

Superior Gemellus Muscle

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1 OIAN

Muscle	Origin	Insertion	Innervation	Action
Superior gemellus	Ischial spine	Medial surface of greater trochanter via obturator internus tendon	Nerve to Obturator internus L5 - S1	Hip: ER, Extension, Abduction

2 Origin

Ischial spine¹

3 Insertion

Jointly with obturator internus tendon (medial surface, greater trochanter)¹

4 Innervation

Nerve to obturator internus (L5, S1)²

5 Action

Hip External rotation and extension of the hip joint (also active in abduction, depending on the joint's position)¹

6 Overview

“The gemellus superior and inferior (from the Latin root geminus, meaning twins) are two, small, nearly identically sized muscles with proximal attachments on either side of the lesser sciatic notch (see Fig. 12.43). Each muscle blends in with the central tendon of the obturator internus

for a common attachment to the femur. Immediately below the gemellus inferior is the quadratus femoris muscle. This flat muscle arises from the external side of the ischial tuberosity and inserts on the posterior side of the proximal femur. In cases of abnormal bony morphology, this muscle may become impinged between the lesser trochanter and ischium, typically during motions that involve the extremes of external rotation.²¹² If chronic and repetitive, this clinically termed “ischiofemoral impingement” may cause groin and buttock pain along with abnormal MR signaling from the quadratus femoris muscle²³

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3. Neumann DA, Kelly ER, Kiefer CL, Martens K, Grosz CM. *Kinesiology of the Musculoskeletal System: Foundations for Rehabilitation*. 3rd ed. Elsevier; 2017.