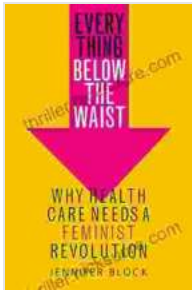


Everything Below the Waist: A Comprehensive Guide to Lower Body Anatomy



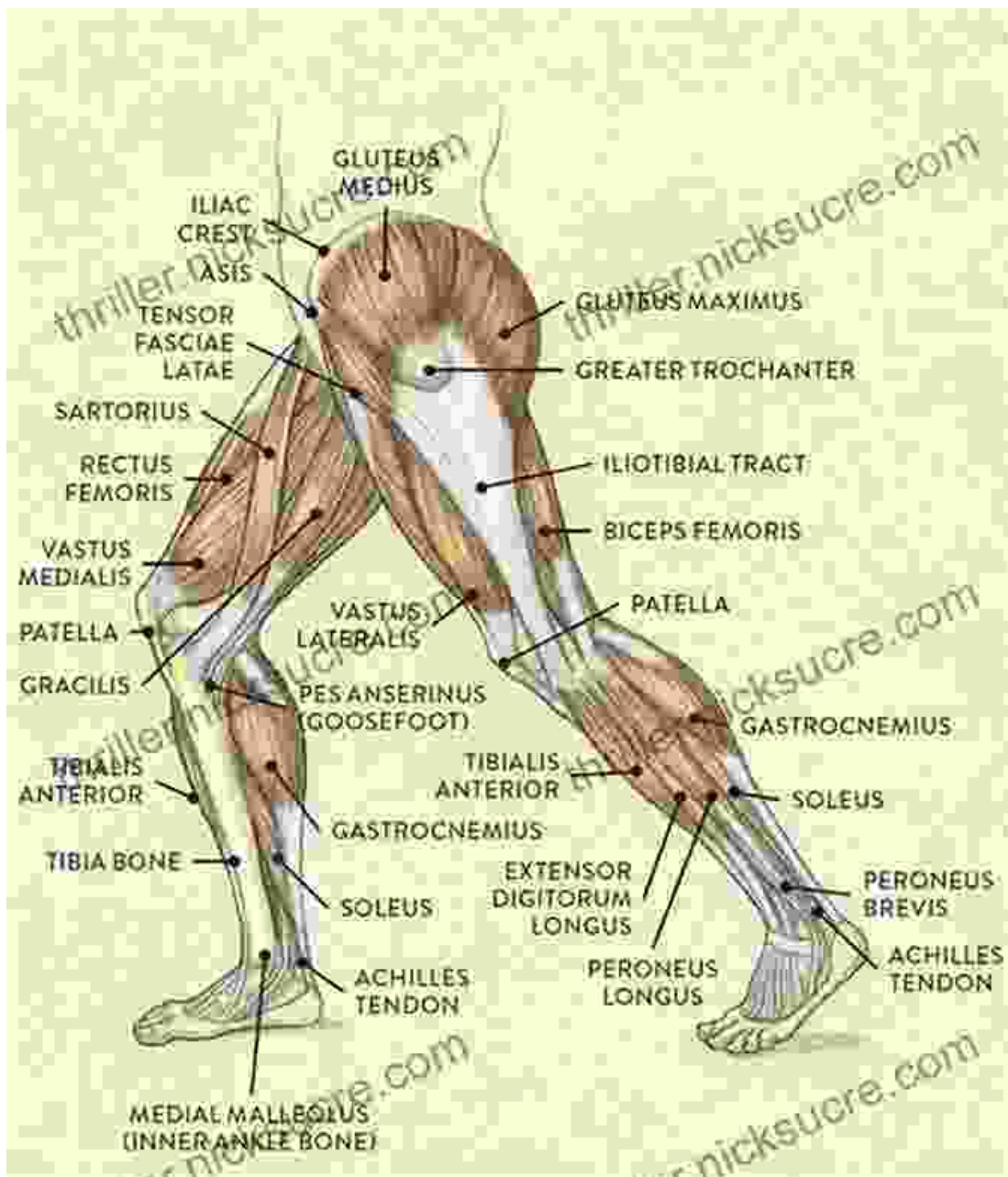
Everything Below the Waist: Why Health Care Needs a Feminist Revolution by Jennifer Block

★★★★☆ 4.7 out of 5

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The lower body, comprising the pelvis, legs, and feet, is a complex and fascinating structure that allows for mobility, balance, and support. This comprehensive guide provides a detailed overview of the bones, muscles, and structures that make up the lower body and their respective functions.



