

The ULTIMATE Pelvic Anatomy Resource

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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.

The content in this ebook 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, Founder of Pelvic Guru, LLC

P.S. If you're a pelvic health professional and interested in learning about how you can use these images for your own fliers, patient education, websites, and social media posts along with an ever growing collection of over 100 images, check out the Global Pelvic Health Alliance Membership by going to gpham.pelvicglobal.com.

Vagina/Vulva Pelvic Anatomy

Resources and Basic Information

- A funny, but thorough description: [Women's Health Magazine - Female Reproductive System Explanation](#)
- [Muscles of the Pelvic and Perineum, Origin, Insertion, Action, and Nerve](#)
** Great info to know!
- [The Vulva: The Vagina's Neighborhood](#) **Great video by Sexplanations, Dr. Lindsey Doe
- [The Clitoris](#) **Another great video by Sexplanations, Dr. Lindsey Doe

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](#)
- 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](#)

Penis/Scrotum 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](#)
- 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

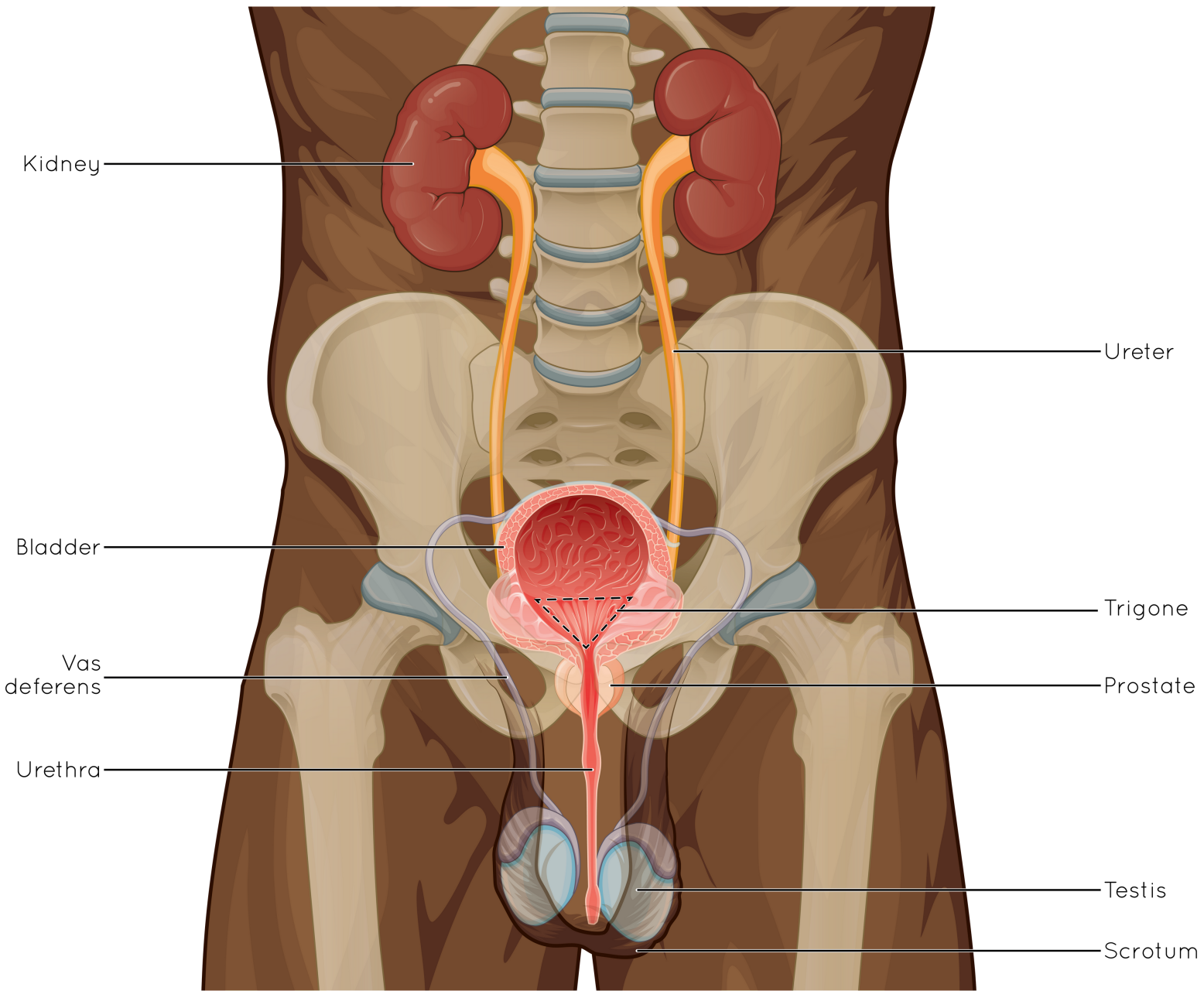
- [Excellent 3D Pelvic Anatomy, Part 1](#)
- [3D Pelvic Anatomy, Part 2](#)
- [Very well Done! Anatomy of the Inguinal Region \(Drawings\)](#)
- [Basic Anatomy of the Bony Pelvis and Pelvic Floor Musculature](#)
- [Anatomy of the Pelvis- Everything You Need to Know](#)
- [Female Bony Pelvis](#)
- [Female anatomy - plastic model](#)
- [Surface anatomy of the abdomen](#)
- [SI Joint Anatomy, Biomechanics and Prevalence](#)
- [Pelvis - Sex differences](#)
- [Anatomy of Pelvis and Perineum - 1 \(Lots more than just male pelvic viscera!\)](#)
- [Anatomy of Pelvis and Perineum - 2](#)

