Kines 80 The Hip and Pelvis Chapter 11 STUDY GUIDE

We will go over in class anything on this list that hasn’t been covered yet.

What kind of joint is the hip and what is it’s name?

During hip flexion and extension, the femur moves anteriorly or posteriorly. Know which direction for each movement.

Know your: hip flexors; hip extensors; hip abductors; hip adductors; external and internal rotators. You do not have to know the other 5 hip rotators that are part of the same group as the piriformis, but it would be nice to know that there are 6. Which 2 muscles make up the iliopsoas?

Name the 4 quadriceps and know which joints each one crosses. Are they uni or bi articulate? What’s the name of the tendon they join that crosses the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_joint.

Name the 3 hamstrings and know which joints each one crosses. Are they uni- or bi-articulate?

Which muscles flex the hip? Extend the hip? Flex the knee? Extend the knee?

Know the relation of the sciatic nerve and the piriformis. What is piriformis syndrome?

In the downward phase of a squat, what position are the knees and hip in? ie, flexion, extension, abduction, adduction, rotation. Is it a concentric or eccentric contraction? We will review in class.

Know whether your hip flexors or extensors are lengthened or shortened during anterior and posterior pelvic tilt.

Reciprocal Inhibition

Active vs. Passive Insufficiency

As usual, anything in your notes or on the PPT is fair game!