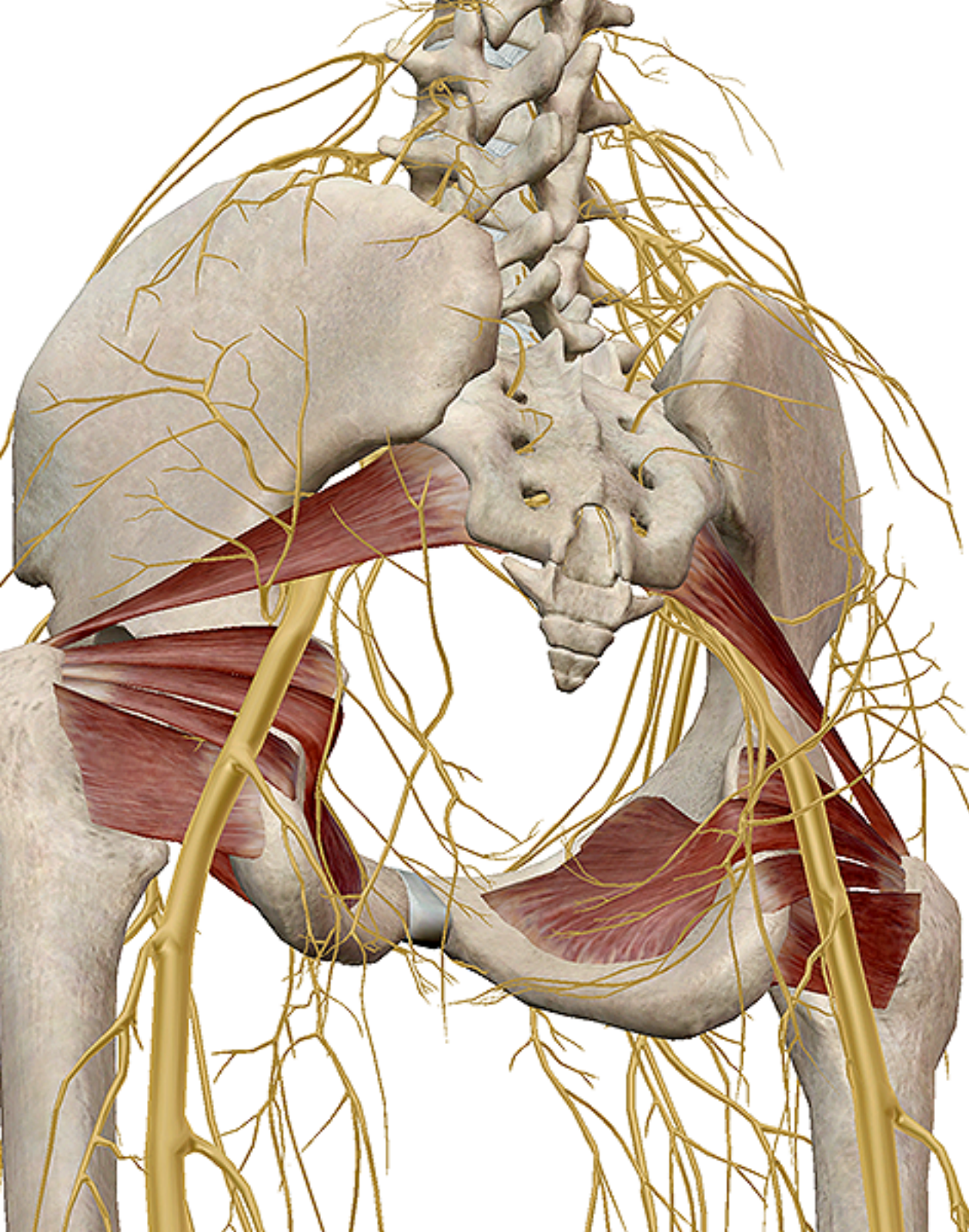


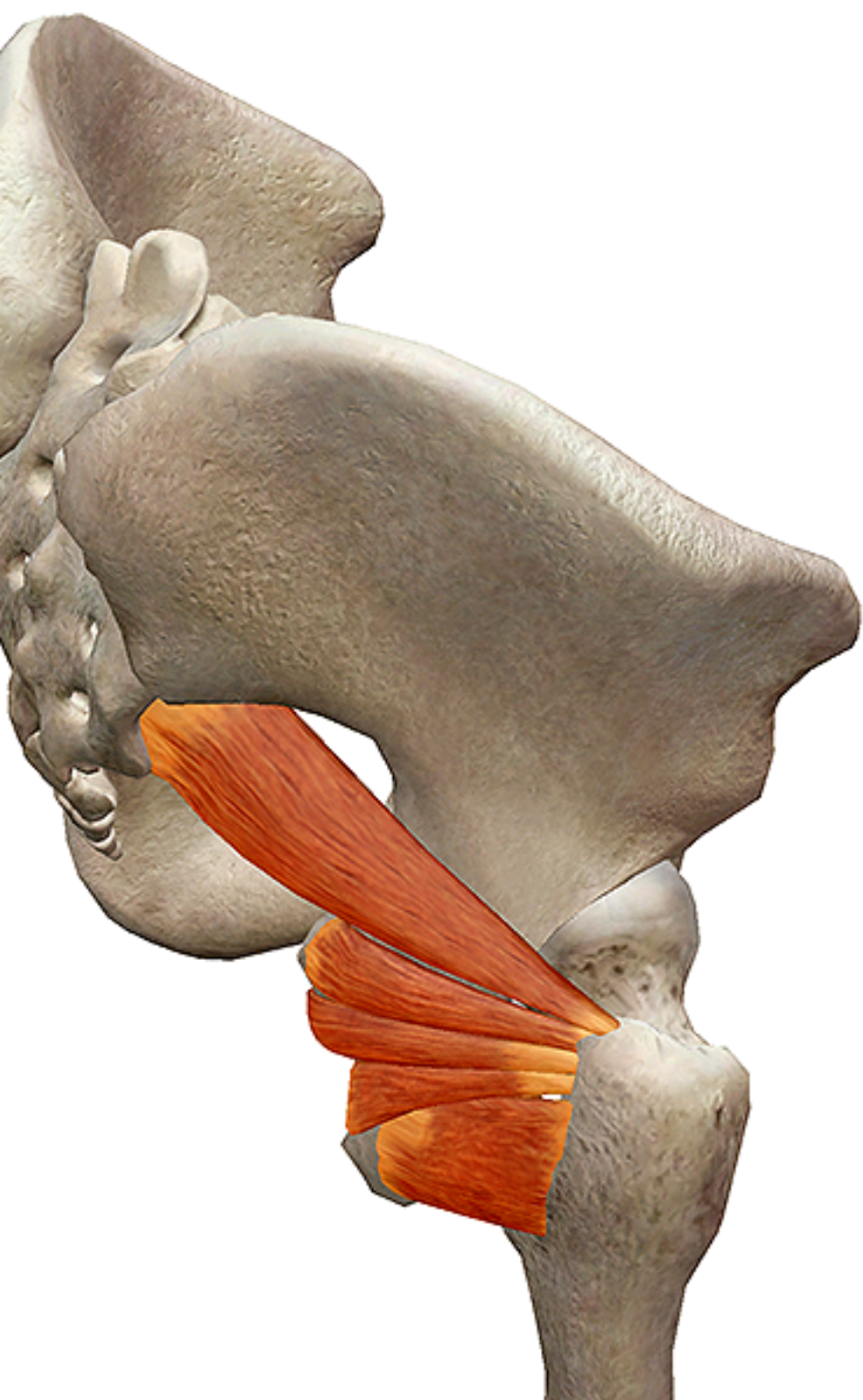
The Lateral Rotators

VISIBLE  BODY®



Have you ever sat with your legs splayed? How about in a butterfly position? Ever jumped and thrown your legs away from your body? If so, you've worked the lateral rotator muscles!





They do pretty much what it says on the tin: **they rotate the hip joint laterally, or away from the center of the body.**

They also facilitate other motions of the hip, including **adduction and extension.**



The lateral rotators include: the superior gemellus, inferior gemellus, piriformis, obturator externus, obturator internus, and quadratus femoris.

