Name Muhammad shoaib

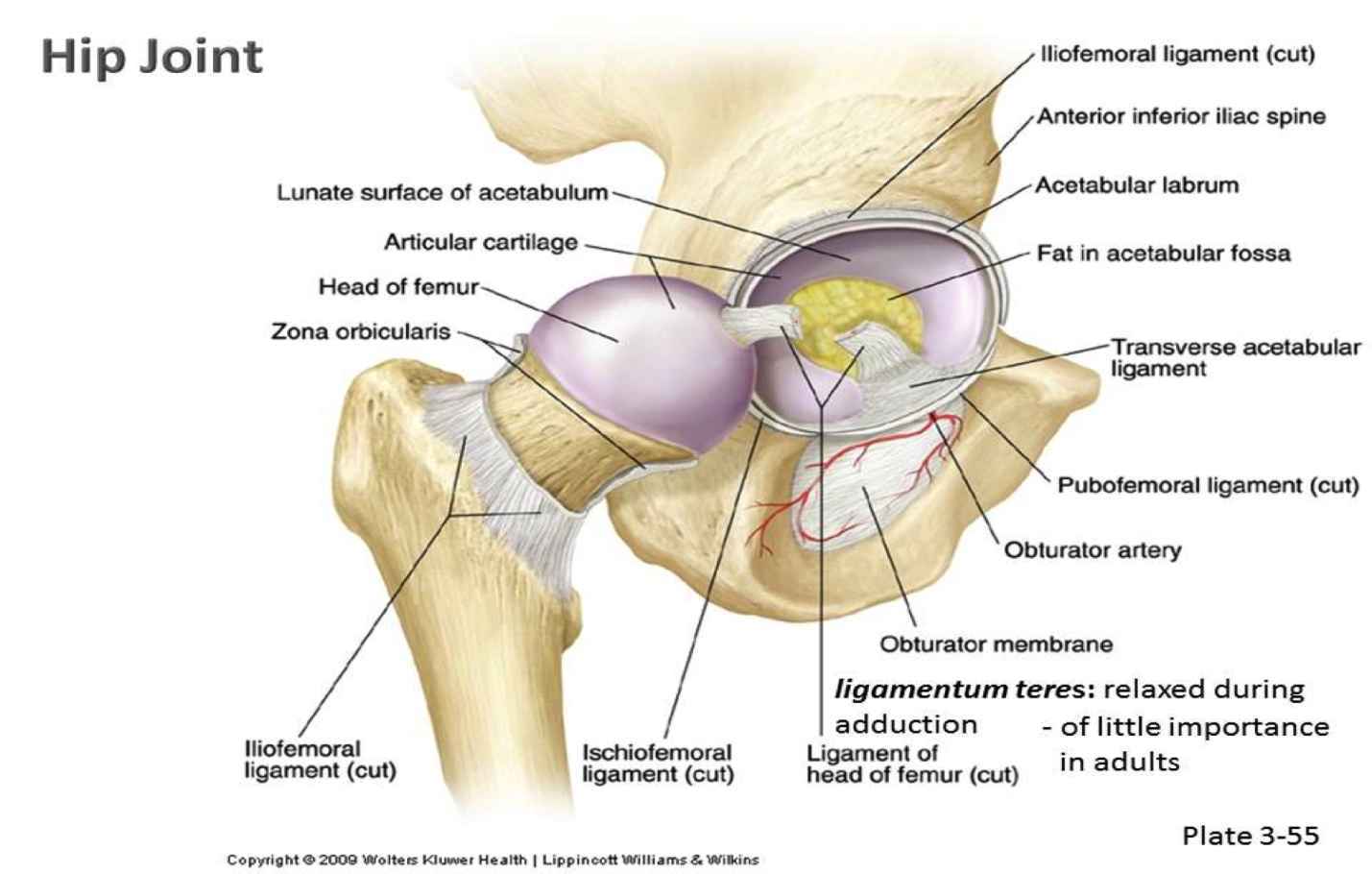
ID numb 16820

In structure Dr Arooba

Assignment for Viva

Question: write a complete note on hip joint.

HIP joint



***Articulation***

***It’s the articulation between***

* + ***Hemispherical head of the femur***
  + ***Cup shaped acetabulum of the hip bone***

***Articular surfaces:***

Covered with hyaline cartilage

Articular surface of acetabulum is horseshoe shaped

Deficient inferiorly at acetabular notch

***Cavity of acetabulum:***

Ddeepened by the presence of fibrocartilaginous rim called acetabular labrum

The labrum bridges across the acetabular notch (transverse acetabular ligament)

***Type of joint***

* **Synovial, ball-and-socket joint**

***Capsule:***

* Encloses the joint
* Attached to acetabular labrum medially
* Laterally attached to intertrochanteric line of femur in front
* Half way along the posterior aspect of neck of the bone behind

***Ligaments of Hip joint***

* Iliofemoral ligament
* Pubofemoral ligament
* Ischiofemoral ligament
* Ligament of the head of the femur
* Transverse acetabular ligament

***Iliofemoral ligament***

* Strong, inverted Y shaped ligament
* Base is attached to the anterior inferior iliac spine above
* Below the 2 limbs of Y are attached to upper and lower parts of intertrochanteric line of the femur
* Prevents over extension during standing

***Pubofemoral ligament***

* Triangular shaped ligament
* Base is attached to superior ramus of pubis
* Apex attached to lower part of intertrochanteric line
* Limits extension and abduction

***Ischiofemoral ligament***

* Spiral shaped ligament
* Attached to body of ischium near acetabular margin
* Fibers pass upward and laterally and are attached to the greater trochanter
* Function: limits extension

***Transverse acetabular ligament***

* Formed by acetabula labrum
* It bridges acetabular notch
* Converts the notch into a tunnel through which blood vessels and nerves enter the joint

***Synovial membrane of the hip joint***

* ***Lines the capsule***
* Attached to the margins of the articular surfaces
* Covers the portion of the neck of the femur that lies within the joint capsule
* Ensheathes ligament of the head of the femur
* Covers the pad of fat contained in the acetabular fossa
* Pouch of the membrane that protudes through a gap in the anterior wall of the capsule between pubofemoral and iliofemoral ligaments forms psoas bursa beneath psoas tendon

***Movements of hip joint***

* Wide range of movements
* Flexion and extension occur around transverse axis
* Medial and lateral rotation occur around vertical axis
* Abduction and adduction occur around horizontal axis

***Flexion***:

* Bending of the trunk on extended lower limbs or bending of extended lower limbs on fixed trunk
* Perfomed by iliopsoas, rectus femoris,sartorius and adductor muscles

***Extension***:

* Backward movement of the flexed thigh
* Perfomed by gluteus maximum and hamstring muscles

***Adduction:***

* Movement towards the other thigh
* Perfomed by adductor longus, brevis and adductor fibers of adductor magnus

***Abduction:***

* Movement away from the other thigh
* Perfomed by gluteus medius and minimus, assisted by sartorius, piriformis and tensor fasciae latae
* ***Lateral rotation:***
* Twisting the thigh laterally
* Perfomed by piriformis, obturator internus, externus, superior and inferior gemelli and quadratus femoris
* ***Medial rotation:***
* Twisting the thigh medially
* Perfomed by anterior fibers of gluteus medius, gluteus minimus and tensor fasciae latae
* ***Circumduction***
* Combination of the previous movements

THAnk you