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Assignment for viva.

Question: Write a complete note on the hip joint.

ANS: The hip joint is a ball and socket synovial joint, formed by an articulation between the pelvic acetabulum and the head of the femur.

It forms a connection from the lower limb to the pelvic girdle, and thus is designed for stability and weight-bearing – rather than a large range of movement.

In this article, we shall look at the anatomy of the hip joint – its articulating surfaces, ligaments and neurovascular supply.

Structures of the Hip Joint

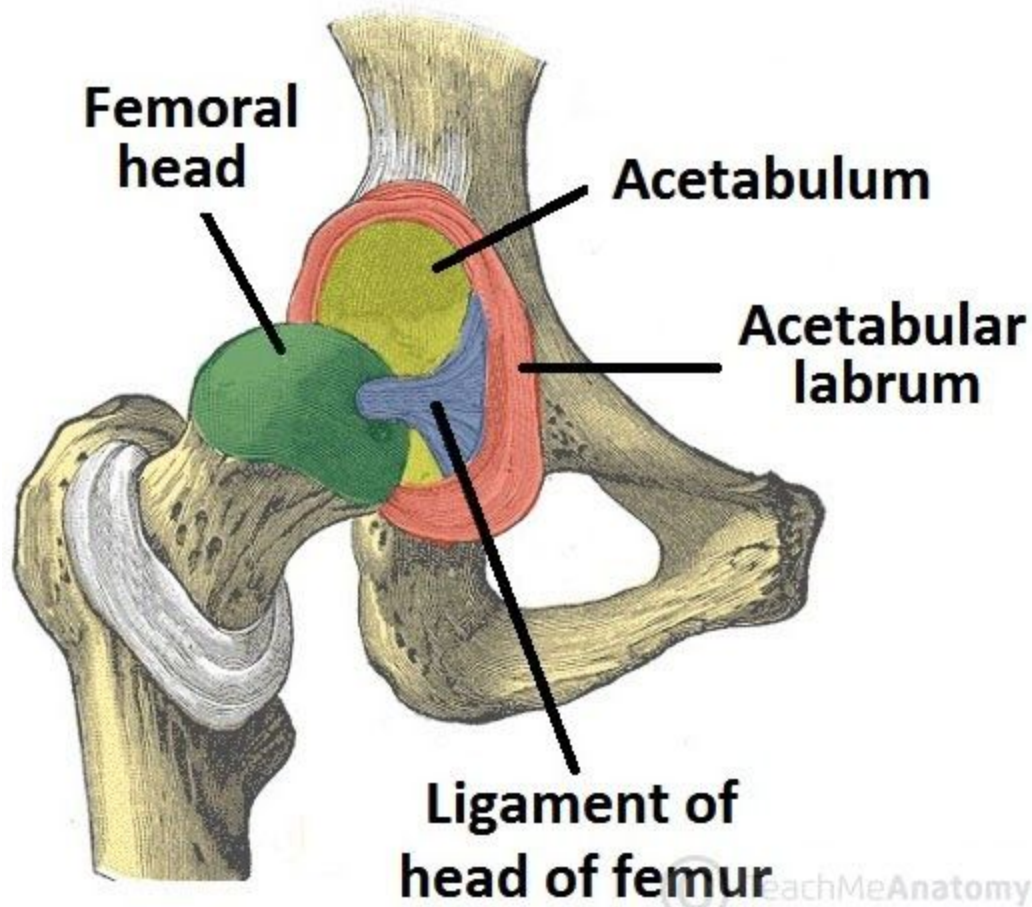
Articulating Surfaces

The hip joint consists of an articulation between the head of femur and acetabulum of the pelvis.

The acetabulum is a cup-like depression located on the inferolateral aspect of the pelvis. Its cavity is deepened by the presence of a fibrocartilaginous collar the acetabular labrum. The head of femur is hemispherical, and fits completely into the concavity of the acetabulum.

Both the acetabulum and head of femur are covered in articular cartilage, which is thicker at the places of weight bearing.

The capsule of the hip joint attaches to the edge of the acetabulum proximally. Distally, it attaches to the intertrochanteric line anteriorly and the femoral neck posteriorly.



LIGAMENTS

The ligaments of the hip joint can be divided into two groups; capsular ligaments and intracapsular ligaments. Capsular ligaments are intrinsic ligaments of the joint capsule. There are three capsular ligaments that play a key role in maintaining the integrity of the joint during various movements: iliofemoral, pubofemoral and ischiofemoral ligaments. The intracapsular ligaments of the hip joint are found inside the capsule and include the transverse ligament of the acetabulum and the ligament of the head of the femur.