

## Anatomy & Physiology: Muscles—Adductor Longus.

### STRUCTURE.

- Origin: anterior surface of the inferior pubic ramus of the pelvis.
- Insertion: proximal 1/3 of the linea aspera of the femur.

### FUNCTION.

- Concentric action: accelerate hip adduction, flexion, and internal rotation.
- Reverse mover action: anterior tilt pelvis, ipsilateral elevation of pelvis, ipsilateral rotation of pelvis.
- Eccentric action: decelerates hip abduction, extension, and external rotation.
- Isometric action: stabilization of the lumbo-pelvic hip complex.
- Innervation: obturator nerve.
- Arterial supply: femoral artery, deep femoral artery, obturator artery.

### CLINICAL SIGNIFICANCE.

## References

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