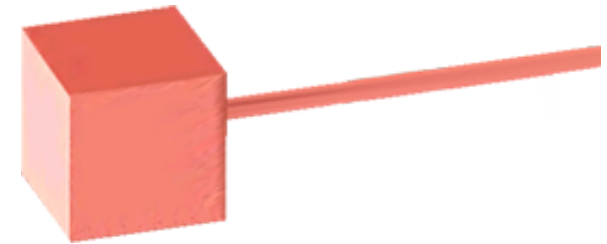


Before we go any further: Let's review attachment points.

Origins and insertions are where the muscle attaches to a structure, either a bone or other tissue.

Muscles tend to have more **mass** at the origin.

The structure that the **origin** is attached to tends to be moved by the **muscle contracting**.



Muscle Premium marks origins in red on the skeleton with these nifty red pins.



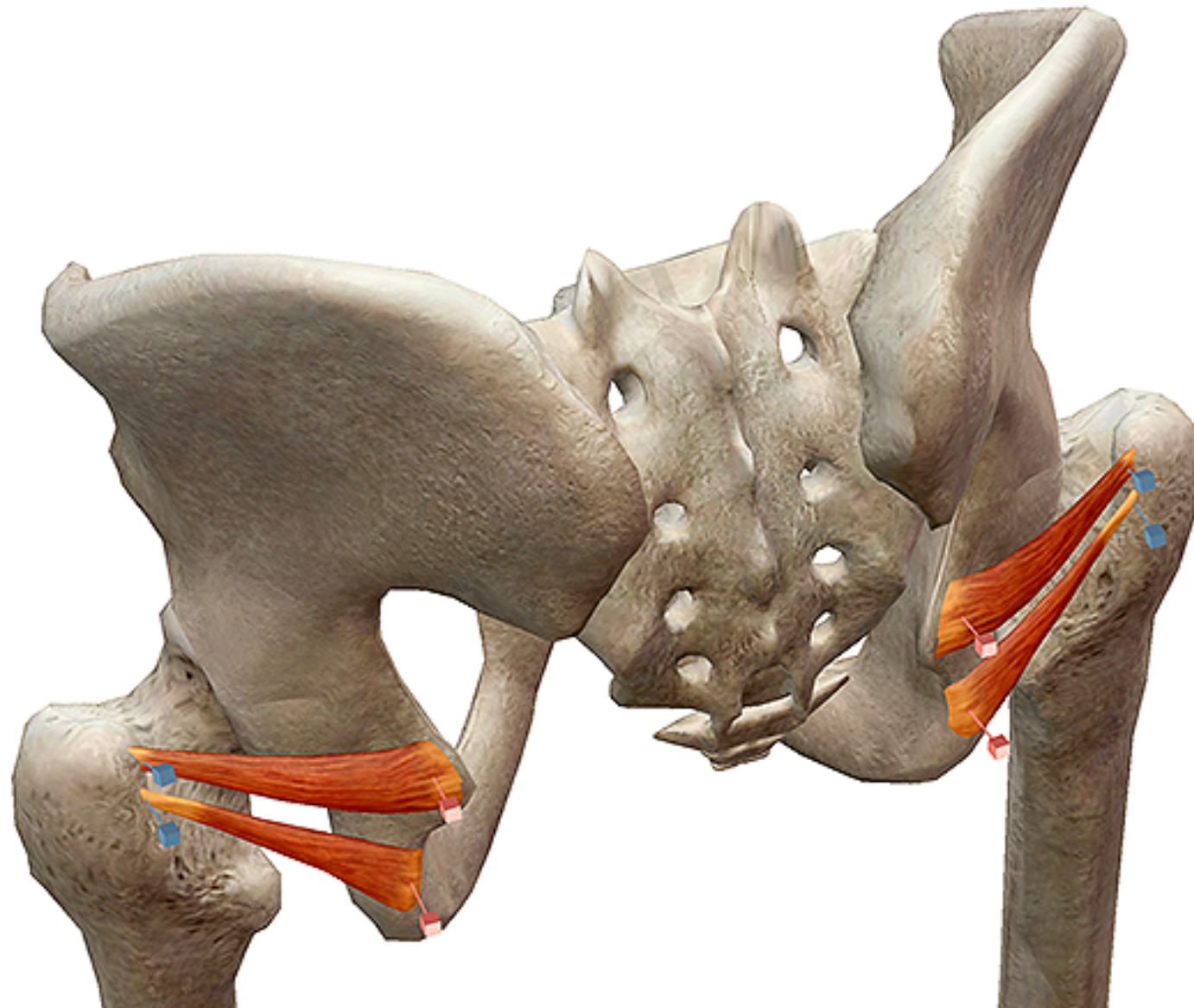
The opposite end of the origin is the **insertion**.

