

THE ULTIMATE PELVIC ANATOMY RESOURCE

Created by:
Tracy Sher, MPT, CSCS
Pelvic Guru



PELVIC GURU™
www.pelvicguru.com

Introduction	3
Female Pelvic Anatomy	4
Resources and Basic Information	
Additional Pictures	
Beyond Basics	
Male Pelvic Anatomy	5
Basic Information and Resources	
Beyond the Basics	
Links to Pictures	5
Links to Videos	6
Anatomy Book Recommendations	7
Anatomy Diagrams	8-13

Introduction

Have you ever wanted a resource with articles, pictures and videos of pelvic anatomy all in the same place?

Here it is!

I've been putting this together for a while and am very excited to share this with you! This resource will evolve and update as new, exciting links are found. Our team will send you a new copy each time we make an update.

The content in this e-book ranges from basic articles to in-depth anatomical reviews. Please leave a comment if you think other links or articles should be included in this resource. As always, thanks for all of the support.

If you are a self-proclaimed Pelvic Nerd or just want to learn more about pelvic anatomy, I hope you enjoy!

Tracy Sher, MPT, CSCS

Female Pelvic Anatomy

Resources and Basic Information

- Diane Lee PDF: [Understanding Back and Pelvic Girdle Pain - with basic anatomy](#)
- A funny, but thorough description: [Women's Health Magazine - Female Reproductive System Explanation](#)
- [Anatomy of the Female Pelvis for Dummies](#)
- [Muscles of the Pelvic and Perineum, Origin, Insertion, Action, and Nerve](#) ** Great info to know!
- [Ten Myths about the Hymen](#)
- [The Vulva: The Vagina's Neighborhood](#) **Great video by Sexplanations, Dr. Lindsey Doe
- [The Clitoris](#) **Another great video by Sexplanations, Dr. Lindsey Doe
- [Interactive Pelvic Anatomy Guides](#) **One of the best I've Seen. Amazing! (Must be viewed on a computer)

Beyond Basics

- Check this out!! PDF Download with Dissection pics too : [The Neuroanatomy of Female Pelvic Pain - Springer](#)
- Abstract: [Neuroanatomy of the female abdominopelvic region. Pelvic pain syndromes.](#)
- [Standardization of Terminology of the Pelvic Floor: \(c/o Herman and Wallace\):](#)
- [Anatomy of the Pelvic Floor and Stress Continence System](#)
- [Female Pelvic Floor Anatomy: The Pelvic Floor, Supporting Structures and Pelvic Organs](#)
- PDF: [Contemporary views on female pelvic anatomy \(2005\)](#)
- Abstract/Shortened Version: [Facts and Myths about the Pelvic Floor](#)
- [Functional anatomy of the pelvic floor](#)
- Slideshare Presentation: [Anatomy of Female Reproductive System](#)
- [AnatomyZone Tutorials: The Female Reproductive System](#)

Male Pelvic Anatomy

Basic Information and Resources

- [WebMD Male Reproductive System](#)
- A funny, but thorough male description: [Women's Health Magazine and the Male Reproductive System](#)
- [Anatomy of the Male Pelvis for Dummies](#)
- Excellent Video by Sexplanations, Dr. Lindsey Doe: [The Penis](#)
- Another Excellent VideoSexplanations, Dr. Lindsey Doe: [Testicles](#)

Beyond the Basics

- Full Access to the Video Library for the [International Academy of Pelvic Surgery](#). Videos include detailed anatomy and surgical procedures of the pelvis. * You must sign up for free to gain access - it's worth it!
- Abstract: [Dynamics of Male Pelvic Floor Contractions with US Imaging](#)
- [Neuroanatomy of the male pelvis in respect to radical prostatectomy including three-dimensional visualization](#)
- **Yoga and Pelvic Anatomy:** One of the BEST sites ever for combining yoga and anatomy. Great posts on the diaphragm, labral tear prevention, and the piriformis. [The Daily Bandha](#)
- [Yoga Anatomy Visualization](#) - Check out the anatomy pants - hamstrings, glutes. Well done!

