

Anatomy & Physiology: Muscles—Adductor Magnus.

STRUCTURE.

- Anterior Fibers/Head
 - Origin: ischial ramus of pelvis.
 - Insertion: linea aspera of femur.
- Posterior Fibers/Head
 - Origin: ischial tuberosity.
 - Insertion: adductor tubercle of femur.

FUNCTION.

- Concentric action: accelerates hip adduction, flexion, and internal/medial rotation.
Lesser: thigh flexion and medial rotation.
- Reverse mover action: posterior and anterior tilt pelvis; ipsilateral elevation and rotation of pelvis.
- Eccentric action: decelerates hip abduction, extension, and external/lateral rotation.
- Isometric action: stabilization of lumbo-pelvic hip complex.
- Innervation: obturator and sciatic nerves.
- Arterial supply: Anterior—femoral artery, deep femoral artery, obturator artery.
Posterior—deep femoral artery, obturator artery.

CLINICAL SIGNIFICANCE.

References

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