



Lumbar Plexus

(Anatomy System, 2026, Science Insights, 2026) and Soldatos *et al.*, 2013)

Name of plexus	Position	Location	Examples of Nerves present	Roots	Innervation of the nerve	Sensation of the nerve	Names of Muscles involved
Lumbar Plexus	L1 to L4.	Upper network (posterior abdominal wall) and within	Iliohypogastric	L1 and possibly T12	Posterior Abdominal wall muscles (back of the walls of the belly)	Lateral of gluteal region (buttocks) and area above pubis (part of the hip bone)	Abdominal/belly muscles (Transverse abdominal and internal oblique muscles)
		posterior of psoas major muscle	Ilioinguinal	L1 and possibly T12	Posterior Abdominal wall muscles	Pelvis Femoral triangle (medial and femur) Males: Root of penis and anterior scrotum (sacs that hold the testicles) Females: Mons pubis (large fatty tissue that is over the pubic symphysis) and labia majora (external genitalia/outer doors/lips)	Abdominal/belly muscles (Transverse abdominal and internal oblique muscles)



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Lumbar plexus	Position L1- L4	Location Upper network (posterior abdominal wall) and within posterior of psoas major muscle	Examples of Nerves present	Roots	Innervation of the nerve	Sensation of the nerve	Names of Muscles involved
			Genitofemoral	L1 and L2	Inner side of the upper thigh)	Thigh to inguinal ligament. (Inguinal ligament is a soft tissue that extends from anterior superior iliac spine to the pubic tubercle on the pubic bone) Around femoral triangle (It is in the upper thigh, beneath the inguinal ligament (superiorly), the sartorius muscle (laterally), and the adductor longus muscle (medially). Males: Spermatic cord (cord that contains vas deferens (duct), nerves and blood vessels from the abdominal cavity to testicle). Scrotum Females: Labia majora	Cremaster muscle



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			Femoral	L2 to L4	Front of thigh	Front thigh Upper thigh Inner thigh (Medial leg) Hips Knee	Quadriceps (muscle that strengthens the knee). Hip flexors/ Sartorius and pectinious (muscles that lift thigh to the chest)
			Saphenous nerve	L2 to L4		Inner lower leg and foot Skin over medial surface	
			Obturator	L2 to L4	Inner thigh (medial leg)	Medial thigh Distal thigh	Adductor muscles of hips (pulls legs together, stabilise pelvis when walking) Adductor muscles types: magnus, brevis, longus) Pectineus Gracilis Obturator externus



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		Upper network	Lateral femoral cutaneous nerve	L2 and L3		Outer surface of thigh on Anterior/front Lateral/side	No motor control.
		Posterior abdominal wall and within psoas major muscle	(cutaneous nerves are the end-branches of larger nerves, that supply sensation to the body surface – skin and other motor functions: wounds, immune, inflammation, blood flow, secretion of sweat and oils, tissue growth and repair. wounds, temperature etc.				