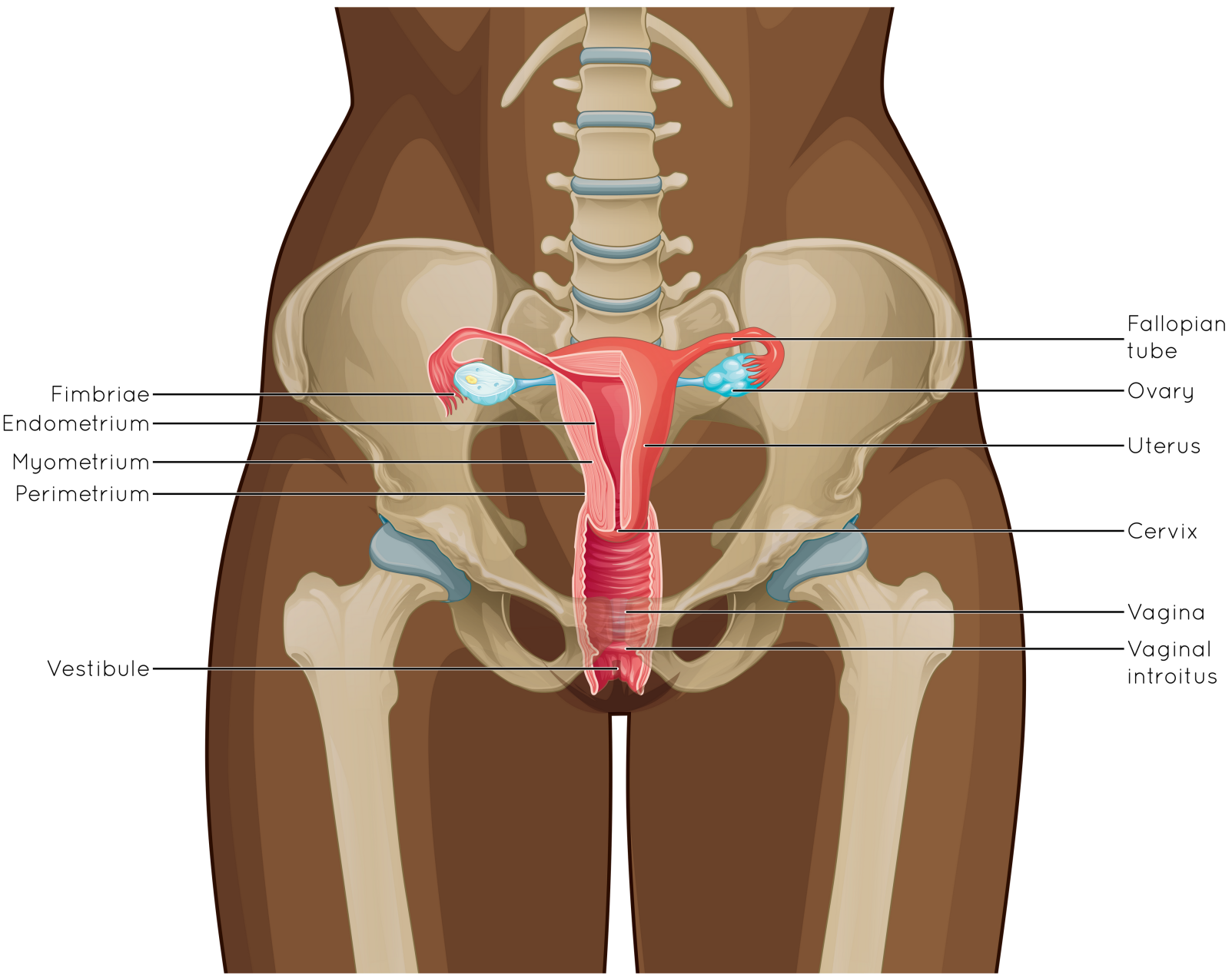
Anatomy Book Recommendations

- [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