

The pelvic girdle (hip girdle): contains two **Hip bones** as well as the **sacrum** and **coccyx** of the **vertebral column**.

The pelvic girdle is protects the **urinary bladder**, internal **reproductive organs**, and **large intestine**.

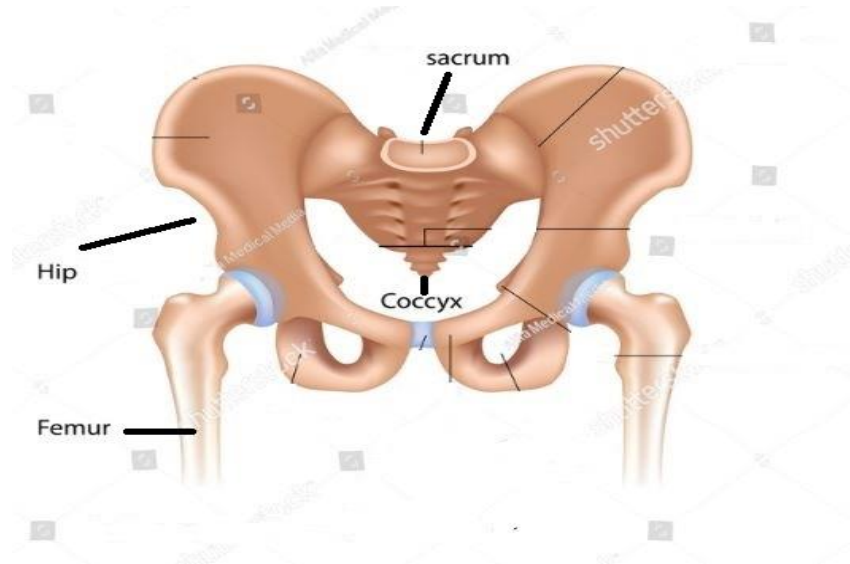


Fig1: The pelvic girdle (hip girdle)

Hip Bone : (coxal bone) forms the **pelvic girdle portion**. Each hip bone is formed by three separate bones. The **ilium**, **ischium**, and **pubis**.

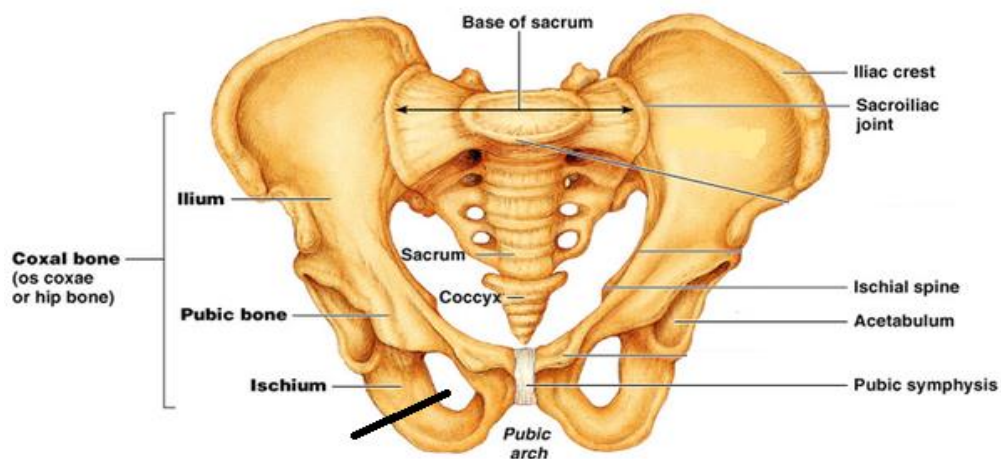


Fig2: Hip bone (Coxal bone)

1-Ilium: are **largest part** of a hip bone, each ilium connects posterior with the sacrum at a **sacroiliac joint**.

2-Ischium: are forms the **posterolateral** portion of the hip bone. The junction of the ilium and ischium is the **ischial spine**.

3-Pubis: are the **anterior** parts of a hip bone. The two pubic bones join together at the **pubic symphysis**.

