

Anatomy & Physiology: Muscles—Psoas Major.

STRUCTURE.

- Origin: transverse processes and lateral bodies of the last thoracic and all lumbar vertebrae including intervertebral discs.
- Insertion: with ilacus into lesser trochanter of the femur.
- Of iliopsoas group.

FUNCTION.

- Concentric action: accelerates hip flexion and external/lateral rotation; extends and rotates lumbar spine. Lesser: ipsilateral pelvic elevation.
- Reverse mover action: trunk flexion and lateral flexion; anterior pelvic tilt; contralateral rotation of trunk and pelvis.
- Eccentric action: controls/restrains/decelerates hip extension and internal rotation; lumbar spine extension and lateral flexion and ipsilateral rotation.
- Isometric action: stabilization of lumbo-pelvic hip complex.
- Innervation: spinal nerve branches of L2-L3.
- Arterial supply: lumbar artery.

CLINICAL SIGNIFICANCE.

References

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