

Proximal Attachment

Iliacus is a large triangular sheet of muscle that arises from the upper two-thirds of the iliac fossa and the inner lip of the iliac crest, as well as the ventral sacro-iliac and iliolumbar ligaments and the ala of the sacrum.

Distal Attachment

The fibers converge as they pass inferiorly and medially over the pelvic brim behind the inguinal ligament. The majority of fibers insert onto the lateral side of the tendon of psoas major to form the 'conjoined tendon of psoas major and iliacus'. This tendon is separated from the pelvic brim by a bursa common to it and psoas major. The conjoined tendon then passes inferiorly, posteriorly and slightly laterally and attaches to the lesser trochanter of the femur. A few iliacus fibers blend with the hip joint capsule and attach to the femur, just below the insertion of the conjoined tendon.

Nerve Supply

Branches of the femoral nerve, derived from L2 and L3, supply iliacus.

Action

With the proximal attachment fixed iliacus flexes the hip joint. With the distal attachment fixed, psoas major and iliacus work together through their conjoined tendon to pull the trunk and pelvis forwards. Psoas Major medially rotates the hip joint.

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