

Quadratus Femoris Muscle

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1 Overview

Muscle	Origin	Insertion	Innervation	Action
Quadratus femoris	Lateral border of Ischial tuberosity	Intertrochanteric crest	Nerve to Quadratus femoris L5 - S1	Hip: ER

2 Origin

Lateral border of the ischial tuberosity¹

3 Insertion

Intertrochanteric crest of the femur¹

4 Innervation

Sacral plexus Direct Branches (L5, S1)¹

5 Action

Hip: External rotation¹

6 Palpation

1. Position the patient in prone².
2. locate:².
 1. Posterior aspect of Greater trochanter².
 2. Ischial tuberosity².

3. Bisect these two landmarks and place your fingerpads here².
4. Press firmly *through* the more superficial Gluteus maximus muscle belly².
5. Strum vertically over the QF muscle belly².

6.1.a Passive tension

You can passively tense and slack the quadratus femoris by flexing the knee to 90° then moving between internal rotation (tension) to external rotation (slack), which should cause the quadratus femoris to palpably increase in tension².

1. Gilroy AM, MacPherson BR, Wikenheiser JC, Voll MM, Wesker K, Schünke M, eds. *Atlas of Anatomy*. 4th ed. Thieme; 2020.
2. Biel A. *Trail Guide to the Body: A Hands-on Guide to Locating Muscles, Bones, and More*. 6th ed. Books of Discovery; 2019.