

From its attachment to the iliac fossa the majority of the fibers of iliopsoas blend with the lateral side of psoas major, forming a combined muscle known as iliopsoas and a conjoined tendon of psoas major and iliopsoas. The combined tendon attaches to the lesser trochanter of the femur, with the fibers from iliopsoas extending below and anterior to the trochanter, while those of psoas major attach to the apex and posterior aspect of the trochanter.

Nerve Supply

Iliopsoas is supplied by the femoral nerve (derived from L2 and L3). Psoas major is supplied by the anterior rami of L1 to L3 and occasionally L4.

Action

With the proximal attachment fixed it flexes the hip joint. With the distal attachment fixed both muscles work together through their conjoined tendon to pull the trunk and pelvis forwards. With iliopsoas it also acts as a medial rotator of the hip. When the neck of the femur is fractured it laterally rotates the femur producing a characteristic posture of the lower limb.

For more information on the hip see 'The Interactive Hip'.