Lower Limbs: are includes the following bones:

1. The thigh (**femur**)
2. The kneecap (**patella**)
3. The leg (**tibia and fibula**)
4. The foot (**tarsals, metatarsals, and phalanges**).

The lower limbs are larger and stronger than comparable bones of **the upper limbs** because the lower limbs support the weight of the body while **walking, running, or jumping** features.

1. The thigh (Femur): or **thighbone** is the longest and strongest bone in the body. It has the following features:

- The **proximal end** contains the **Head** articulates with the hip bone to form the **hip joint**.
- The **distal end** has the **Patellar surface** that articulates with the **patella**.

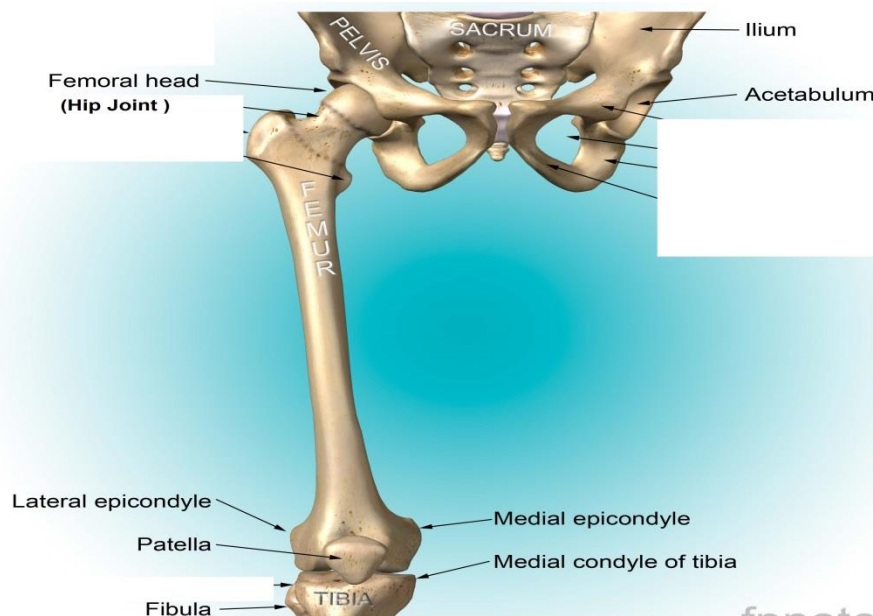


Fig 3: Femur bone (proximal end and distal end)

2. The kneecap (patella): is a large sesamoid bone & triangular bone in the body that protects surface of the **knee joint**.

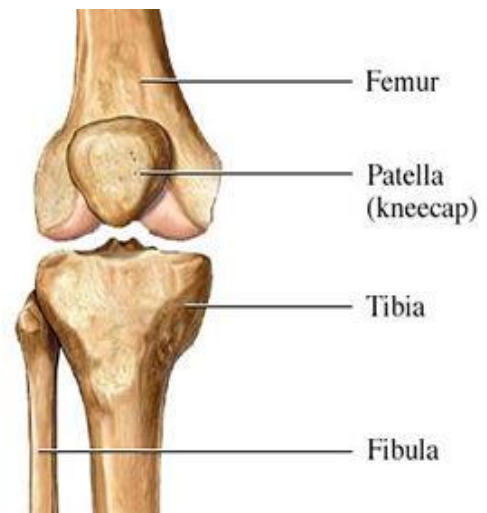


Fig4: (kneecap) or patella

3. The leg (tibia and fibula)

The Tibia: is the **medial** larger of the two leg bones and it is **thicker** than the fibula which articulates with the **knee joint**.

The Fibula: is the **lateral** bone of the leg. It has the **head** that articulates with the **tibia**.

