

Gluteus Medius

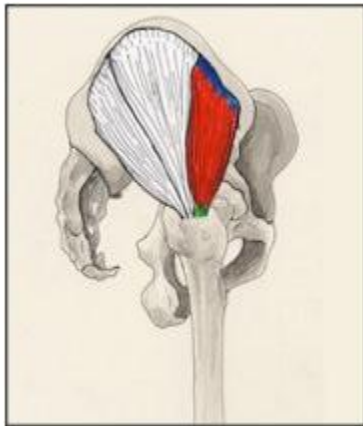
Function

- Lateral hip stabilizer: Pulling femur up and in to the acetabulum
- Thus: If weak, lose hip stability and increase stress on spine in weight bearing
- If weak: Results in compressive forces on head of femur in acetabulum: DJD
- Posterior weakness: Pelvis will rotate backwards on opposite side
- Posterior: Main complaint for SI- joint
- Note: Cannot abduct only one hip at a time

Origin: Lateral surface of ilium inferior to iliac crest: anterior $\frac{1}{3}$

Insertion: Lateral/superior and posterior border surface of greater trochanter

AMC&S test



- Practitioner stands at the base of the client
- Client lies supine
- Client fully internally rotates hip, then abducts hip 30°
- Practitioner's stabilizing hand on ankle of uninvolved leg
- Practitioner's action hand on lateral malleolus of involved leg
- Practitioner applies force into hip adduction

DFAMAT

- Client lying on side
- Practitioner cup around iliac crest from thumb to finger to landmark IC
- Upward into anterior/lateral/inferior $\frac{1}{3}$ of iliac crest
- Downward onto posterior lateral surface of greater trochanter