**Femoral Triangle and Gluteal Region**

**FEMORAL TRIANGLE**

- Anterior superior iliac spine
- Inguinal ligament
- Iliopsoas
- Femoral vessels
- Pectineus
- Pubic tubercle
- Adductor longus

**BOUNDARIES**

**Lateral**
Medial border of sartorius

**Roof**
Fascia lata

**Floor**
Marked muscles with adductor brevis just showing. It has the anterior division of the obturator nerve on its surface

**Superior**
Inguinal ligament

**Medial**
Medial border of adductor longus

**Contains**
Femoral nerve
Femoral artery
Femoral vein
Deep inguinal nodes
STRUCTURES PASSING THROUGH THE GREATER & LESSER SCIATIC FORMINA

VIA GREATER SCIATIC FORAMEN
- Superior gluteal vessels
- Superior gluteal nerve

PIRIFORMIS
- Inferior gluteal vessels
- Inferior gluteal nerve
- Sciatic nerve
- Perforating cutaneous nerve
- Posterior femoral cutaneous nerve
- Nerve to quadratus femoris
- Nerve to obturator internus
- Pudendal nerve
- Internal pudendal vessels

VIA LESSER SCIATIC FORAMEN
- Tendon of obturator internus
- Nerve to obturator internus
- Internal pudendal vessels
- Pudendal nerve

GLUTEAL REGION - PIRIFORMIS & OBTURATOR INTERNUS

Piriformis
From: Ant surface of sacrum.
To: greater trochanter of femur via greater sciatic foramen.
Action: Lat rotator of hip
N: S1,2

Obturator internus
From: inner surface of obturator membrane
To: med aspect of greater trochanter of femur
Action: Lat rotator of hip
N: N to obturator internus (L5,S1,2)

1 Sacrospinous ligament
2 Sacrotuberous ligament
3 Iliolumbar ligament
(3 main stabilisers of pelvis)
EASY WAY TO REMEMBER ROOT VALUES
OF GLUTEAL MUSCLES

SUPERIOR GLUTEAL NERVE - L 4, 5, 1
Gluteus medius, gluteus minimus, tensor fasciae latae

SHARE ROOT VALUES

INFERIOR GLUTEAL NERVE - L 5, 1, 2
Gluteus maximus

NERVE TO OBTURATOR INTERNUS - L 5, 1, 2
Obturator internus, superior gemellus

NERVE TO QUADRATUS FEMORIS - L 4, 5, 1
Quadratus femoris, inferior gemellus
RIGHT GLUTEAL REGION

1. Gemellus superior, obturator internus, gemellus inferior
2. Obturator externus
3. Quadratus femoris

NOTES ON SACRAL PLEXUS
AND SCIATIC NERVE

There are six nerves that arise from the roots of the sacral plexus that have the letter “P”

Piriformis, nerve to: $S_{1,2}$  \textbf{Remains} in pelvis to supply this muscle

Posterior femoral cutaneous nerve: $S_{1,2,3}$  \textbf{Leaves} pelvis via greater sciatic foramen

Perforating cutaneous nerve: $S_{2,3}$  \textbf{Leaves} pelvis via greater sciatic foramen

Pudendal nerve: $S_{2,3,4}$  \textbf{Leaves} pelvis via greater sciatic foramen

Pelvic splanchnic (parasympathetic) nerves: $S_{2,3,4}$  \textbf{Remains} in pelvis to supply pelvic organs

Perineal branch of S4: $S_4$  \textbf{Remains} in pelvis to supply levator ani

3 nerves remain in the pelvis & 3 exit via the greater sciatic foramen

SCIATIC NERVE

\textbf{Anterior division}
- Tibial to flexors ($L_{4,5}, S_{1,2,3}$)
- Nerve to obturator internus ($L_5, S_{1,2}$)
- Nerve to quadratus femoris ($L_{4,5}, S_1$)

\textbf{Posterior division}
- Common fibular to extensors
- Superior gluteal ($L_{4,5}, S_1$)
- Inferior gluteal ($L_5, S_{1,2}$)