COXAL BONE, PELVIC GIRDLE, & PELVIS

ILIUM A
ISCHIUM B
PUBIS C

CN: (1) Color the two views of the coxal bone with light colors. Then color the views of the pelvic girdle. (2) Use a new color for bones of the pelvis (D) which includes the sacrum and coccyx. Then color the title *ligaments*, and all the ligaments a light gray color.

The *coxal bone* (hip bone, innominate bone, os coxa) consists of three fused bones in the adult: the *ilium*, the *ischium*, and *pubis*. The paired coxal bones constitute the *pelvic girdle*. The two somewhat-twisted coxal bones form a weightbearing arch with the sacrum and the femoral (thigh) bones, accommodating the body weight and forces imposed vertically up from the feet. The two hip bones and the sacrum constitute the *pelvis*. The pelvic inlet (superior pelvic aperture; from sacral promontory around the arcuate line at the pelvic brim) separates the true (lesser) pelvis below from the false (greater) pelvis above. The pelvic oulet (inferior pelvic aperture) is bound by the same structures as the perineum (see next plate).

The sacroiliac joint is a movable, partly synovial, partly fibrocartilaginous joint. The articular surfaces are flat but roughened. Note the larger posterior sacroiliac ligaments (compared to the anterior ligaments): they resist downward displacement of the sacrum. The sacrospinous and sacrotuberous ligaments secure the apex of the sacrum to the pelvic girdle, resisting the effects of weightbearing and gravity on the sacroiliac joint. Still, sacroiliac dysfunction is common. The iliolumbar ligaments are often involved in postural low back pain. The symphysis pubis (pubic symphysis, interpubic joint) is a partly movable, cartilaginous joint composed of a fibrocartilaginous disc interposed between cartilaginous articular surfaces.