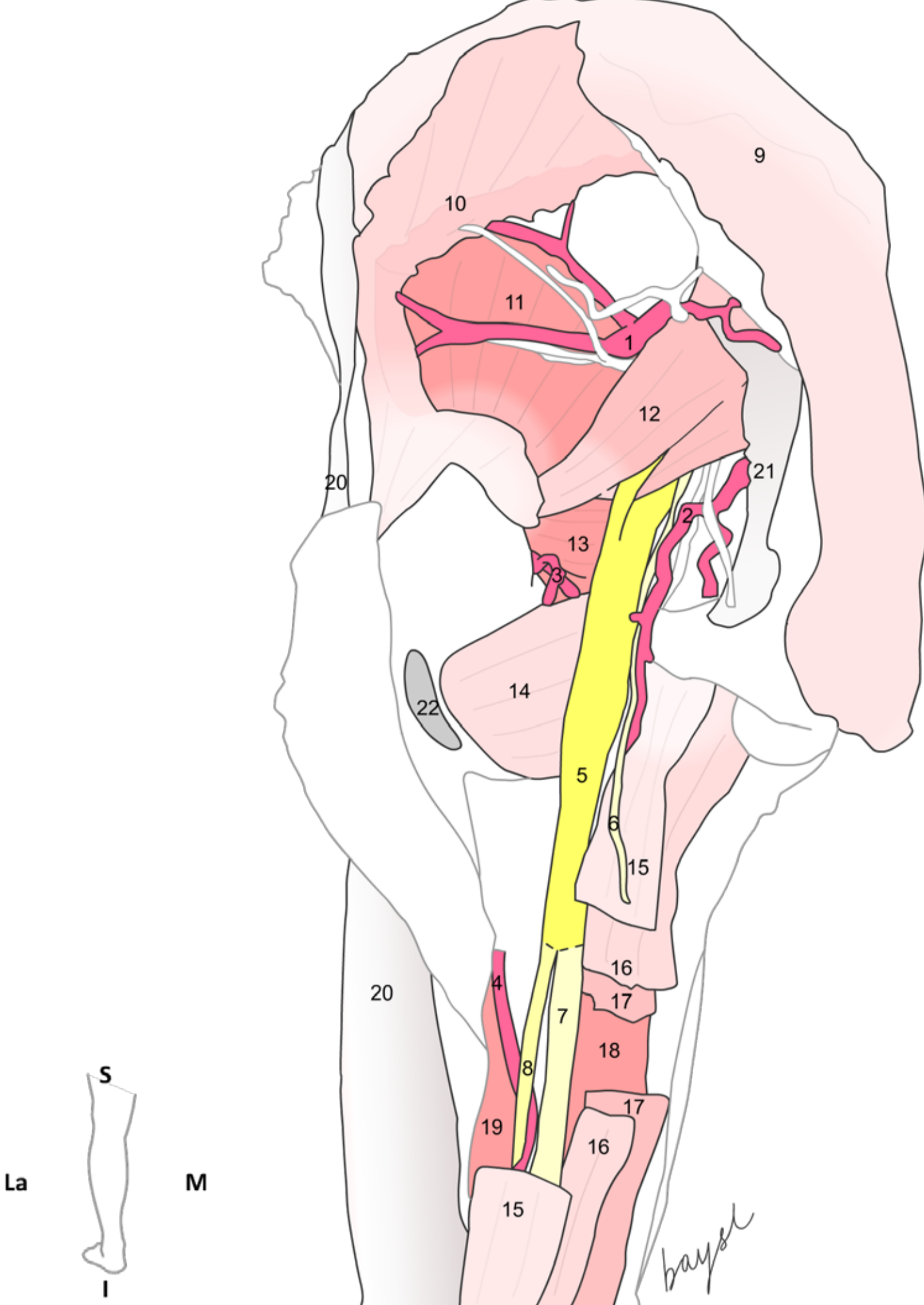


GLUTEAL REGION AND BACK OF THIGH



Arteries	1. Superior gluteal artery
	2. Inferior gluteal artery
	3. Medial circumflex femoral artery
	4. First perforating artery
Nerves	5. Sciatic nerve
	6. Posterior femoral cutaneous nerve
	7. Tibial nerve component
	8. Common peroneal (fibular) nerve component
Muscles	9. Gluteus maximus
	10. Gluteus medius
	11. Gluteus minimus
	12. Piriformis
	13. Obturator internus and Gemelli
	14. Quadratus femoris
	15. Biceps femoris muscle (long head)
	16. Semitendinosus
	17. Semimembranosus
	18. Adductor magnus
	19. Biceps femoris muscle (short head)
	20. Iliotibial tract
	21. Sacrotuberous ligament
	22. Trochanteric bursa

Posterior view of the left gluteal region. Gluteus maximus and medius muscles have been removed partially to reveal the deeper structures.

The gluteal region is an anatomical area located posterior to the pelvic girdle, at the proximal end of the femur.

The muscles of the gluteal region can be broadly divided into two groups:

- Superficial abductors and extensors. These are large muscles (e.g. gluteus maximus, gluteus medius and gluteus minimus) that are responsible for abduction and extension of the hip joint.
- Deep lateral rotators. These are deeply embedded small muscles (e.g. quadratus femoris and piriformis) that mainly act to laterally rotate the femur.

CLINICAL CORRELATION

Bursitis is inflammation of the bursa. There are two major bursae in the hip that typically become irritated and inflamed. One of this inflammation sites is trochanteric bursitis which occurs at the bursa that overlies the greater trochanter laterally. Typically, the pain is worse at night, when lying on the affected hip, and when getting up from a chair after being seated for a while.

Many people with hip bursitis can experience relief with nonsteroidal anti-inflammatory drugs (NSAIDs) and physical therapy.

Question(s)

- *Where do you carry out the intramuscular injection at the gluteal region to avoid injuries to the underlying nerves?*
- *Which is the so-called “anatomical key muscle” of the gluteal region?*
- *What is Trendelenburg’s (dipping gait) sign?*
- *What are the roles of gluteus medius and gluteus minimus during locomotion?*
- *What are the functional components of the sciatic nerve? Where are the cell bodies (neurons) of its containing the motor nerve fibers (axons) located?*
- *What is sciatica? How do you surface mark the sciatic nerve?*
- *What forms the hamstring muscles?*