Links to Pictures

- [Pudendal Hope Website- Anatomy Section](#)

Links to Videos

- [Basic Vaginal Prolapse Video Link](#)
- [Excellent 3D Pelvic Anatomy, Part 1](#)
- [3D Pelvic Anatomy, Part 2](#)
- [Pelvic Cadaver Anatomy - Male and Female](#)
- [Very well Done! Anatomy of the Inguinal Region \(Drawings\)](#)
- [Basic Anatomy of the Bony Pelvis and Pelvic Floor Musculature](#)
- [Anatomy of the Pelvis- Everything You Need to Know](#)
- [Female Bony Pelvis](#)
- [Female anatomy - plastic model](#)
- [Surface anatomy of the abdomen](#)
- [SI Joint Anatomy, Biomechanics and Prevalence](#)
- [Anatomy Drawing of the Sacroiliac Ligaments](#)
- [Pelvis - Sex differences](#)
- [The Anatomy of the Human Pelvis - Part 1](#)
- [The Anatomy of the Human Pelvis - Part 2](#)
- [Anatomy of Pelvis and Perineum - 1 \(Lots more than just male pelvic viscera!\)](#)
- [Anatomy of Pelvis and Perineum - 2](#)
- [Human Anatomy Dissection 10 \(part 1 of 2\) Pelvic Outlet](#)

Anatomy Book Recommendations

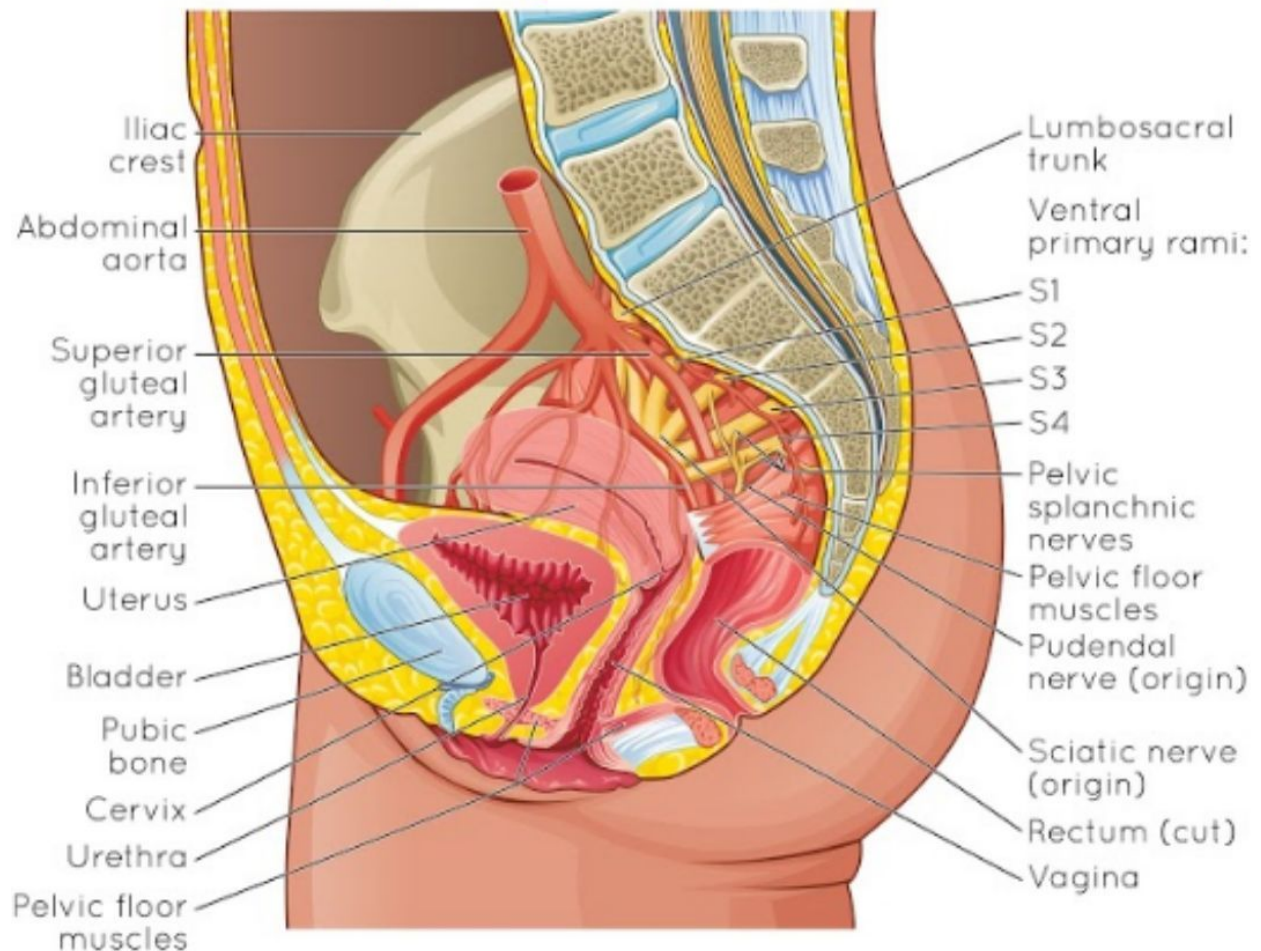
- [The Pelvic Floor](#)
- [Woman: An Intimate Geography](#)
- [The V Book: A Doctor's Guide to Complete Vulvovaginal Health](#)
- [Petals](#)
- [Come As You Are](#)
- [Woman's Anatomy of Arousal](#)
- [Pelvic Pain: The Ultimate Cock Block](#)
- [Important Parts: A Coloring Book for the Crotch Enthusiast](#)