It tends to move while the structure of the origin is **stabilized**.

Insertions are marked in blue on the skeleton with these cool blue pins.

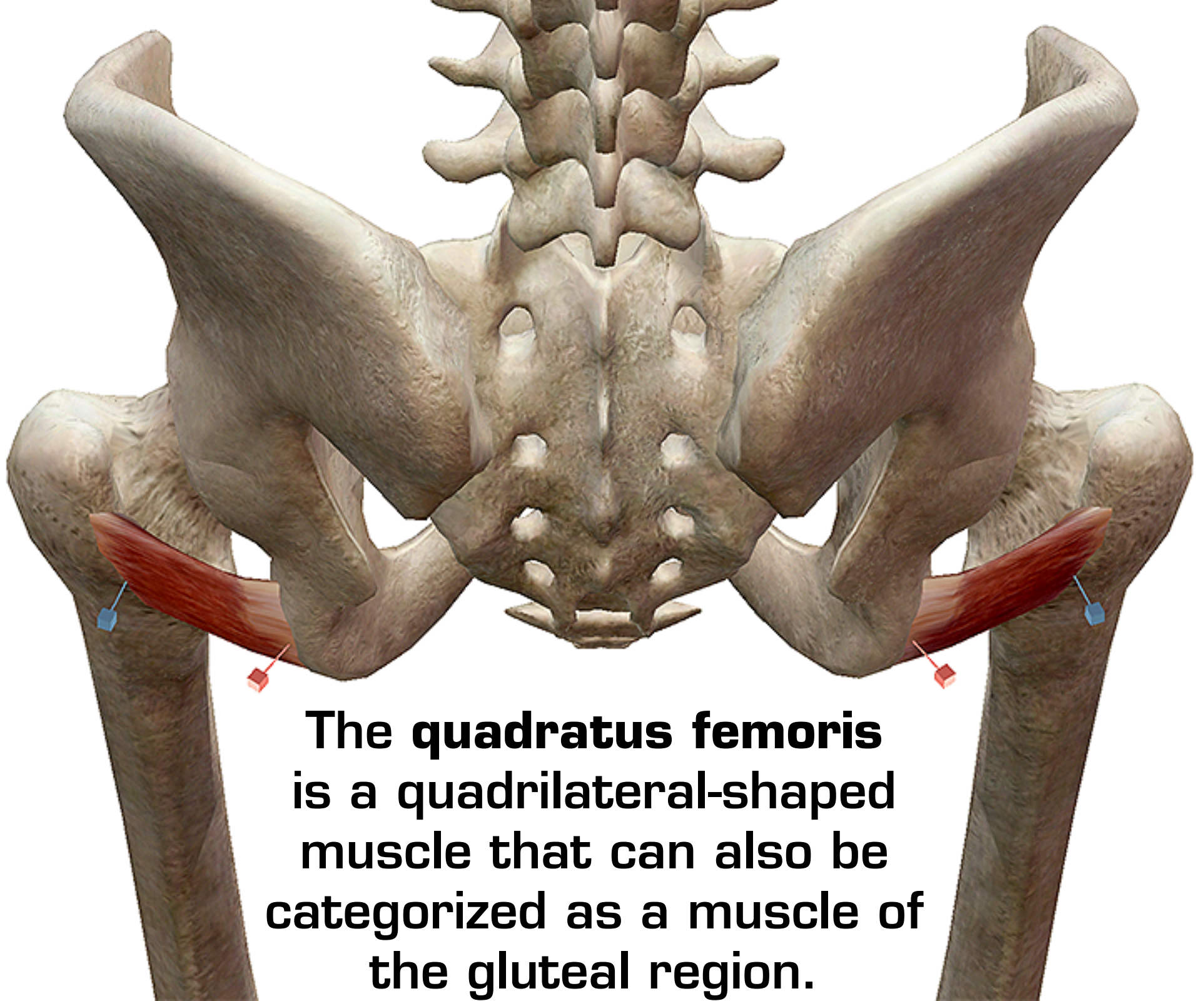


The superior gemellus and inferior gemellus attach to the greater trochanter of the femur and the ischium of the pelvis.