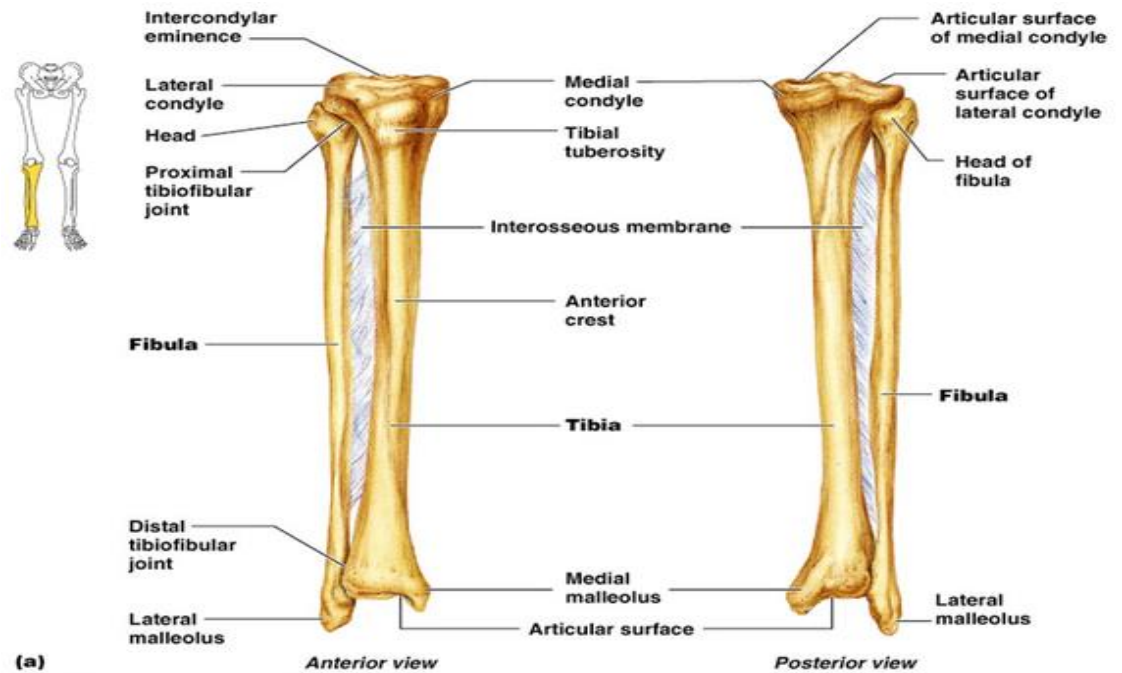


Fig 5: Tibia & Fibula

4. The foot (tarsals, metatarsals, and phalanges). Each foot has the following:

- 1. Tarsals bone (Ankle):** Have seven tarsal bones. Only one of the seven bones called the **talus**, where it joins the **tibia and fibula**.
- 2. Metatarsals (sole):** each foot has **five metatarsals**.
- 3. Phalanges (toes):** (also called **digits**) the big toe has only **two phalanges** called (**hallux**). But the other toes have **three phalanges (proximal, middle and distal)**.

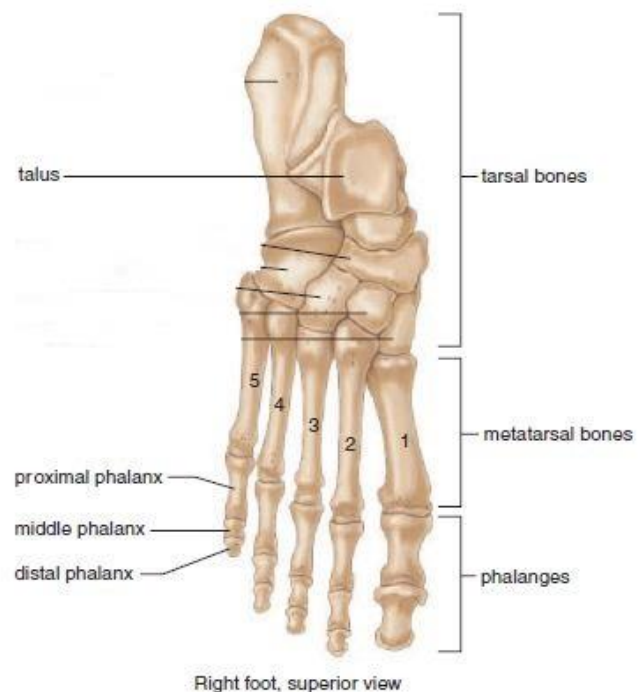


Fig6: The foot (tarsals, metatarsals, and phalanges).