The Pelvis

The pelvis is a bony structure that forms the lower portion of the trunk and connects the spine to the legs. It consists of three main bones:

- **Ilium:** The largest and uppermost bone of the pelvis, forming the majority of the hipbone and providing attachment points for muscles

and ligaments.

- **Ischium:** Located on the posterior-inferior aspect of the pelvis, the ischium provides support for sitting and muscle attachments.
- **Pubis:** Forming the anterior-inferior portion of the pelvis, the pubis connects to the opposite pubic bone at the pubic symphysis and supports the bladder and urethra.

The pelvis also includes two sacroiliac joints, where the ilium connects to the sacrum, and two hip joints, where the ilium connects to the femur (thigh bone).

The Legs

The legs consist of two long bones, the femur and the tibia, and a smaller bone, the fibula, located laterally to the tibia.

- **Femur:** The longest bone in the body, the femur extends from the hip joint to the knee joint and provides the main structural support for the leg.
- **Tibia:** The larger of the two lower leg bones, the tibia runs from the knee joint to the ankle joint and bears the majority of the body's weight.
- **Fibula:** Located alongside the tibia, the fibula is a smaller bone that provides stability and attachment points for muscles.

The knee joint, formed by the femur, tibia, and fibula, is a complex structure that allows for flexion, extension, and rotation of the leg. The ankle joint, formed by the tibia and fibula, along with the talus bone of the foot, enables plantarflexion and dorsiflexion of the foot.

The Feet

The feet are complex structures that provide support, balance, and mobility. They consist of 26 bones, divided into three main groups:

- **Tarsals:** Seven tarsal bones, including the talus, calcaneus (heel bone), and navicular, form the arch of the foot and provide stability.
- **Metatarsals:** Five metatarsal bones extend from the tarsals to the toes, providing the main support for the forefoot.
- **Phalanges:** Fourteen phalanges make up the toes, with two phalanges in the big toe and three in each of the other toes.

The feet also include numerous muscles, tendons, and ligaments that control movement and support the arches of the foot.

Muscle Groups of the Lower Body

Pelvis

- Gluteus maximus: Extends and externally rotates the hip
- Gluteus medius: Abducts and internally rotates the hip
- Gluteus minimus: Abducts and externally rotates the hip
- Piriformis: Externally rotates and abducts the hip
- Obturator internus: Externally rotates and abducts the hip

Thigh

- Quadriceps femoris (vastus medialis, vastus lateralis, vastus intermedius, rectus femoris): Extends the knee

- Hamstrings (biceps femoris, semitendinosus, semimembranosus):
Flexes the knee and extends the hip
- Adductor group (adductor magnus, adductor longus, adductor brevis):
Adducts the hip

Calf

- Gastrocnemius: Plantarflexes the foot
- Soleus: Plantarflexes the foot
- Tibialis anterior: Dorsiflexes the foot and inverts it
- Peroneus group (peroneus longus, peroneus brevis, peroneus tertius):
Evert and dorsiflex the foot

Foot

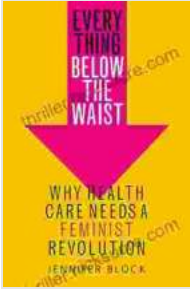
- Extensor digitorum longus: Extends the toes
- Flexor digitorum longus: Flexes the toes
- Abductor hallucis: Abducts the big toe
- Adductor hallucis: Adducts the big toe

The lower body is a complex and fascinating structure that allows for mobility, balance, and support. Understanding its intricate anatomy, including the bones, muscles, and structures, provides a deeper appreciation for the human body and its remarkable capabilities.

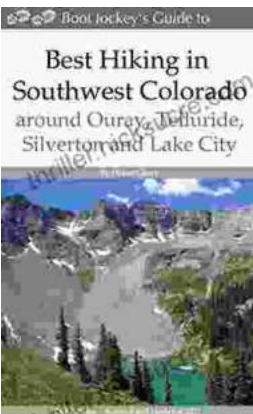
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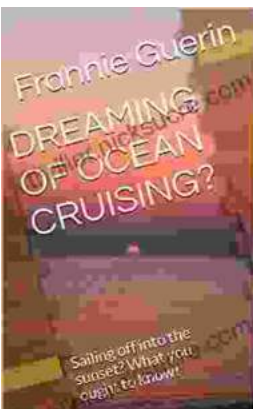


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