Anatomy Images:

The images below are part of Pelvic Guru's original illustration collection. Access to the full-sized version without watermarks is shared with all of the members of our Global Pelvic Health Alliance Membership. If you interested in illustration access or want to learn more about the most comprehensive pelvic health direction in the world, please visit join.pelvicguru.com/gpham.



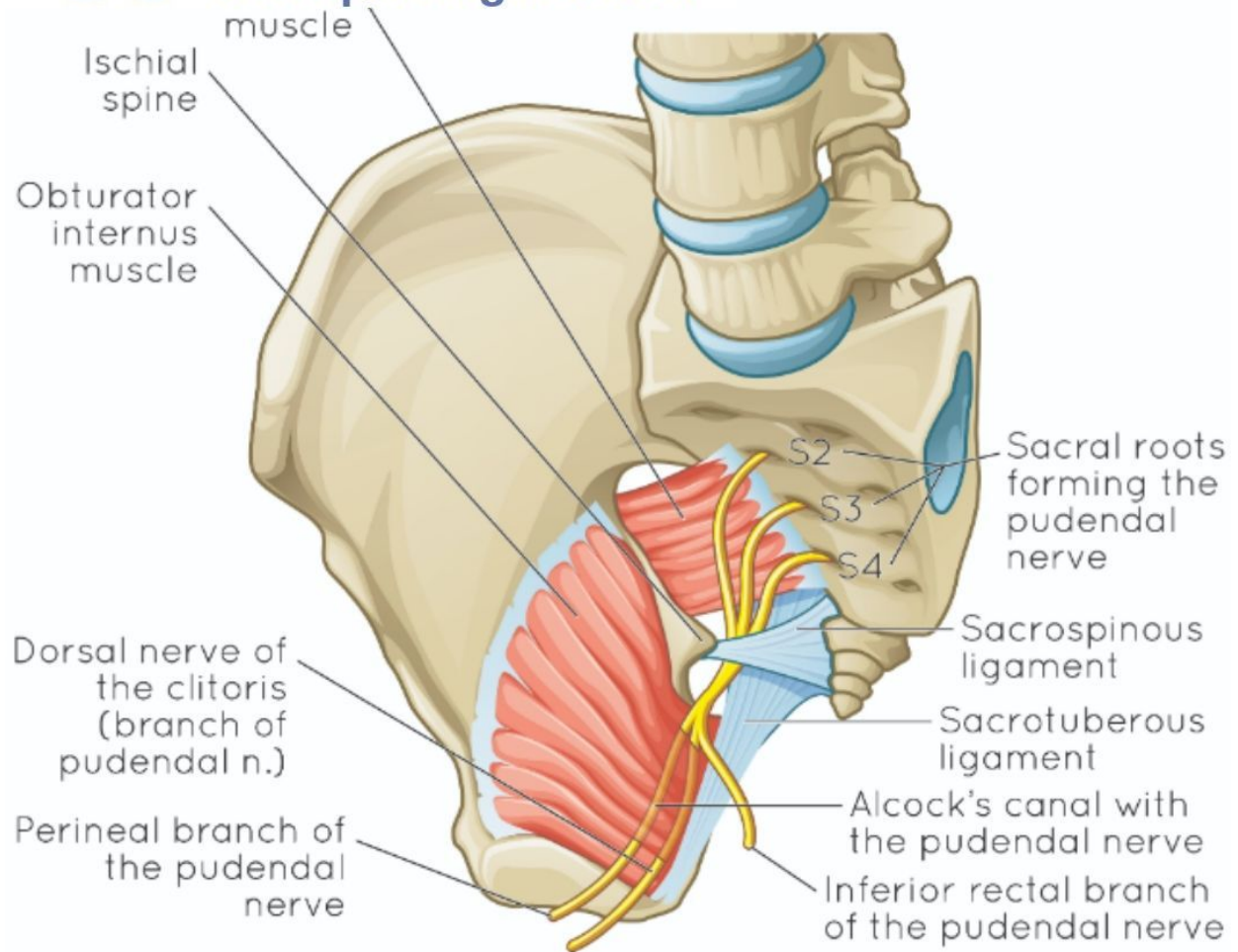
PELVIC GURU™
www.pelvicguru.com



For permission to use the Pelvic Guru copyrighted anatomy images, join the Global Pelvic Health Alliance Membership. join.pelvicguru.com/gpham



