Psoas Anatomy Diagram
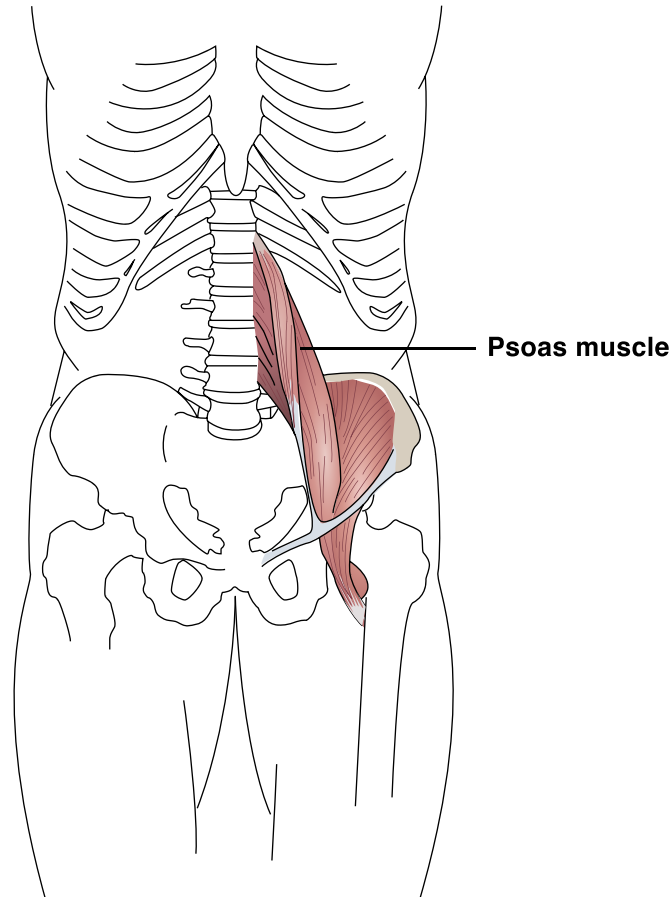

Psoas muscle

Origins and insertions

The psoas major muscle originates from the lumbar vertebrae, particularly the bodies and transverse processes of T12-L5. It passes through the pelvis before attaching to the lesser trochanter of the femur. This muscle combines with the iliacus to form the iliopsoas, responsible for hip flexion and lateral rotation.

Function

The primary function of the psoas major is hip flexion, enabling movements like walking, running, and climbing stairs. It also aids in lateral thigh rotation and stabilizes the lumbar spine. Additionally, it supports posture by keeping the spine upright.

Innervation

The psoas major is innervated by the ventral rami of lumbar nerves L1-L3, part of the femoral nerve. This nerve also provides sensation to the skin over the muscle.

Blood supply

The main blood supply to the psoas major comes from the lumbar arteries, branching off the abdominal aorta. These arteries run alongside the vertebral bodies, providing nutrients and oxygen.

Relation to other body parts

The psoas major lies deep in the abdomen, in front of the lumbar vertebrae, and behind the abdominal organs. The muscle also runs over the hip joint, directly contributing to hip function and stability. It is connected to the femoral nerve, which innervates the thigh and lower leg muscles.

Clinical significance

The psoas major is a common source of pain, often due to overuse or injury. It can cause lower back discomfort, hip pain, and difficulty with walking and other movements. In some cases, tightness in the psoas major may also contribute to postural imbalances and spinal misalignment.

References

Cleveland Clinic. (2024, February 6). *Psoas muscle.* https://my.clevelandclinic.org/health/body/psoas-muscle

Siccardi, M. A., Tariq, M. A., & Valle, C. (2022). *Anatomy, bony pelvis and lower limb, psoas major.* PubMed; StatPearls Publishing. https://www.ncbi.nlm.nih.gov/books/NBK535418/#:~:text=The%20psoas%20muscle%20is%20among