbicularis.***
* ***Some of them are attached to the greater trochanter.***

***Ligament of the head of the femur:***

* ***It is round ligament or ligamentum teres is a flat and triangular ligaments.***
* ***The apex is attached to the fovea capitis, and the base to the transverse ligament and the margins of the acetabular notch.***

***Acetabular labrum:***

* ***It is the fibro cartilaginous rom attach to the margins of the acetabulum.***
* ***Is narrows the mouth of the acetabulum.***
* ***This help in holding the head of the femur In positions.***

***Transverse acetabular ligaments:***

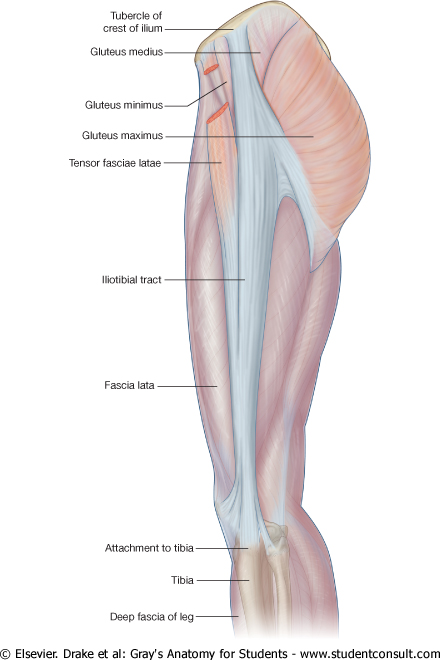
* ***It is the part of acetabular labrum which bridges the acetabular notch.***
* ***Notch Is thus converted to foramen which transmits acetabular vessels and nerves to the joint.***

***Blood supply:***

* ***Obturator artery.***
* ***Medial circumflex artery.***
* ***Lateral circumflex artery.***
* ***Two gluteal arteries.***

***Nerve supply:***

* ***Femoral nerve.***
* ***Obturator nerve.***
* ***Superior gluteal nerve.***



***The end!***