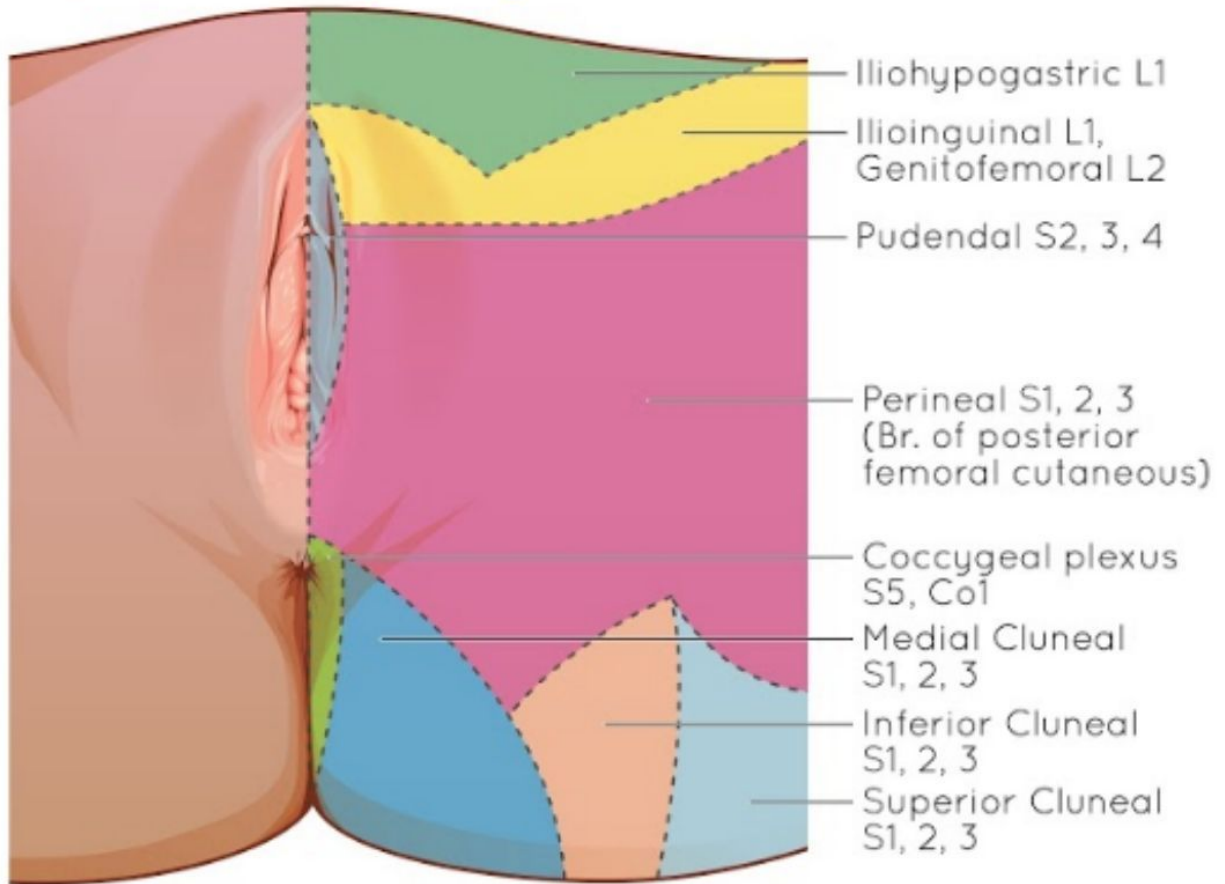
PELVIC GURU™
www.pelvicguru.com



For permission to use the Pelvic Guru copyrighted anatomy images, join the Global Pelvic Health Alliance Membership. join.pelvicguru.com/gpham



PELVIC GURU™
www.pelvicguru.com



