Pelvic Girdle Checklist

Pelvic girdle	The pelvic girdle consists of the right and left coxae and the sacrum. Its functions include: 1. The weight of the head, upper limbs, and trunk is transmitted to the lower limbs through the pelvic girdle. 2. The hip joint between the pelvic girdle and lower limbs allows movement of the lower limbs. 3. Muscles that move the lower limbs, trunk, and arms attach to the pelvic girdle. 4. The pelvic girdle supports and protects abdominopelvic organs.
Pelvis	Consists of the two coxae, the sacrum, and the coccyx.
Coxa	Consists of the fused ilium, ischium, and pubis bones.
Sacroiliac joint	The site of connection of the sacrum and ilium.
Pubic symphysis	The site of connection of the two coxae.
Hip joint	The site of connection between the femur and the coxa; transfers weight from the coxa to the femur while allowing a wide range of movement.
Acetabulum	Holds the head of the femur, but allows it to move.
Obturator foramen	Decreases the weight of the coxa; mostly closed by a connective tissue membrane, but a few small blood vessels pass through it.
Bottom of pelvic cavity	Closed off by muscles attached to the pelvic girdle.
Surface of coxae	Attachment sites for muscles moving the thigh.
Iliac crest	Attachment site for muscles moving the vertebral column and arms.
Anterior superior iliac spine Anterior inferior iliac spine	Attachment site for muscles moving the thigh and leg.
Posterior superior iliac spine Posterior inferior iliac spine Ischial spine	Attachment site for ligaments holding the sacrum in place.
Ischial tuberosity	Attachment site for ligaments holding the sacrum in place; attachment site for muscles moving the thigh and leg.

Pelvic Girdle Checklist

Greater ischiadic (sciatic) notch	A route for the passage of nerves and blood vessels to the posterior side of the pelvic girdle.
Pelvic inlet/outlet	The superior entrance (pelvic inlet) and the inferior exit (pelvic outlet) from the pelvic cavity; passageway for the fetus during delivery.
Comparison of female/male pelvis	Female pelvis has larger pelvic inlet and outlet, pelvic inlet is oval, and subpubic angle is greater than 90 degrees. Male pelvis has smaller pelvic inlet and outlet, pelvic inlet is heart-shaped, and subpubic angle is less than 90 degrees.

Lower Limb Checklist

Lower limb	Consists of the thigh, leg, and foot.
Thigh bone	Femur
Kneecap	Patella
Leg bones	Tibia (medial leg) and fibula (lateral leg)
Foot bones	Seven tarsal bones (proximal part of foot), five metatarsal bones (distal part of foot), and 14 phalanges (toes)
Head of femur	Ball-like proximal end of femur which inserts into the acetabulum of the coxa; transfers weight from the coxa to the femur while allowing a wide range of movement.
Neck of femur	Connects the head of the femur to the shaft.
Greater and lesser trochanters	Attachment sites for hip muscles moving the femur.
Shaft of femur	Weight bearing part of femur; attachment site for muscles moving the femur and leg.
Patella/patellar groove	The patella (kneecap) is found within the tendon of an anterior thigh muscle moving the leg. The patella moves within the patellar groove when the leg moves. As a result, 1. the patella protects the tendon from damage. 2. the patella increases the force that the muscle applies to the leg.
Tibial tuberosity	Attachment site for the patella.
Medial condyles of femur and tibia Lateral condyles of femur and tibia	The condyles bear weight while allowing movement.
Intercondylar fossa of femur Intercondylar area of tibia	Attachment sites for ligaments holding the femur and tibia together.
Intercondylar eminence	Contributes to the medial border of the "sockets" into which the femoral condyles fit and helps to anchor cartilages (mensci) within the knee joint.
Head of fibula	Attaches the fibula to the proximal end of the tibia.
Lateral epicondyle of femur Head of fibula	Attachment sites for a ligament holding the femur and fibula together.
Medial epicondyle of femur Condyle of tibia	Attachment sites for a ligament holding the femur and tibia together.
Shafts of tibia and fibula	Weight bearing part of the tibia and fibula.

Lower Limb Checklist

Muscle attachment sites	The condyles and shafts of the tibia and fibula, the tibial tuberosity, and the head of the fibula have muscle attachment sites. These muscles cause movements of the thigh, leg, foot, and toes.
Lateral malleolus Medial malleolus	The distal end of the fibula (lateral malleolus) and the distal end of the tibia (medial malleolus) are attachment sites for ligaments holding the leg and foot bones together.
Tarsal bones	The seven tarsal bones transfer weight from the leg bones to the metatarsal bones and can move, allowing the foot to change shape and adjust to uneven ground. Except for the talus, they are also muscle attachment sites. The tarsal bones are the talus; calcaneus; medial, intermediate, and lateral cuneiform; cuboid; and navicular.
Talus	Joins the tibia and fibula to form the ankle joint; transfers weight from the leg bones to the other tarsal bones.
Calcaneus (heel bone)	When stepping forward, the heel is placed on the ground and the calcaneus bears the weight of the body. Muscles attached to the calcaneus move the foot, resulting in further forward movement.
Metatarsal bones	Transfer weight to the ball of the foot and the toes; muscle attachment sites.
Phalanges	Allow movement of the toes; muscle attachment sites. The great toe has only proximal and distal phalanges. The other toes have proximal, distal, and middle phalanges.