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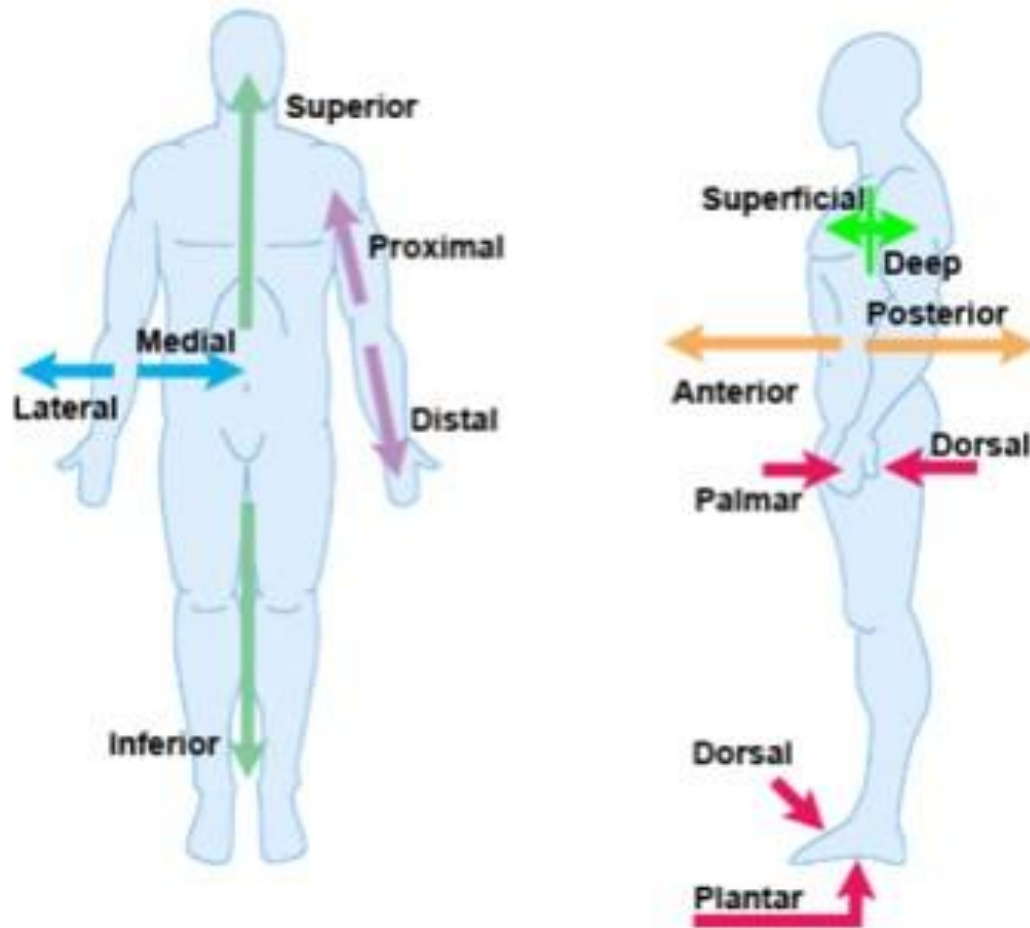