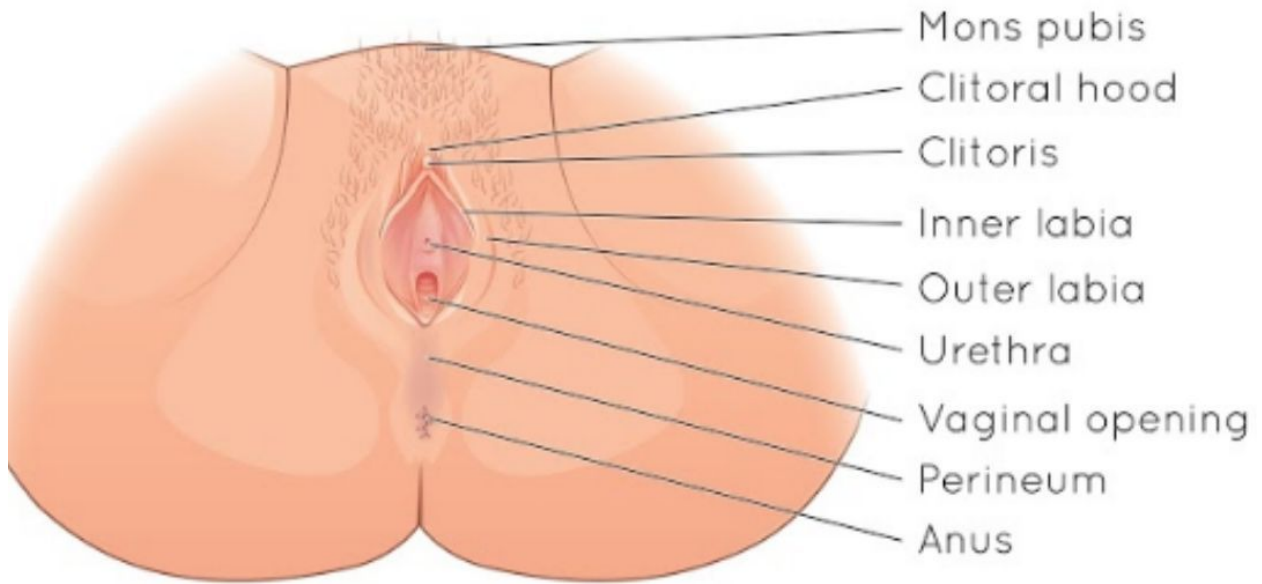
For permission to use the Pelvic Guru copyrighted anatomy images, join the Global Pelvic Health Alliance Membership. join.pelvicguru.com/gpham

Cutaneous Innervation of the Female Pelvic Floor.

