

# Trigger Points On The Sartorius Muscle

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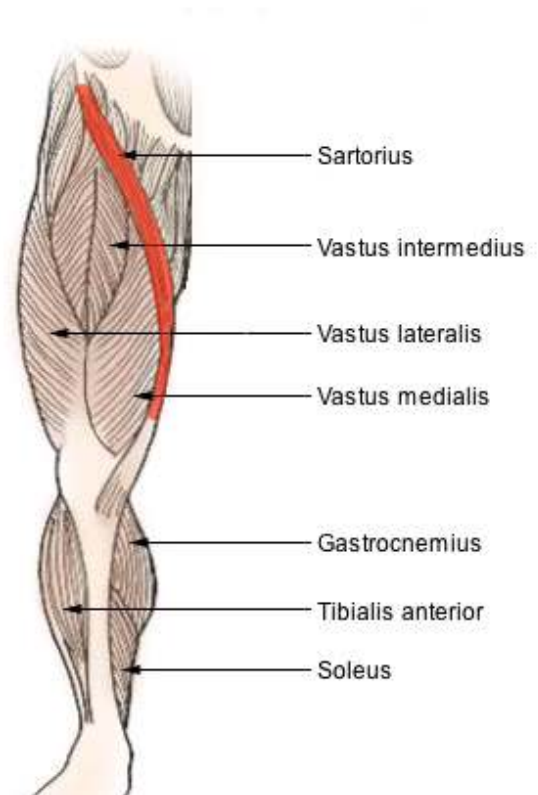


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# What Is The Sartorius Muscle?

## Trigger Points On The Sartorius Muscle

The lower body extremities help provide stability to the various body parts, including the hips, thighs, pelvis, legs, knees, and feet. The hips and thighs comprise multiple muscles and nerves that provide mobility to the lower half and allow the host to move around in different locations. While the hip muscles act on the thigh muscles at the hip joint and stabilize the pelvis, the thigh muscles allow the lower body to bend, flex and rotate while bearing most of the upper body's weight and keeping alignment with the hips and legs. One of the thigh muscles is the sartorius muscle, and if it becomes overused and injured can lead to complications in the form of myofascial pain syndrome. Today we examine examines the sartorius muscle, how myofascial trigger pain is associated with the sartorius, and the effectiveness of myofascial pain treatment on the thighs.



Are you experiencing pain in the upper, mid, or lower parts of your thighs? Do you have difficulty walking for long periods? Or do your knees hurt more than usual? Most of these issues correlate with myofascial trigger pain associated with the sartorius muscle.

As the longest muscle that spans from the hips to the knee joints, the sartorius muscle, or the "tailor muscle," serves as both a hip and knee flexor while working with other muscles that allow hip mobility. The sartorius shares its origin location with the TFL (tensor fascia latae) muscle at the anterior superior iliac spine and is responsible for internal rotation at the hips. In the book, "Myofascial Pain and Dysfunction," the author Dr. Janet G. Travell, M.D., mentioned that the sartorius muscle assists the iliacus and the TFL muscles in hip flexion while assisting the short head of the bicep femoris in the knees for knee flexion, allowing the individual to walk for long distances. Even though this long muscle assists in hip and knee flexion, it can succumb to injuries and create issues with the hips and knees in the lower body.

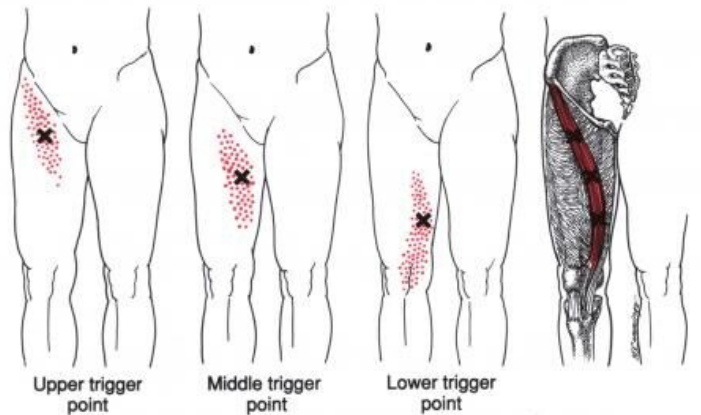
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# Myofascial Trigger Pain Associated With The Sartorius Muscle

## Trigger Points On The Sartorius Muscle

When traumatic forces or normal factors begin to affect the sartorius muscle, the surrounding muscles on the thighs and hips are also affected. The sartorius muscle allows the individual to move around and allows flexion to the hips and knees when injuries or the muscle is being overused; it can cause pain-like symptoms that correlate with hip and knee issues associated with myofascial trigger pain. Myofascial trigger pain along the sartorius muscle doesn't usually occur in the muscle but can occur in conjunction with trigger point involvement in the surrounding muscles. Studies reveal that myofascial trigger pain is found in the hip muscles and can cause issues in the lumbopelvic-hip muscles of the lower body. This causes referred pain on the sartorius to be more diffused and superficial to the knees. When myofascial trigger pain is associated with the sartorius, many individuals often mistake it for knee pain. To that point, myofascial trigger pain could affect how a person walks and bends at the knees.