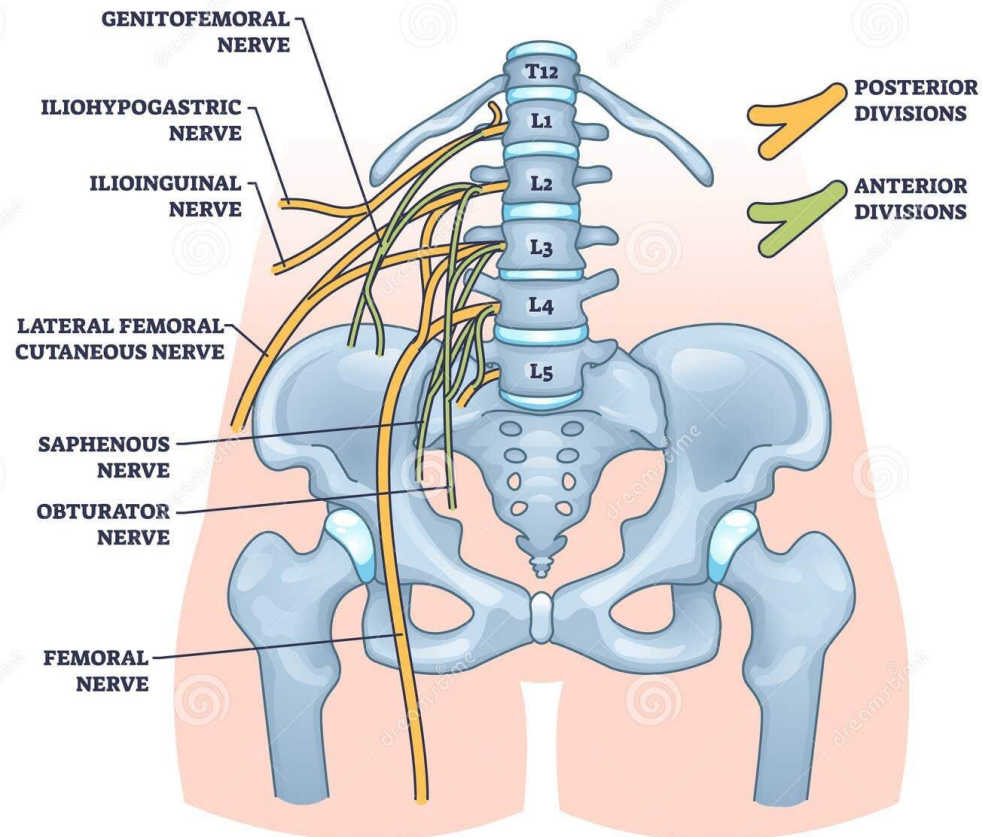
Figure one: Planes/Positions



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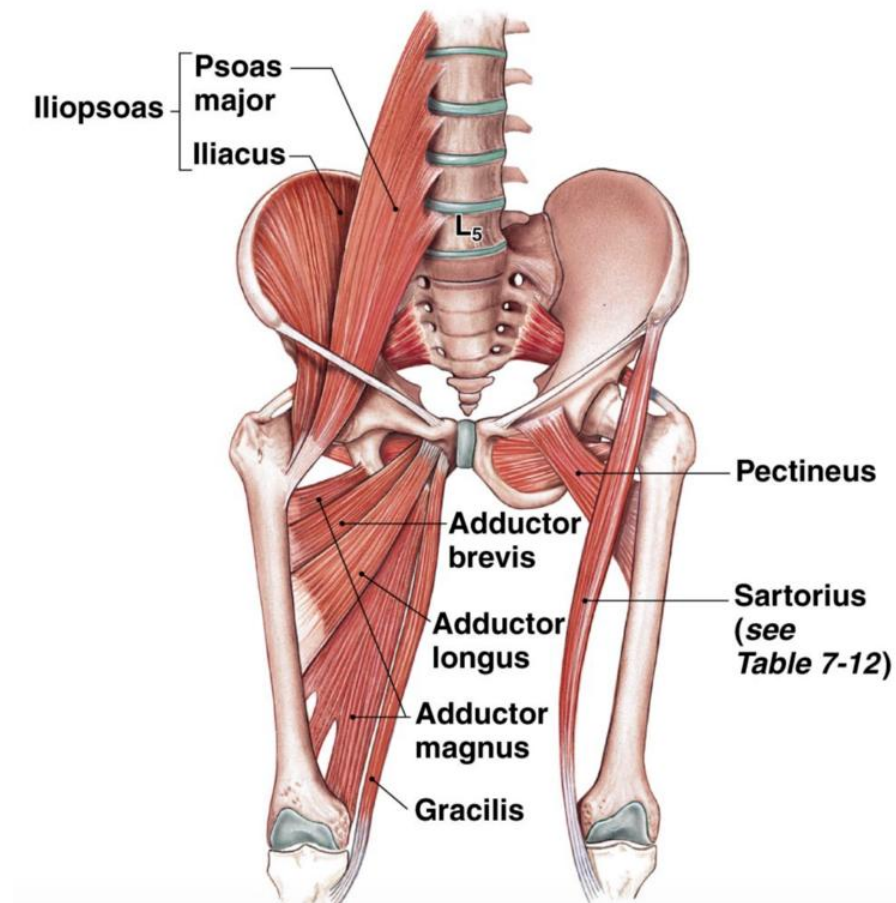
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is (L1 to L4)

Figure 3: The psoas major muscular location of where the lumbar plexus



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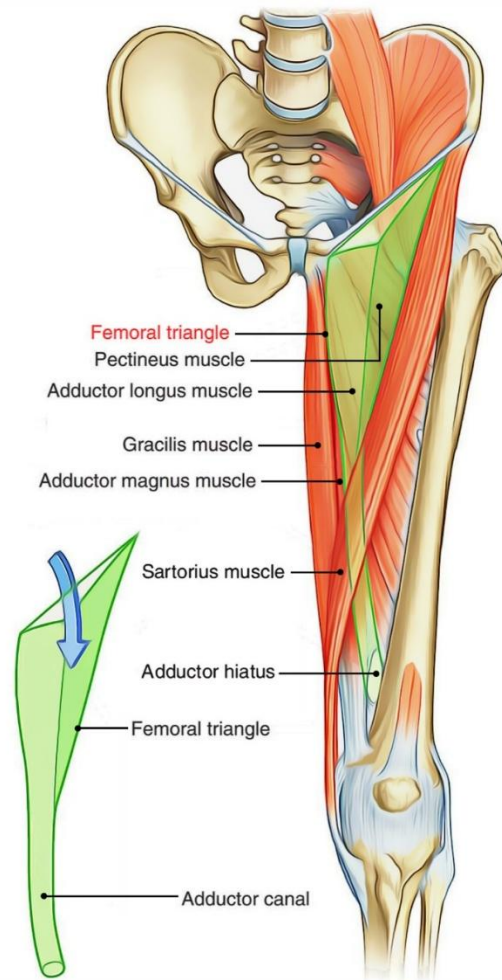


Figure 4: The innervation of the ilioinguinal nerve can be sensed in the femoral triangle.