NOTE: THIS ONLY shows skin level - so this does not include the deep innervation of some nerves such as pudendal nerve.



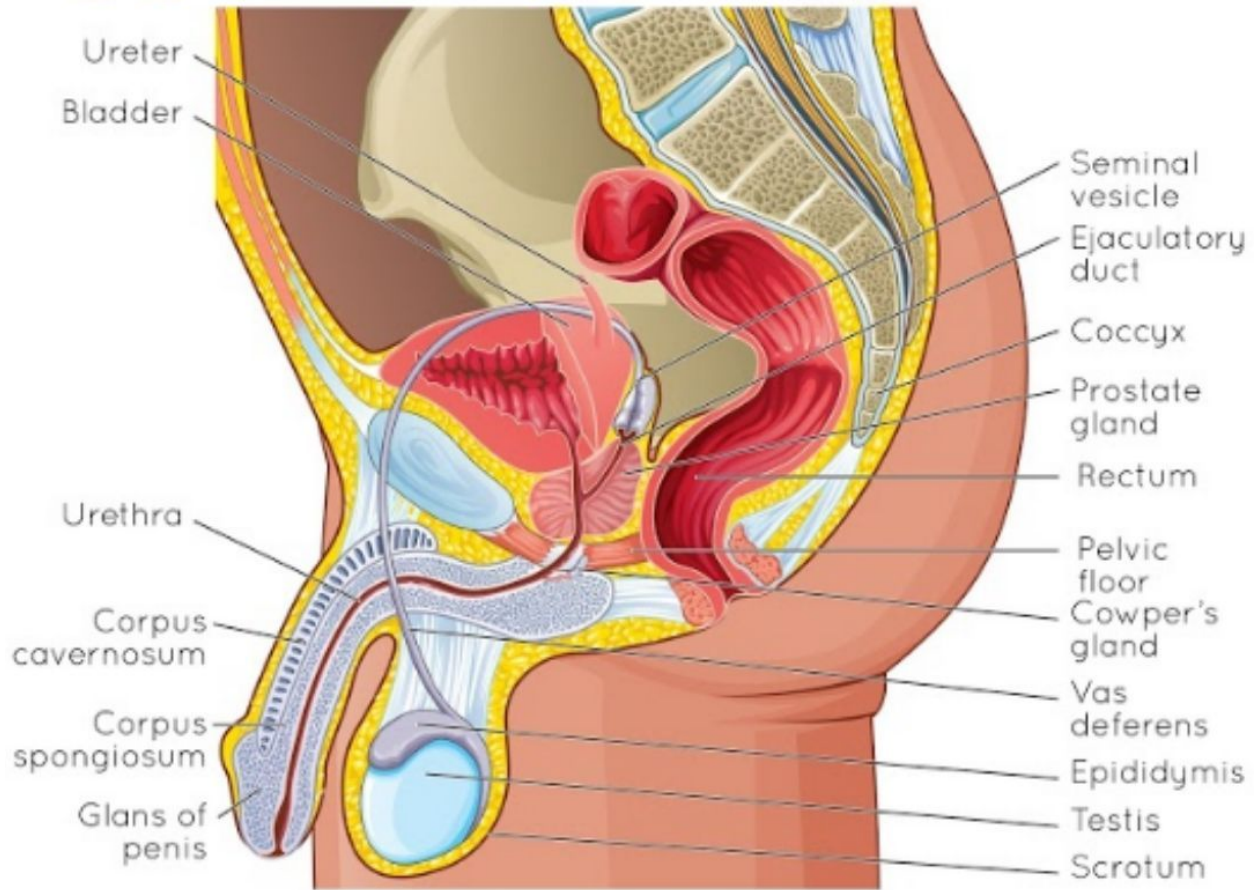
PELVIC GURU™
www.pelvicguru.com



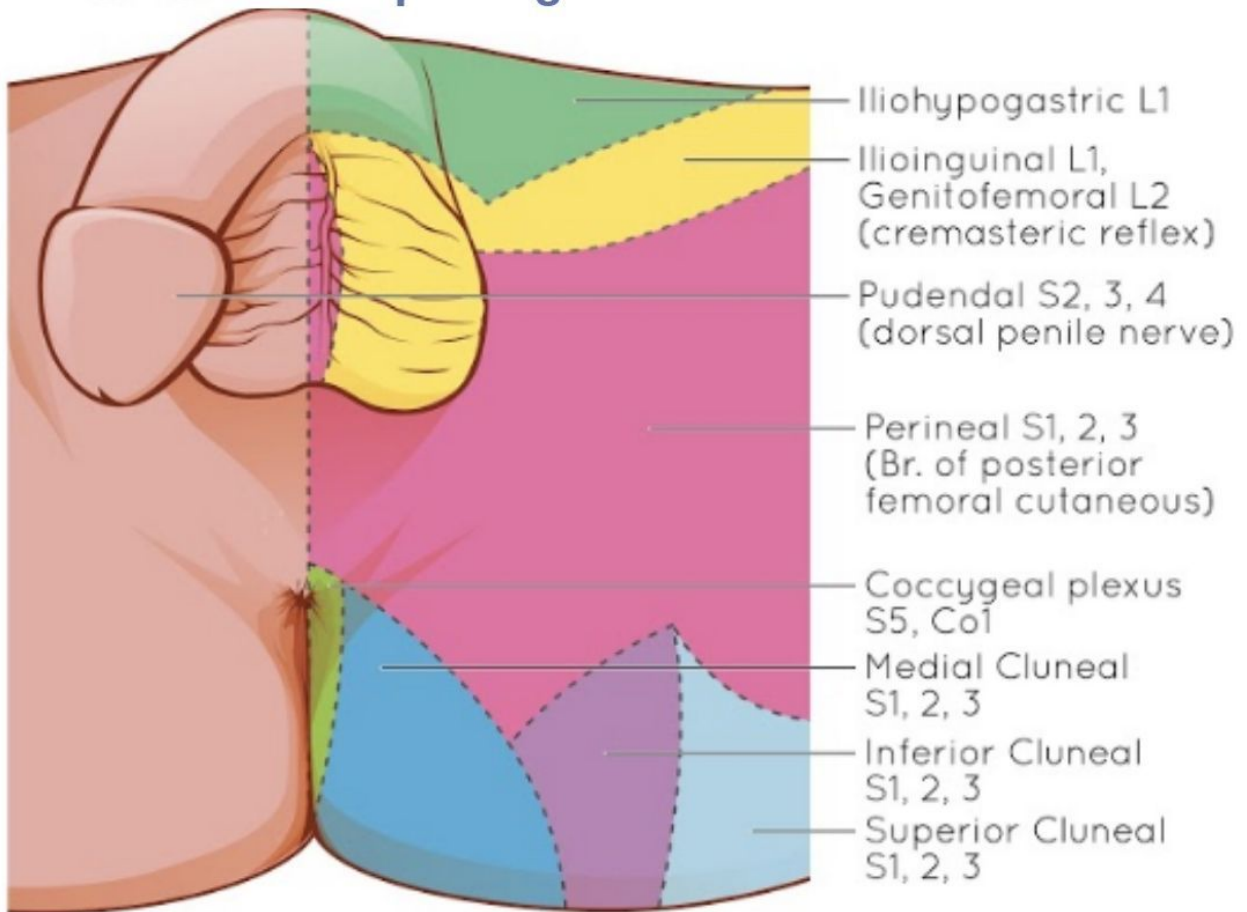
For permission to use the Pelvic Guru copyrighted anatomy images, join the Global Pelvic Health Alliance Membership. join.pelvicguru.com/gpham



PELVIC GURU™
www.pelvicguru.com



For permission to use the Pelvic Guru copyrighted anatomy images, join the Global Pelvic Health Alliance Membership. join.pelvicguru.com/gpham



For permission to use the Pelvic Guru copyrighted anatomy images, join the Global Pelvic Health Alliance Membership. join.pelvicguru.com/gpham

Cutaneous Innervation of the Male Pelvic Floor.

NOTE: THIS ONLY shows skin level – so this does not include the deep innervation of some nerves such as pudendal nerve.