

# THE ANATOMY OF THE MUSCLES OF THE HIPS, PELVIS AND LOWER BACK

Review this PDF paying special attention to the bolded references. Refer to the Anatomy Coloring Book pages listed in the text below and color in the bolded muscles. If you have an older or revised edition the page numbers may be different.

Take a ball to the inside of your hip bone as you lay on your belly. Roll into your pubic bone and back to your hip bone. When you feel an intense feeling in this space you are on the **iliopsoas muscle** (pg. 48). Roll down to the **inguinal ligament** (pg. 49), the top of the leg and follow the crease half way to the groin. This is the attachment of the iliopsoas. Roll the ball back up to the hip bone, roll around the pelvic rim into the side of the lower belly, this is the **psoas muscle** (pg. 48). The psoas is the iliopsoas muscle but has a different function. The iliopsoas pulls the knees to the chest and the psoas pulls the shoulders down. They do this to protect the soft underbelly when in fear.

Move the ball to the space of the lower back, above the pelvic rim and below the floating ribs. Roll the ball right up next to the spine, the muscle you feel is the **erector spinae** (pg. 47). These muscles are big and thick in the lumbar curve and thin as they move up the spine. Roll out to the side of the lower back, this is the **quadratus lumborum** (pg. 48). Its nickname is the hip hiker because it's one of the muscles that pull the pelvis out of alignment.

Place the ball in your butt cheek. Roll up and down. The muscle near the sitz bones is **gluteus maximus**, mid butt cheek is the **gluteus medius** and at the top of the butt is the **gluteus minimus** (all on pg. 59). Roll to the side of your butt cheek and trace the "C" of your buttocks indent. This muscle you feel is the **piriformis** (pg. 50 & 59). Roll to the side between

your greater trochanter and your iliac crest. This is the **tensor fasciae latae muscle** (pg. 59).

Come to sitting and take a mula bandha at the end of each exhale. Mula bandha is the drawing back and in and up of the **perineum** (pg. 51), the very bottom of the body. It is like a kegel exercise.