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Femoral Triangle

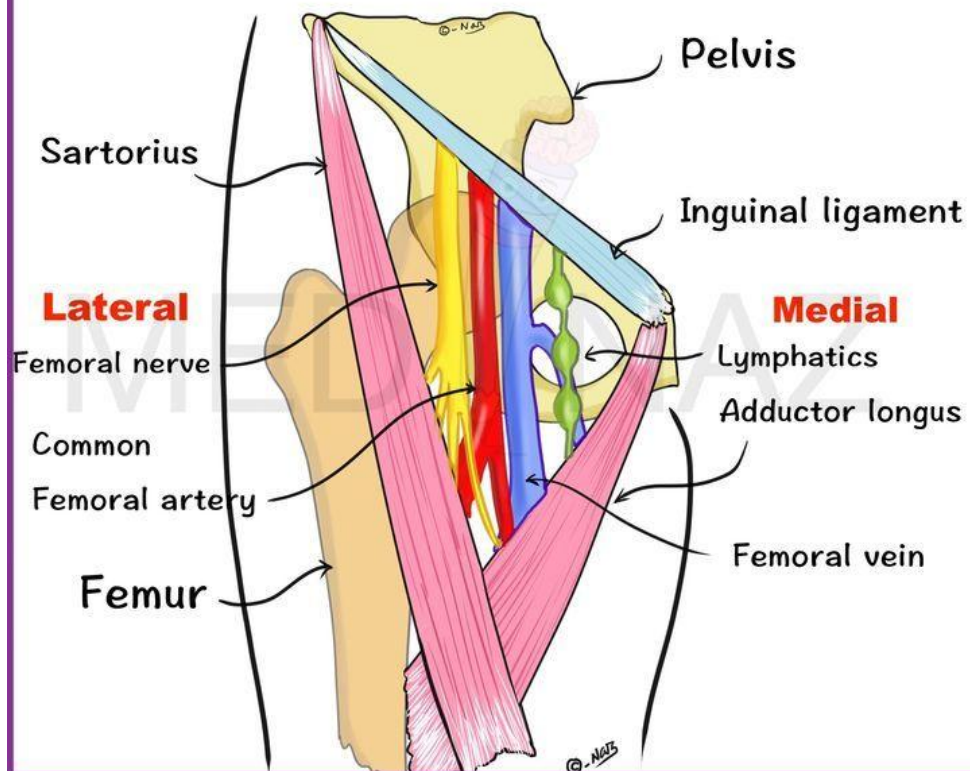


Figure 5: A closer view of the femoral triangle



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QUADRICEPS

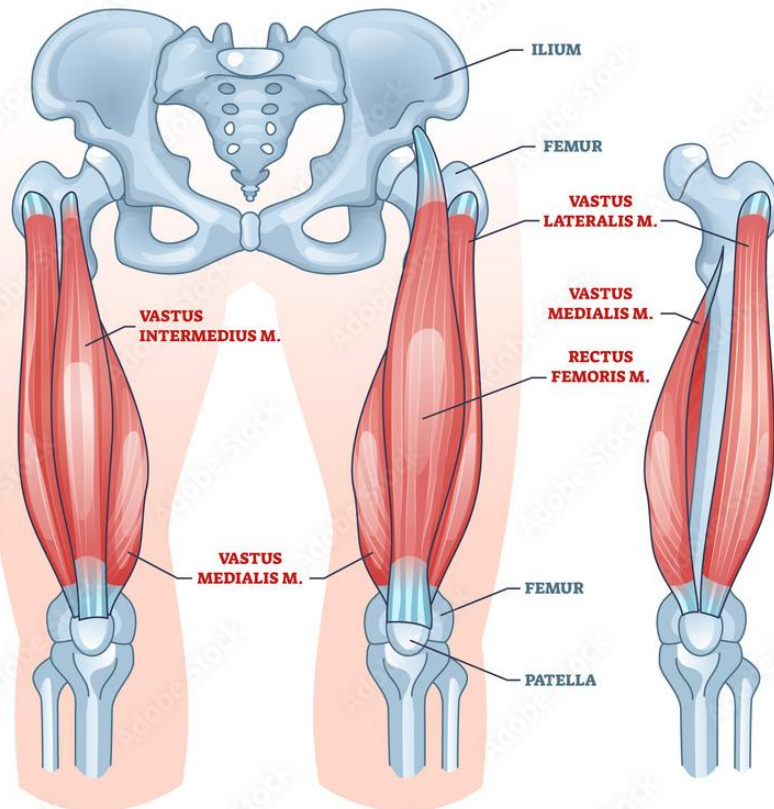


Figure 6: The muscles that are being contracted when the femoral nerve is sensed and innervated.