

The Pelvic Bowl: Circles, Archways & Openings



1. Holds digestive organs
 2. Holds reproductive organs, birth canal for women
 3. Gives pathways for nerves and blood vessels to the legs
 4. Provides attachment for many muscles that connect axial skeleton to lower extremities
 5. The bowl is mobile due to the ball & socket hips joints
 6. At the back, the sacrum connects the pelvis to the spine
 7. Responds to activity above it and below it
 8. Pelvis is the bowl; pelvic girdle is the two matched halves connected posteriorly to the sacrum and anteriorly by the pubic bone
 9. Each pelvic half consists of three bones: ilium, ischium, and pubic bone which fuse together early in childhood
 10. The two ilia (illium, plural is ilia) fan out from the sacrum in the back of the bowl
 11. The two Ischia have at the lower part “tuberosities” which act as the “feet” of the pelvis when you sit, on them. Sits bones
 12. The pubic bones meet at the front of the pelvis like the prow of a ship.
 13. The hip socket is a result of the equal fusion of the three bones of each pelvic half. This is called the **acetabulum**.
 14. Each acetabulum is composed equally of one third ilium, one third ischium, and one third pubic bone, like a concave pie divided into three pieces. This allows equal force from all three bones to pass through the hip socket.
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15. The pelvis has movable joints:
 - a. Two sacroiliac joints (sacrum to two ilia)
 - b. Two hips joints (each acetabulum to respective femor)
 - c. The pubic symphysis (two pubic bones and the central disc between them)
 16. The pelvis’s many curves, openings and movable joints allow lightness and neutralize impact from the many structural stresses and active forces passing through it.

The Pelvic Floor

- The PF is one of the body’s diaphragms (others are the thoracic diaphragm, the thoracic inlet, vocal apparatus, The hard and soft palate, and the cranial vault.) comprised of ligaments and muscles.
- It provides support for the organs of the pelvis and the entire torso.
- The PF muscles are complex; think them with connective tissue as an elastic net.
- Has three main patterns of muscular activity: hammock, tail fan, front triangle.
- Sometimes anatomical sources divide the PF into 3 layers, deep to superficial. This is a generalization, as the muscles do not all stack up in layers as many curve around other structures and move in three dimensions.