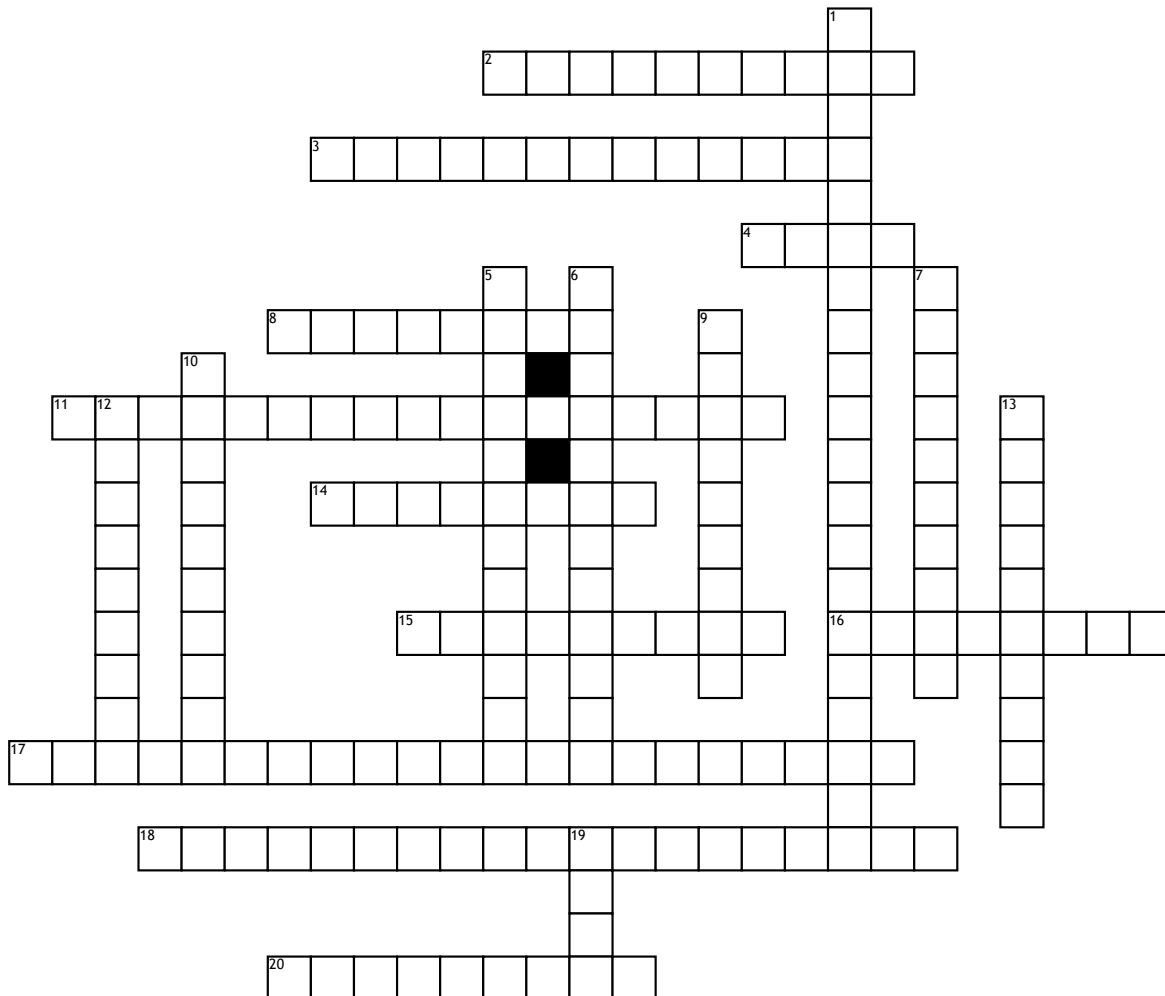


Hip Review



Across

2. Formed by a combination of the ilium, pubis, and ischium, _____ is the cup-shaped structure that encloses the head of the femur at the hip joint.

3. Hip flexors and _____ produce a force-couple for performing an anterior pelvic tilt.

4. What is the origin of the Rectus Femoris?

8. A cane should be used on the _____ side of the affected hip.

11. The _____ is the projection from the posterior-inferior aspect of the ischium and serves as the proximal attachment for 3 of the 4 hamstring muscles.

14. Extension occurs in which anatomical plane?

15. When standing in full upright posture, the line of gravity normally travels just _____ to the medial-Lateral axis of rotation of the hip.

16. A posterior pelvic tilt is accompanied by decreasing _____ of the lumbar spine.

17. What test indicates weakness in the hip abductors?

18. What is another name for the "Y" ligament?

20. An angle of inclination significantly greater than 125-degrees.

Down

1. What is the innervation of the TFL?

5. The iliofemoral, ischiofemoral, and pubofemoral ligaments all limit _____.

6. What is the Innervation of the iliopsoas?

7. The iliopsoas, rectus femoris, sartorius, and tensor fasciae latae are the primary _____.

9. This nerve innervates the muscles of the medial thigh.

10. Which test can be used to check for tight hip flexors?

12. Wrapping diagonally across the anterior thigh, this muscle is considered the longest muscle in the body and performs opposite-direction actions at the hip and knee.

13. The primary hip external rotators are: gluteus maximus, sartorius, gemellus superior, obturator internus, gemellus inferior, obturator externus, quadratus femoris and _____.

19. When bending over to pick up an object off of the floor, the hip is performing _____-arc pelvic-on-femoral flexion.