Factoid: Gemellus is the diminutive of the Latin word geminus, meaning “twin.”

For you astrology fans, you may recognize the word “gemini”!

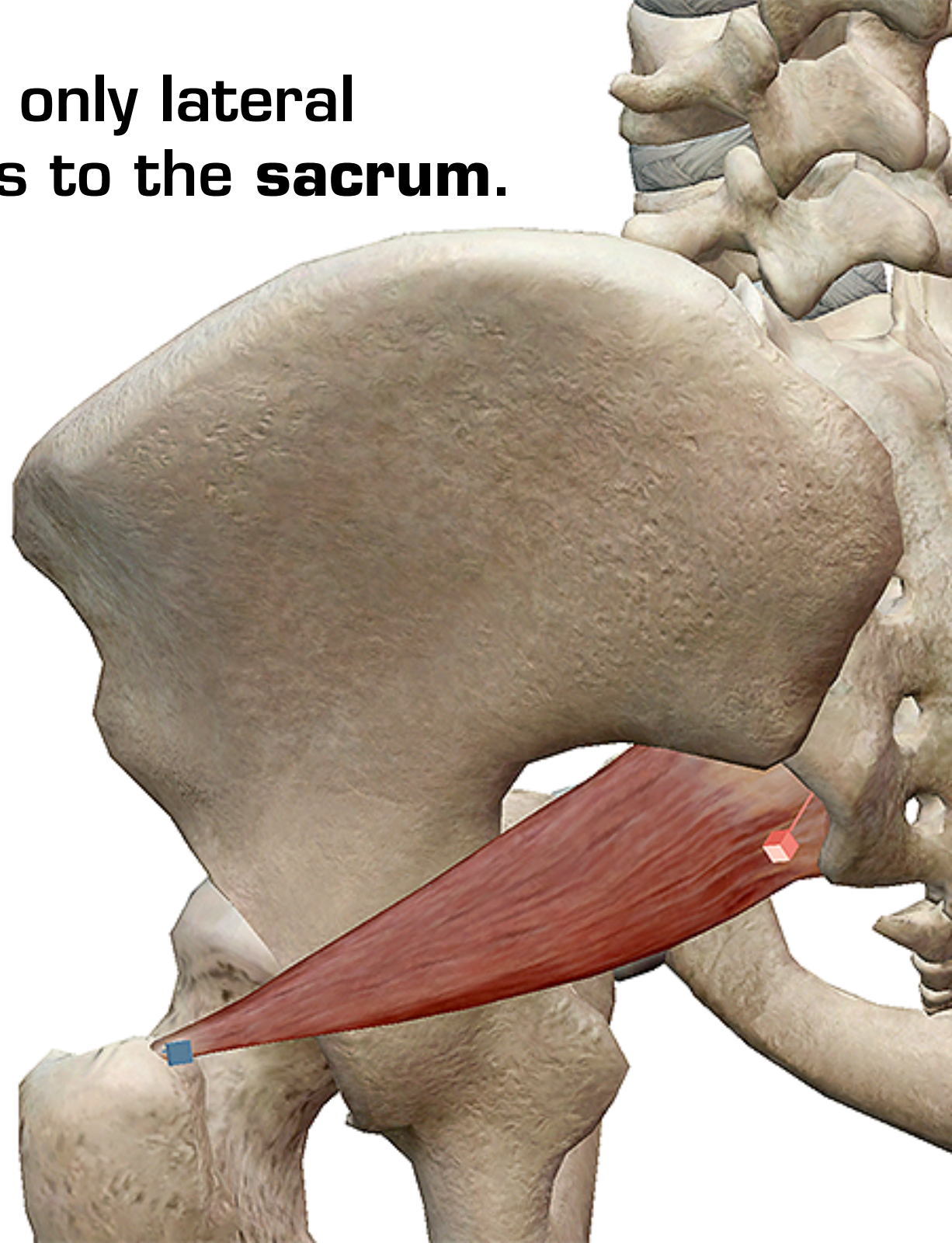


The quadratus femoris is a quadrilateral-shaped muscle that can also be categorized as a muscle of the gluteal region.

