

Anatomy & Physiology: Muscles—Gluteus Medius.

STRUCTURE.

- Anterior Fibers:
 - Origin: outer surface of ilium.
 - Insertion: lateral surface of greater trochanter of femur.
- Posterior Fibers:
 - Origin: outer surface of ilium.
 - Insertion: lateral surface of greater trochanter of femur.

FUNCTION.

- Concentric action: Anterior fibers—accelerates hip abduction and internal rotation. Posterior fibers— accelerates hip abduction and external/lateral rotation.
- Reverse mover action: ipsilateral depression, posterior and anterior tilt, contralateral rotation of pelvis.
- Eccentric action: decelerates hip adduction and external rotation.
- Isometric action: dynamic stabilization of lumbo-pelvic hip complex.
- Innervation: superior gluteal nerve.
- Arterial supply: superior gluteal artery.

CLINICAL SIGNIFICANCE.

References

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