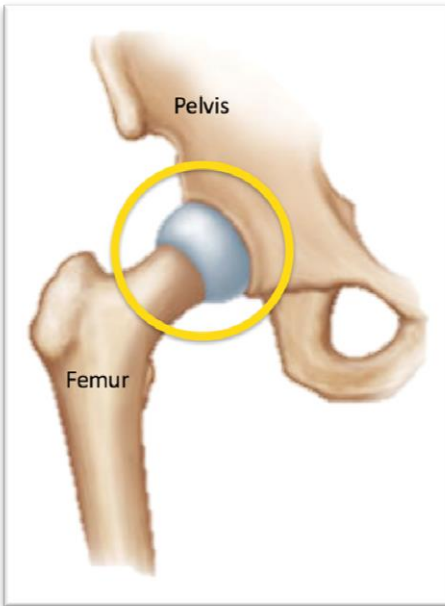


## The Hip Joint – Anatomy

## Die Heup Gewrig – Anatomie

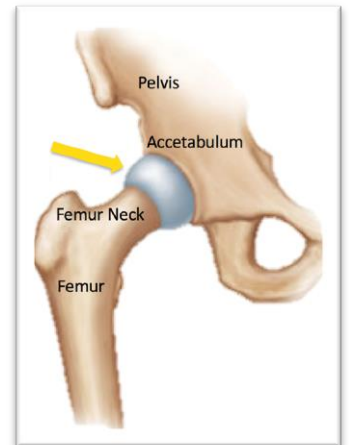


The hip joint is referred to as a ball and socket joint and consist of two bones, the ball of the thigh bone (**Femur-head**) and the cup of the pelvis (**Acetabulum**), held together by ligaments. The ball shaped surface of the femur head, fits into the cup-like bone of the pelvis – acetabulum.

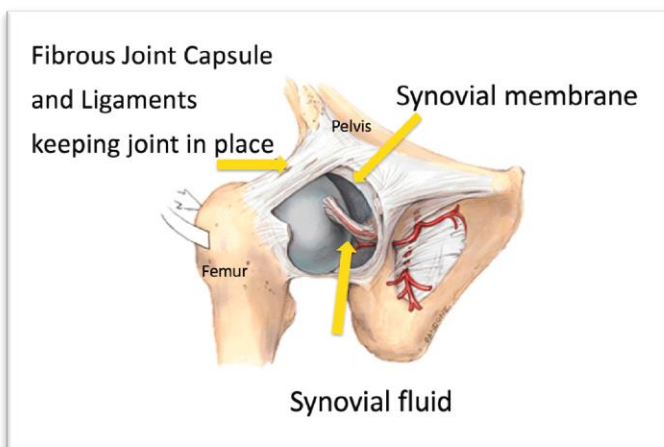
‘n Heup gewrig staan bekend as a bal en potjie gewrig. Die gewrig kom voor waar die bal van die bo-been (**Femur-kop**) in die bakkie (**Asetabulum**) van die heup been (**Pelvis**) in pas. Die gewrig word bymekaar gehou deur ligament en heup kapsel.

In a normal hip, the parts which are moving (**articulating**) with one another are covered with a smooth white layer called **cartilage** which allows almost frictionless movement.

In ‘n normale heup word die benige gedeeltes wat oormekaar gly en beweeg met kraakbeen bedek wat die beweging bykans wrywingloos maak.

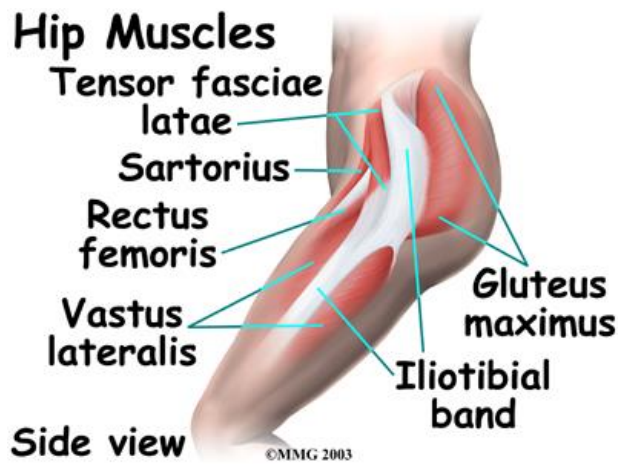


The joint is also enclosed by fibrous tissue, enveloping the joint – “capsule”, called synovium. The synovium lies under the ligaments and capsule. It produces a fluid which reduces friction and decreases the wear and tear in the joint.



Die heup gewrig word omhul deur bindweefsel (fibrotiese weefsel), wat die gewrig omvou om ‘n geslote gewrig spasie te vorm. Die synovium is ‘n dun laagie weefsel wat die binnekant van die kapsel belyn met ‘n vloeistof wat die weerstand en wrywing van die alledaagse gebruik verminder om die heup gewrig teen degenerasie te beskerm.

There are numerous muscles that allow you to move and rotate the hip joint. The hip joint is specifically designed to carry our body weight and helps you move your legs during everyday activities.



Daar is verskeie spiere om die heup wat help om jou heup te beweeg en te roteer. Die heup is spesifiek so ontwerp dat dit ons ligamsgewig kan dra gedurende ons alledaagse aktiwiteite.