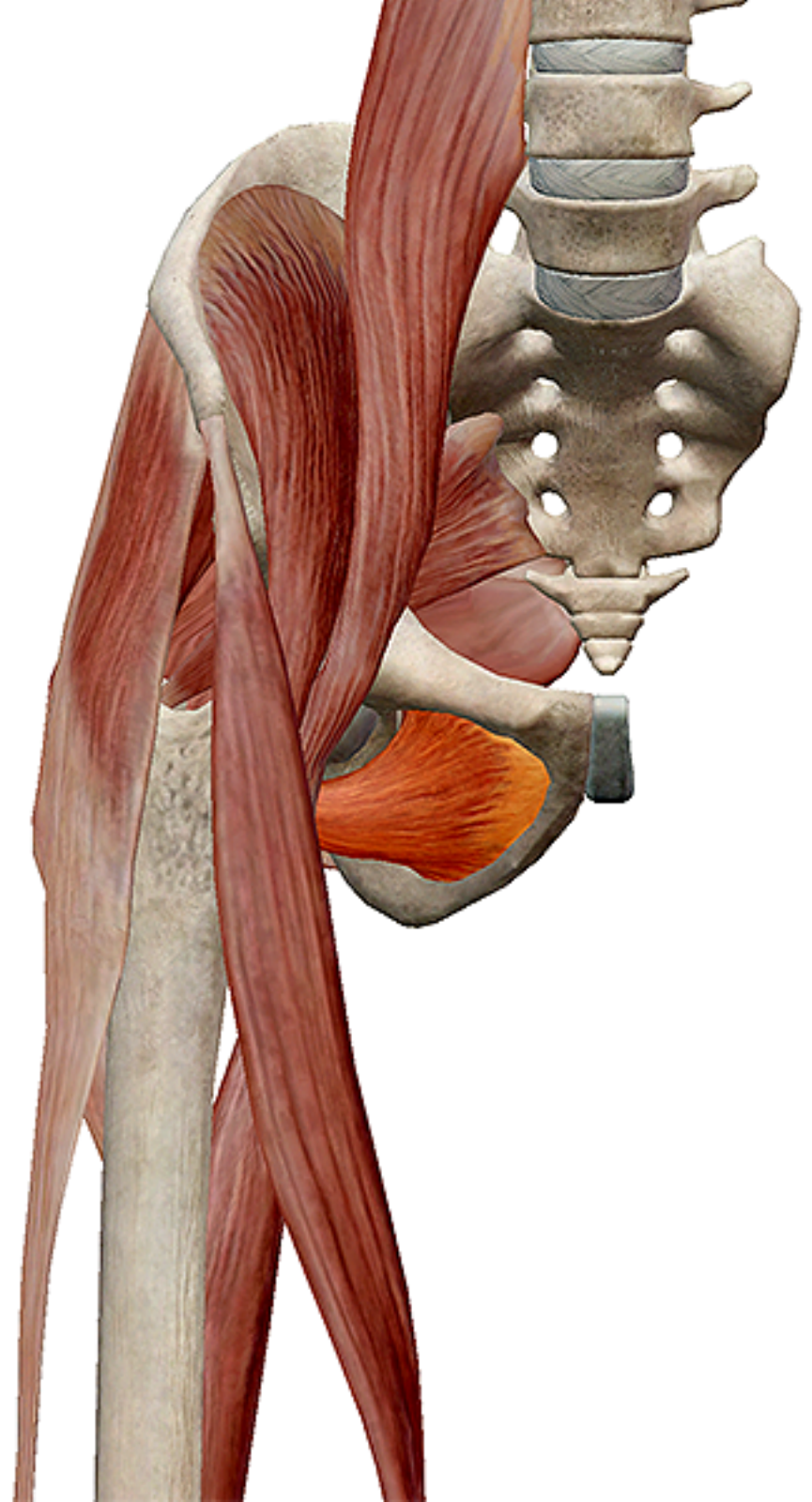
The piriformis is the only lateral rotator that attaches to the sacrum.

