

Q12 – Supports of Uterus

Definition Note

The uterus is a hollow, muscular pelvic organ situated between the urinary bladder anteriorly and the rectum posteriorly. Its normal position is maintained by a combination of muscular, fibromuscular, and peritoneal supports known as the supports of the uterus.

Normal Position of Uterus

Normally, the uterus is anteverted and anteflexed. Anteversion refers to forward angulation of cervix with vagina, and anteflexion refers to forward bending of the body of uterus over the cervix.

Primary (True) Supports

The primary supports include pelvic floor muscles mainly the levator ani, perineal body, and fibromuscular ligaments formed by endopelvic fascia. The transverse cervical (cardinal) ligaments are the chief mechanical supports of the cervix. Uterosacral ligaments pull the cervix backward and maintain anteversion, while pubocervical ligaments support the uterus anteriorly.

Secondary (False) Supports

Secondary supports include the round ligament of uterus, broad ligament, uterovesical fold, and rectouterine fold. These supports help in maintaining the position of uterus but are not strong enough alone.

Factors Maintaining Position

Tone of pelvic floor muscles, integrity of ligaments, normal intra-abdominal pressure, and normal position and shape of uterus help maintain uterine position.

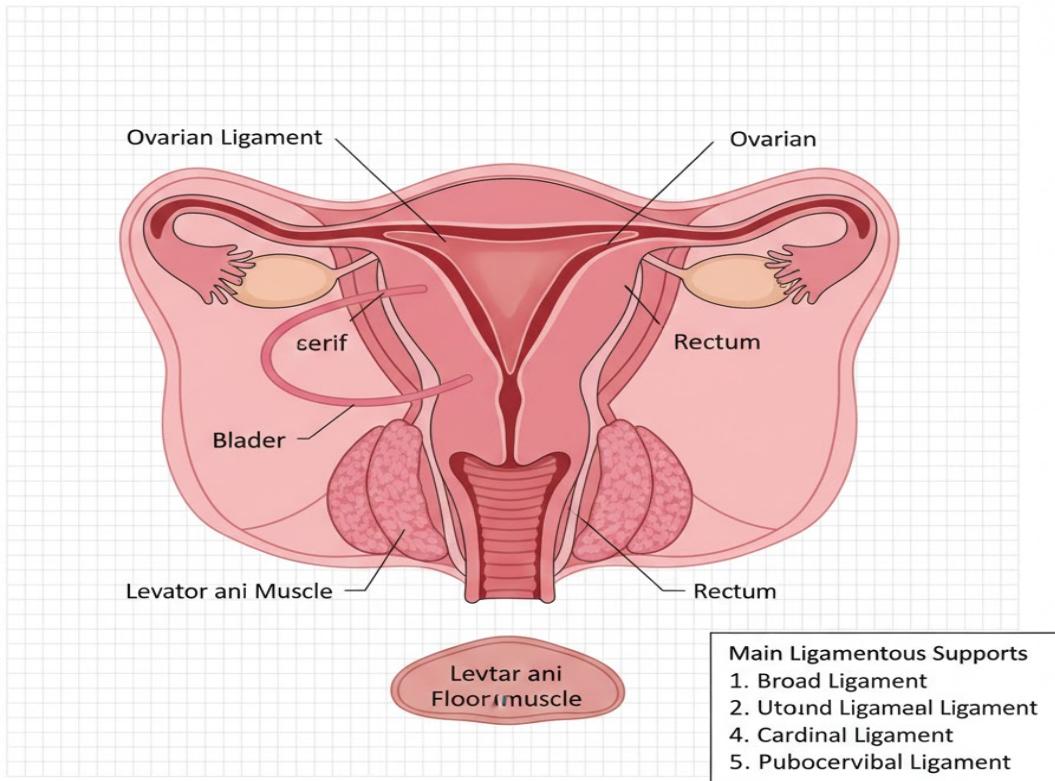
Applied Anatomy

Weakening of uterine supports leads to uterine prolapse. Childbirth-related injuries and damage to pelvic floor muscles predispose to prolapse. Knowledge of uterine supports is essential in gynecological surgeries.

Labeled Diagram – Supports of Uterus

Supports of the Uterus - Anatomy & Ligaments

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Conclusion: The uterus is supported by a complex system of muscular and ligamentous structures. Pelvic floor muscles and transverse cervical ligaments are the most important supports. Proper functioning of these supports is essential to prevent uterine prolapse.