

Gluteus Medius

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1 Overview

Muscle	Origin	Insertion	Innervation	Action
Gluteus medius	Ilium	Greater trochanter (lateral surface)	Superior gluteal n. L4 - S1	Entire mm.: Abduction, Frontal stabilization Anterior fibers: Flexion, IR Posterior fibers: Extension, ER

2 Origin

Ilium (gluteal surface below the iliac crest between the anterior and posterior gluteal line)¹

3 Insertion

Greater trochanter of the femur (lateral surface)¹

4 Innervation

The gluteus maximus muscle is innervated by nerve roots L4, L5, and S1, via the Superior gluteal nerve¹

5 Action

- Entire muscle: abducts the hip, stabilizes the pelvis in the coronal plane¹
- Anterior part: flexion and internal rotation¹
- Posterior part: extension and external rotation¹

6 Overview

7 Tests & Measures

- External Derotation Test (gluteus medius tendinopathy)
1. Gilroy AM, MacPherson BR, Wikenheiser JC, Voll MM, Wesker K, Schünke M, eds. *Atlas of Anatomy*. 4th ed. Thieme; 2020.