The Lateral Rotators

Talk about a team effort! Learn how these hip muscles work together to laterally rotate the femur in the hip joint.
Have you ever sat with your legs splayed? How about in a butterfly position? Ever jumped and thrown your legs away from your body? If so, you’ve worked the lateral rotator muscles!
They do pretty much what it says on the tin: they *rotate* the hip joint *laterally*, or *away* from the center of the body.

They also facilitate other motions of the hip, including *adduction* and *extension*. 
The lateral rotators include: the superior gemellus, inferior gemellus, piriformis, obturator externus, obturator internus, and quadratus femoris.
The superior gemellus and inferior gemellus attach to the greater trochanter of the femur and the ischium of the pelvis.

**Factoid:** Gemellus is the diminutive of the Latin word *geminus*, meaning “twin.”

Any astrology fans out there? *Gemini* is the plural form of *geminus*!
The quadratus femoris is a quadrilateral-shaped muscle that can also be categorized as a muscle of the gluteal region.
The **piriformis** is the only lateral rotator that attaches to the **sacrum**.

It originates on the front of the sacrum between S01 — S04 anterior sacral foramina.

It inserts on the upper border of the greater trochanter.
The **obturator externus** externally rotates the thigh and stabilizes the pelvis.
The **obturator internus** lies deep to the gluteus maximus.

It laterally rotates the thigh when extended and abducts the thigh when flexed.
The next time you’re stretching your legs out or hunkering down to sit in a butterfly pose, spare some thanks for your awesome lateral rotators!
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