

ANATOMY CHART

Pelvic Floor: Myology & Osteology Reference

I. OSTEOLOGY (BONY LANDMARKS)

- **Os Coxae (Innominate Bone)** Fused Ilium, Ischium, and Pubis.
- **Sacrum & Coccyx** The posterior anchor of the pelvic ring.
- **Pubic Symphysis** The anterior midline cartilaginous joint.
- **Ischial Tuberosity** Lower bony protrusion; "sit bones."

[ILLUSTRATION: SUPERIOR VIEW OF PELVIC BRIM]

II. MYOLOGY (MUSCULAR LAYERS)

- **Levator Ani Group** Puborectalis, Pubococcygeus, Iliococcygeus.
- **Coccygeus (Ischiococcygeus)** Posterior component of the pelvic diaphragm.
- **Perineal Membrane** Deep transverse perineal muscles.
- **Superficial Layer** Bulbospongiosus, Ischiocavernosus, Superficial Transverse Perineal.

[ILLUSTRATION: INFERIOR VIEW OF PELVIC DIAPHRAGM]

III. FUNCTIONAL PATHWAYS

Support Counteracts intra-abdominal pressure and supports pelvic viscera.

Sphincteric Control of the urethral and anal orifices.

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