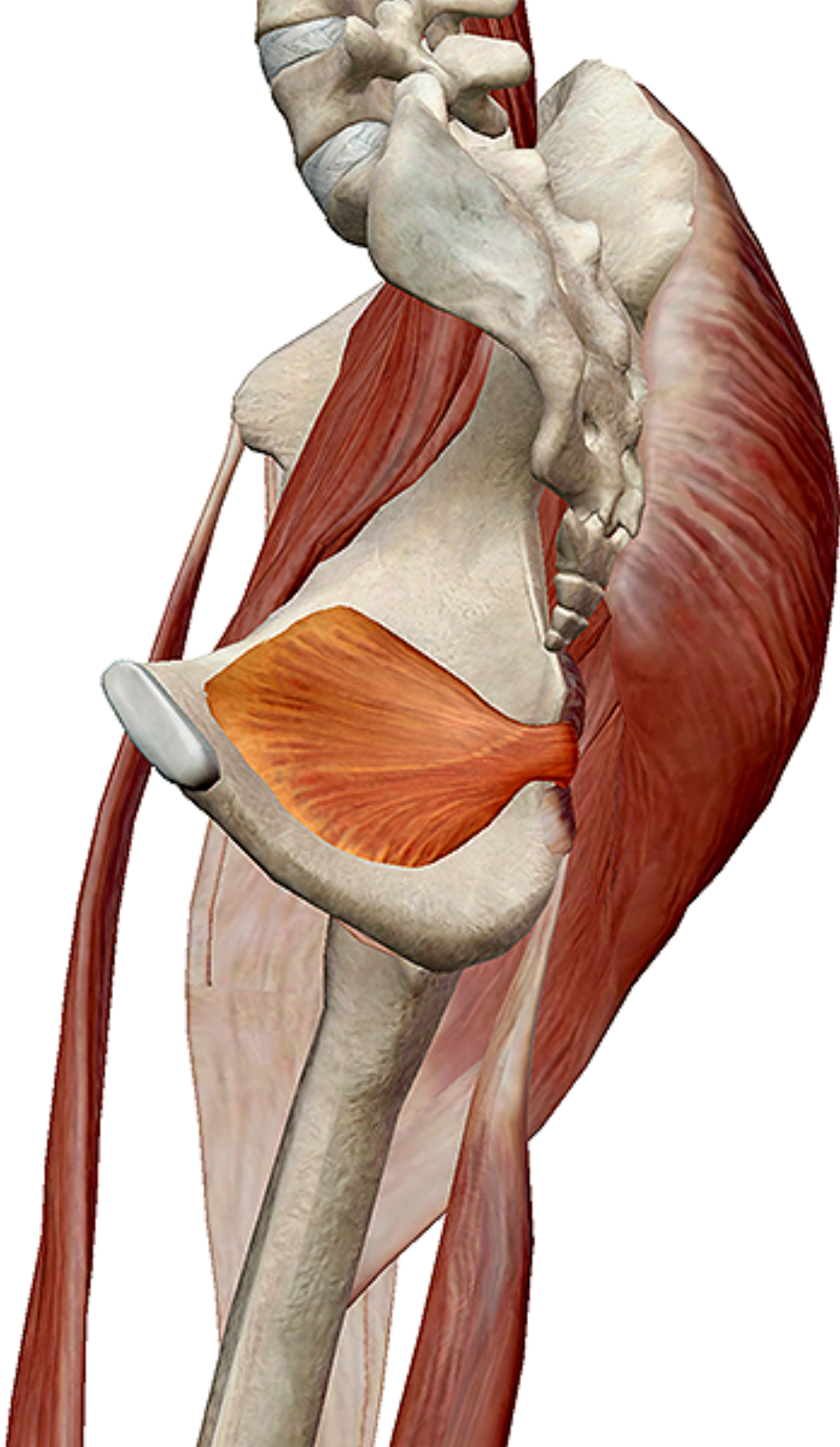
It originates on the front of the sacrum between S01 – S04 anterior sacral foramina.

It inserts on the upper border of the greater trochanter.



The **obturator externus** externally rotates the thigh and stabilizes the pelvis.

