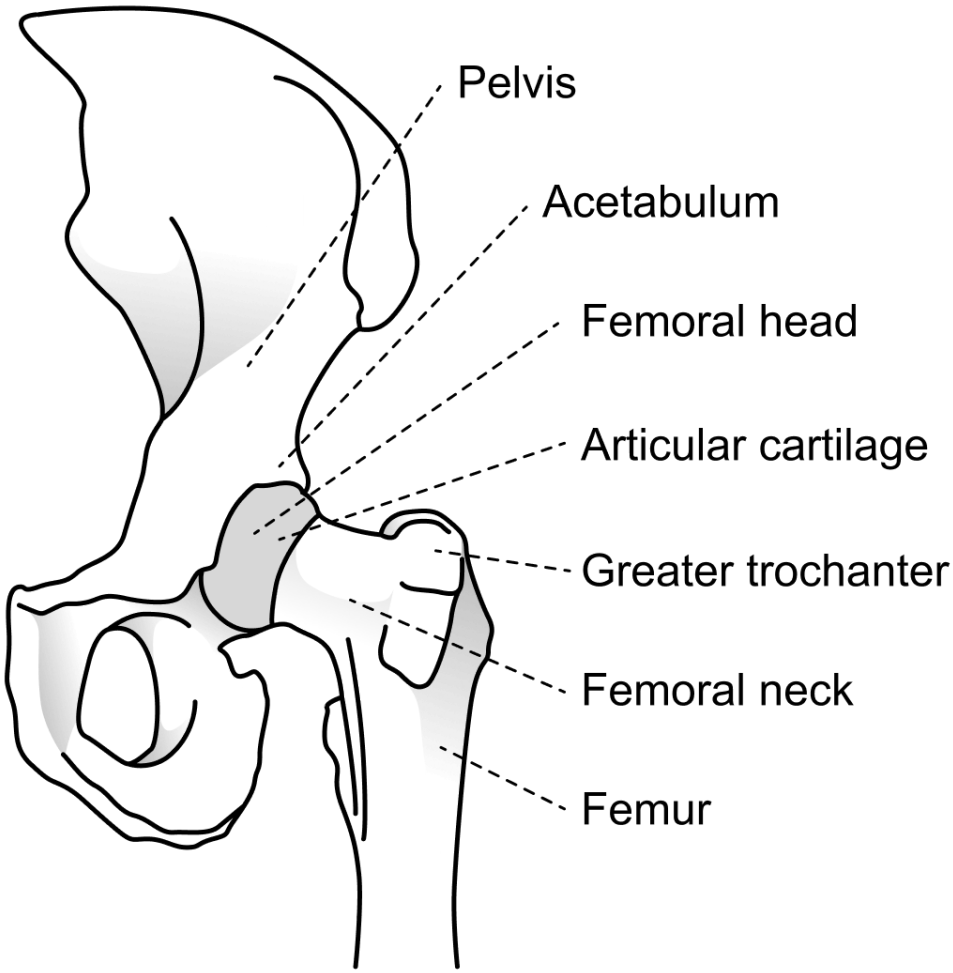
Hip Anatomy Diagram



Professional, C. C. M. (n.d.). Hip joint. Cleveland Clinic. https://my.clevelandclinic.org/health/body/24675-hip-joint

Key components of the hip	Hip functions
• **Pelvis:** The bony structure located at the base of the spine, supporting the lower limbs. • **Acetabulum:** The socket in the pelvis that holds the head of the femur, forming the hip joint. • **Femoral head:** The rounded top part of the femur that fits into the acetabulum. • **Articular cartilage:** Smooth tissue that covers the ends of bones in joints, facilitating smooth movement. • **Greater trochanter:** The large, prominent area on the femur to which muscles attach. • **Femoral neck:** The narrow section of bone connecting the femoral head to the femur. • **Femur:** The thigh bone, which is the longest and strongest bone in the body.	• **Dynamic support:** The hip joint is crucial for supporting the weight of the body and trunk, whether stationary or in motion. When functioning optimally, it ensures balance during various activities. • **Force and load transmission:** The hip joint plays a pivotal role in transferring forces and loads from the spine (axial skeleton) to the legs and feet (lower extremities). This is essential for effective weight-bearing and efficient movement in daily activities. • **Mobility:** The hip joint permits flexion and extension along the transverse axis, internal and external rotation along the longitudinal axis, and abduction and adduction along the sagittal axis.

Additional notes