

Lecture 12 - The Pelvic Girdle

1. List the bones of the pelvic girdle.
2. Describe the difference between women's and men's pelvises.
3. What are the alternative names for the false and true pelvises? What anatomical landmarks delineate the borders of each?
4. What is contained within the true pelvis?
5. List and describe the four major areas of the sacrum.
6. What joint is responsible for transmitting all of the upper body weight to the hip bones?
7. What are the major ligaments of the SI joint? List them and describe their major characteristics.
8. Describe nutation and counternutation.
9. In flexion and extension, what is the range of motion for the SI joints?
10. The SI joint is a common source of what condition? What percentage of all cases of this condition are attributed to the SI joint?
11. List the possible causes of the above-mentioned condition.
12. What is the name of the joint where the L5 vertebra and sacrum meet?
13. What is the name of the angle formed by the above-mentioned joint?
14. How is that angle measured?
15. How does this angle change with anterior and posterior pelvic tilt?
16. Define Hyperlordosis. What does Hyperlordosis cause?
17. What causes flatback? How is it diagnosed? What happens to the body's center of gravity in patients with flatback?
18. What type of joint is the pubic symphysis? Describe the characteristics of this joint.
19. What happens to the ASIS relative to the pubic symphysis during anterior pelvic tilt? During posterior pelvic tilt? What
20. What accessory actions do anterior and posterior pelvic tilt cause?
21. Describe left and right lateral pelvic tilt. In what plane do these motions occur?
22. During which phase of the gait cycle does one side of the pelvis tilt?
23. Define hip hiking and describe how it is different from lateral pelvic tilt.
24. What accessory movements in the spine and hips does lateral pelvic tilt cause?
25. Define forward and backward pelvic girdle rotation. In what plane do these motions occur?

Air Movement Section 3 Study Guide Answers

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