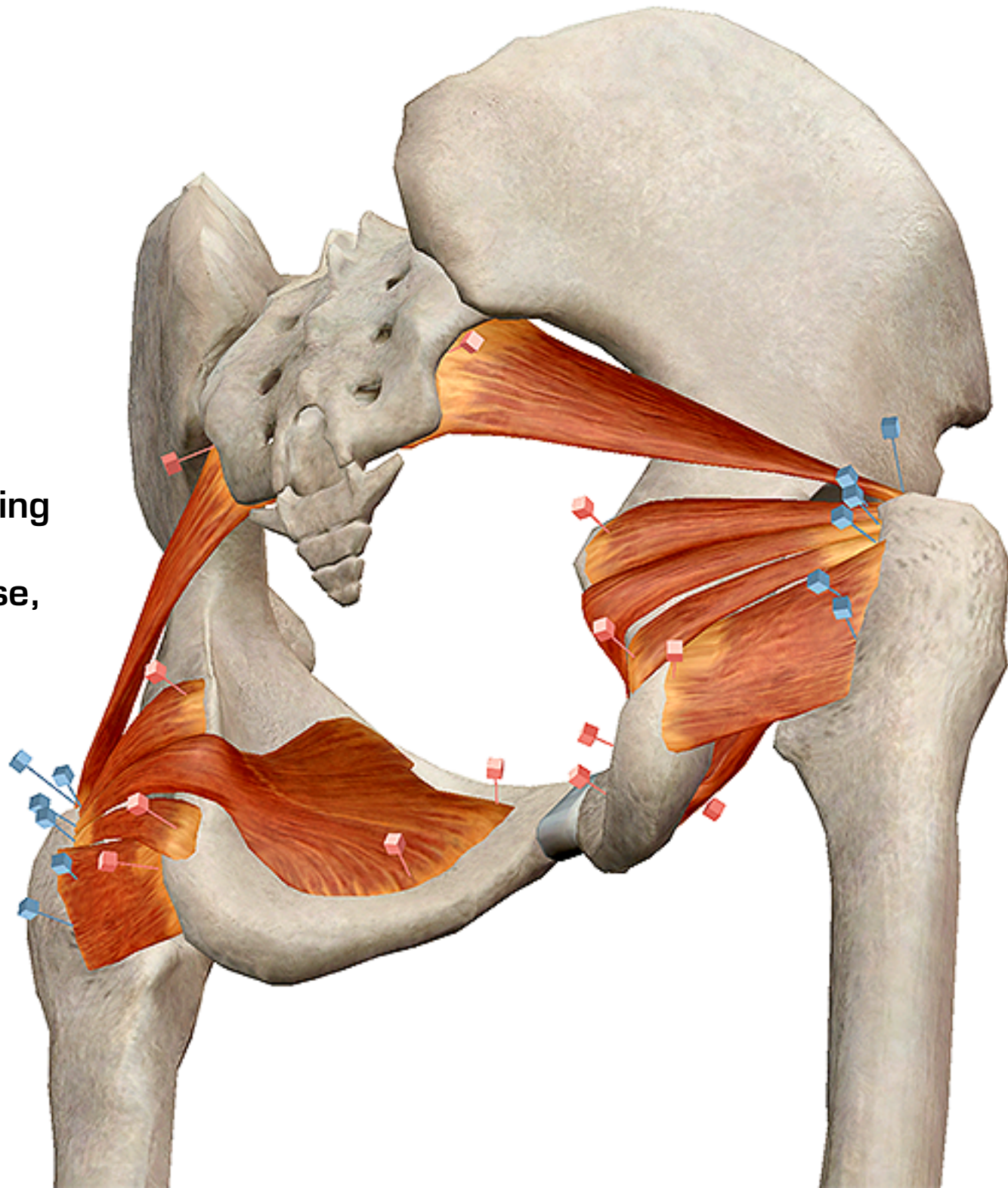




The obturator internus lies deep to the gluteus maximus.

It laterally rotates the thigh when extended and abducts the thigh when flexed.

The next time you're stretching your legs out or hunkering down to sit in a butterfly pose, spare some thanks for your awesome lateral rotators!



MUSCLE PREMIUM

All the images and text in this eBook came from Visible Body's Muscle Premium app—an encyclopedic anatomical reference for human musculature.

Content in the app includes:

- 600+ muscles, 200+ bones, peripheral nerves, and ligaments all rendered in interactive 3D, as well as dozens of interactive muscle action animations.
- Functionality that allows you to rotate, zoom in/out, pan, hide, and add structures to see the anatomy from any angle. Customize and save views.
- Dozens of quizzes to test your knowledge.

Muscle Premium is available for **iOS**, **PC**, **Mac**, and **Android**.

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