Are you experiencing issues when you are walking? Do your knees hurt constantly? Or are you experiencing tenderness or pain in your thighs?



Most of these issues correlate with myofascial trigger pain associated with the sartorius muscle. The sartorius is a long muscle that connects the hips and spans to the knee joints to provide hip and knee flexion. The sartorius muscle works with the other muscles in the thighs and hips, allowing hip mobility and motor function to the legs. When multiple issues affect the sartorius and the surrounding muscles, it can develop into myofascial trigger pain and cause overlapping risk profiles to the knees and hips. To that point, it causes referred pain issues in the hips and knees, making the individual have difficulty walking from place to place. However, there are available treatments to reduce the pain in the hips and knees and manage the myofascial trigger pain from affecting the sartorius muscle on the thighs. The video above explains the anatomy of the sartorius muscle location and how palpation is used to locate the muscle to see if it is tight or could be affected by trigger points along the muscle fibers. This is one of the techniques that is used when a person is dealing with myofascial trigger pain associated with the sartorius muscle.



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# Palpating The Sartorius Muscle



## Trigger Points On The Sartorius Muscle

### Pause and Read, then Proceed The Sartorius Muscle

**Innervation:** The Sartorius muscle is innervated by the Femoral Nerve.

**Femoral Triangle:** The upper third of the Sartorius muscle forms the lateral border of the Femoral Triangle, while its middle third forms the roof of the Adductor Canal. The Adductor Canal contains the Femoral vessels and the Saphenous Nerve.

**Neurovascular Bundle:** The Neurovascular Bundle lies medial to the Sartorius muscle.

**Bony Avulsion:** Bony avulsion of the Sartorius Tendon occurs after a strong sudden pull of the Sartorius while the hip is in extension and the knee is in flexion. Most common in sprinters and other running athletes.

Let's talk about an interesting muscle called the sartorius, the longest muscle in your body, sometimes known as the tailor's muscle. Now, if we look at the origin of this muscle, we'll see it up here in the pelvis in an area, just forward it here called the anterior superior iliac spine. It crosses medially down and across the knee. Now we have the tibia here, so it's on the superior medial border of the tibia. The best way to think about the actions of this muscle is by thinking about how soccer players use the sartorius muscle. When a soccer player kicks the ball, they must bring the leg into flexion, lateral rotation, and abduction; it is the same position when a person sits down and crosses their leg over. So it's really easy to remember all the actions in this muscle. So let's go over palpation on the sartorius.

## Trigger Points On The Sartorius Muscle

This is an easy muscle to palpate. You'll get the patient to lie on the table with their thighs on the surface and their legs hanging over them. So you want first to find the anterior superior iliac spine, then go a little bit distal and medial to that. And what you're going to do here is take the other hand and put it over the anterior superior iliac spine to support the leg. Now, when we're palpating here, you want to make sure you use the pads of the fingers because you have a lot more tactile sensitivity. And we're going to get in, and we're going to strum the muscle. Now since the fibers go down this way when we're palpating, we want to go across perpendicular to the muscle itself.



So what we are going to do is to help the patient bring their leg into the rotation, lateral rotation, and flexion. The sartorius muscle pops up through palpitation by placing the hand on the anterior superior iliac spine on the hips. And you can tell where it is located because it will pop up under the hand. And because there will be some anatomical variance between individuals, we can hypothesize where the sartorius muscle is by palpating the leg and working down to the tibia to find the sartorius easily.



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# The Effectiveness Of Myofascial Pain Treatment On The Thighs

## Trigger Points On The Sartorius Muscle

When a person is dealing with myofascial trigger pain in their thighs, and it is affecting the sartorius, many will often try to find available treatments to alleviate the pain. Treatments like dry needling are one of the various myofascial pain treatments that can reduce pain and related disability on the thighs, hips, and knees. Studies reveal that dry needling treatments can help manage knee pain syndrome associated with trigger points on the thighs. However, treatment alone can not be the only solution to reduce myofascial trigger pain in the thighs. Various hip stretches can loosen up tight hip flexors and help elongate the sartorius muscles to break up the nodules and improve mobility function to the hips and knees. People can even utilize self-ischemic compression to allow a more effective stretch on the sartorius muscle.



As the longest muscle in the thighs, the sartorius helps provide a service to hip and knee flexion while working with various muscles to keep the legs moving. When the sartorius muscles become overused and start to cause referred pain to the hips and knees, it can develop into myofascial trigger pain along the sartorius muscle. This can make many individuals believe they are suffering from knee pain when it's their thigh muscle. However, myofascial trigger pain is treatable through treatments and corrective actions that people can incorporate into their daily activities to prevent pain from escalating and manage trigger points along the sartorius muscle. This can allow people to get back their mobility in their legs.

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