

## Pelvic Diaphragm

<b><i>Muscles</i></b>	<b><i>Origin</i></b>	<b><i>Insertion</i></b>	<b><i>Action</i></b>
<b>Levator ani</b> (pubococcygeus proper or pubovisceral)	dorsal surface pubic bone & fascia of obturator	anococcygeal & perineal body	supports pelvic viscera
<b>pubovaginalis</b>	medial & anterior pubic arcuate ligament	perineal body	sphincter of vagina & urethra
<b>puborectalis</b>	posterior pubic arcuate ligament	anococcygeal body, lateral walls of the rectum & anus	elevates & constricts anal canal
<b>Iliococcygeus</b>	dorsal surface pubic bone	anococcygeal body & coccyx	supports pelvic viscera
<b>Coccygeus (ischiococcygeus)</b>	ischial spine, sacrospinous ligament	caudal part of sacrum & coccyx	flexes coccyx, stabilize sacroiliac joint, supports pelvic viscera
<b>Obturator Internus</b>	obturator membrane, pelvic brim, obturator foramen	greater trochanter	external rotator of hip
<b>Piriformis</b>	sacrum, greater sciatic foramen, sacrotuberous ligament	greater trochanter	external rotator of hip, stabilizer of hip

## **Pelvic Floor Muscles**

### **A. Superficial external genital muscles**

**Ischiocavernosus  
Bulbocavernosus (bulbospongiosus)  
Superficial transverse perineal**

### **Superficial anal muscles**

**External and sphincter**

### **B. Urogenital diaphragm region- perineal membrane**

**Deep transverse perineal  
Compressor urethrae  
(sphincter urethrae) (rhabdosphincter)**