](#)

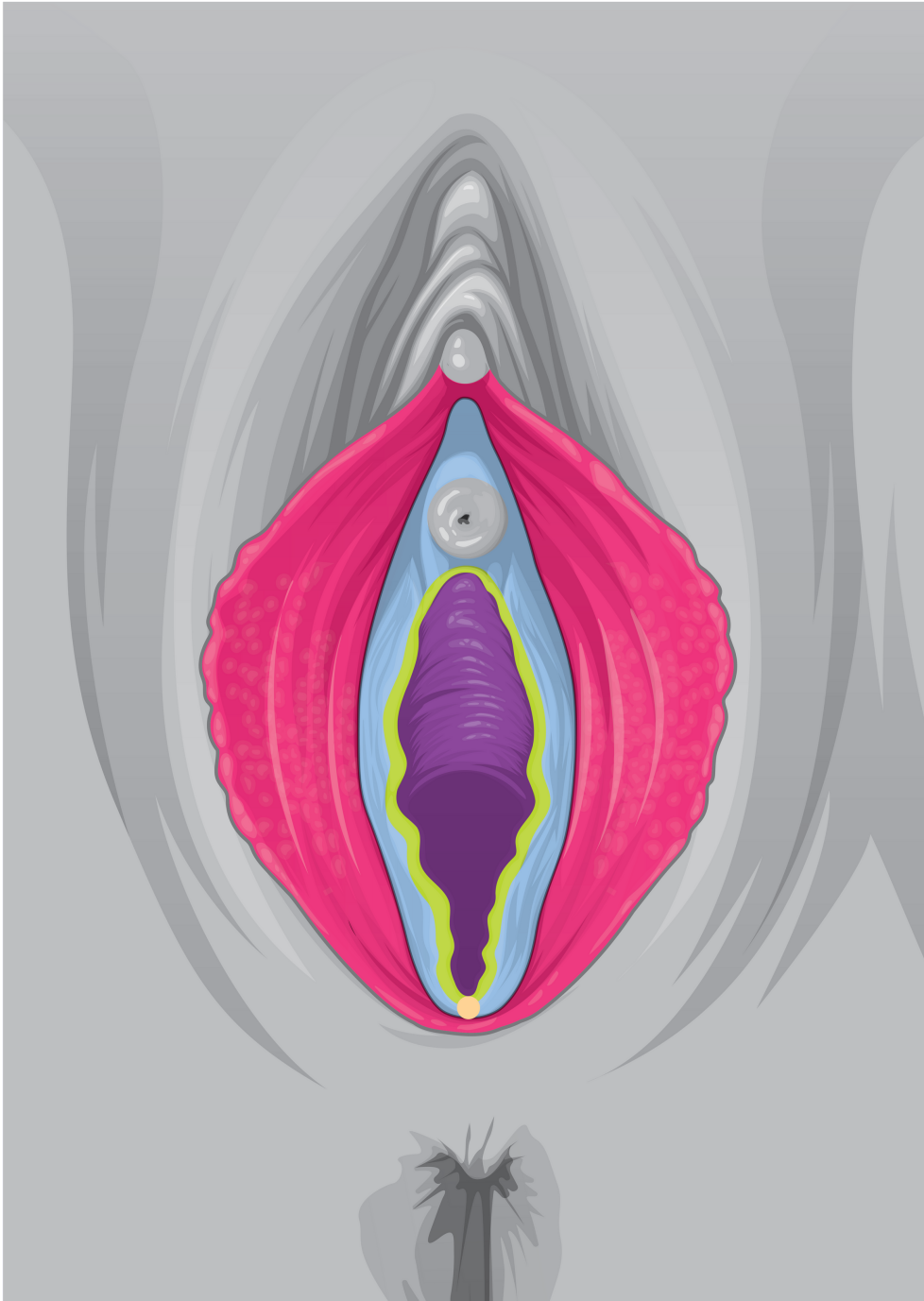
The following Anatomy Images:






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 are a pelvic health professional and interested in illustration access or want to learn more about the most comprehensive pelvic health directory in the world, please visit gpham.pelvicglobal.com.

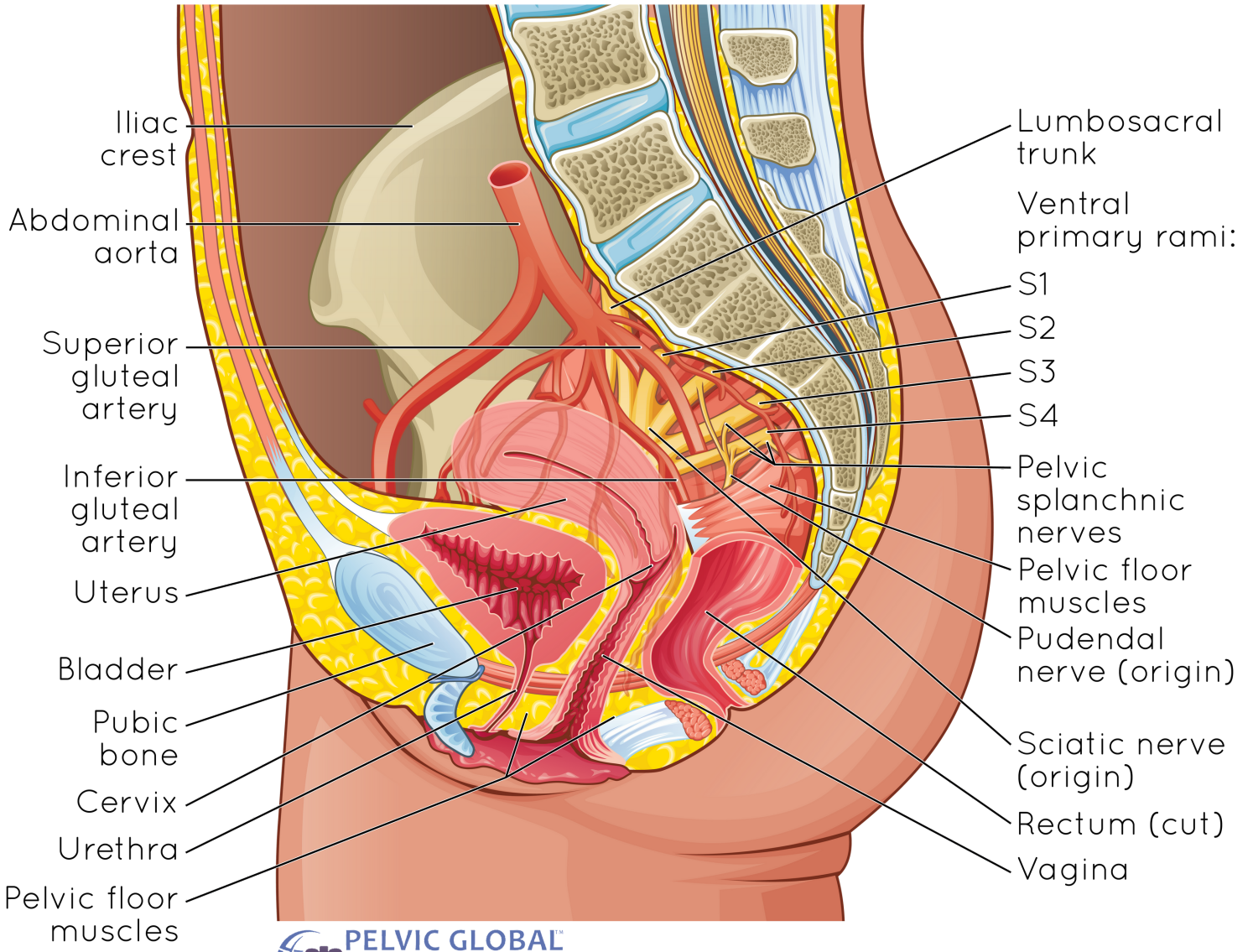




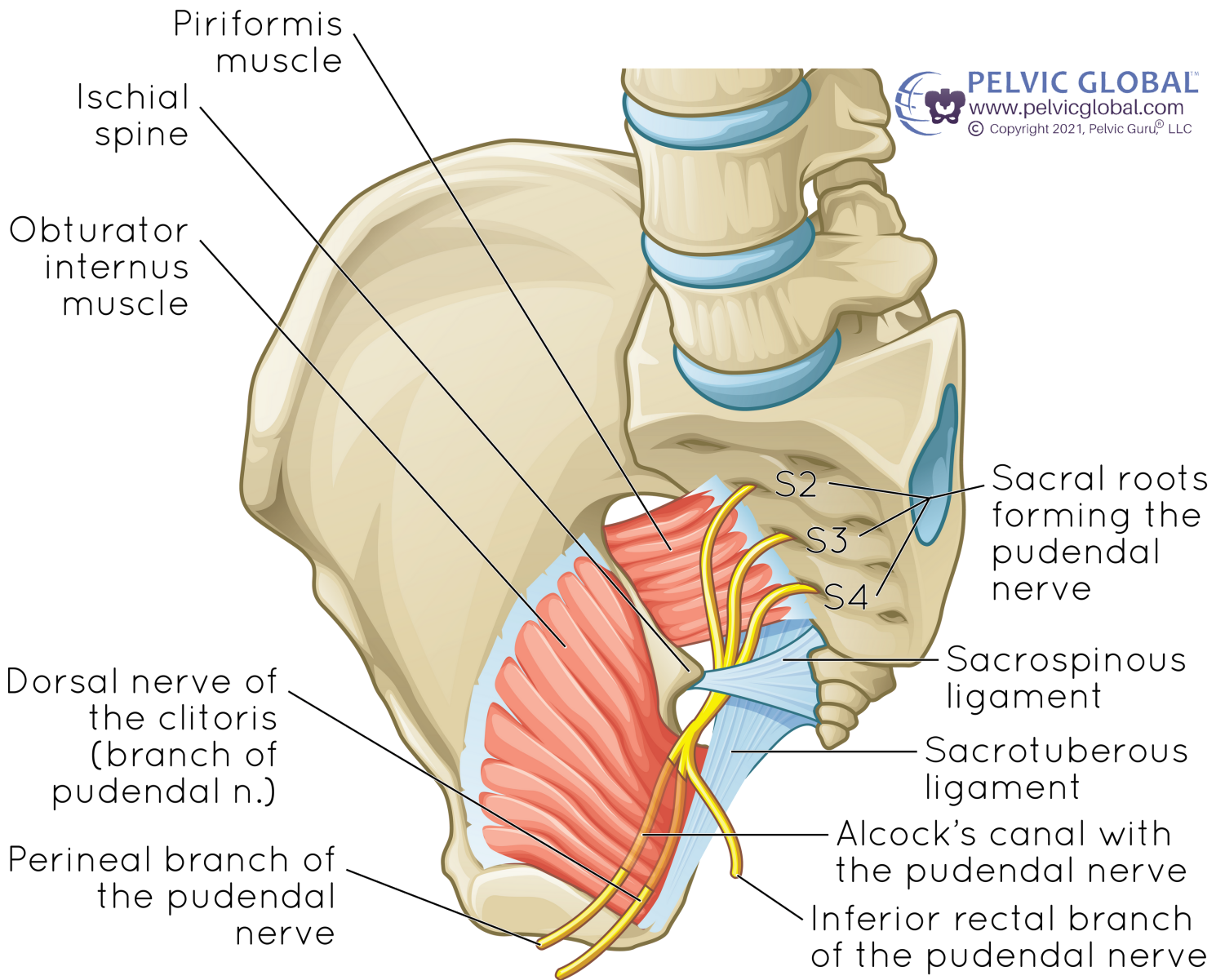

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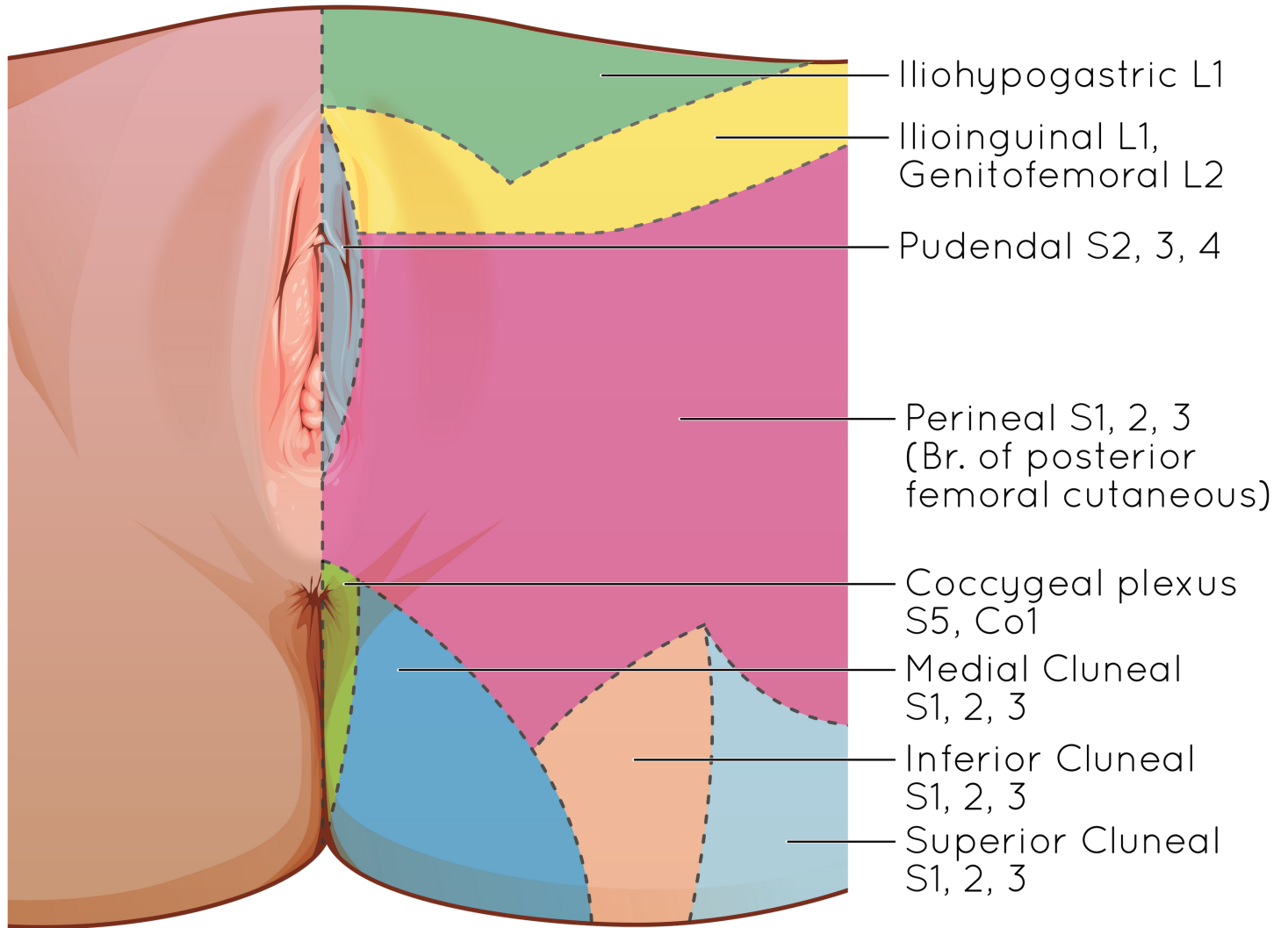
-  Inner labia
-  Vestibule
-  Hymen
-  Vaginal canal
-  Poestrior fourchette (part of vestibule)



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Cutaneous Innervation

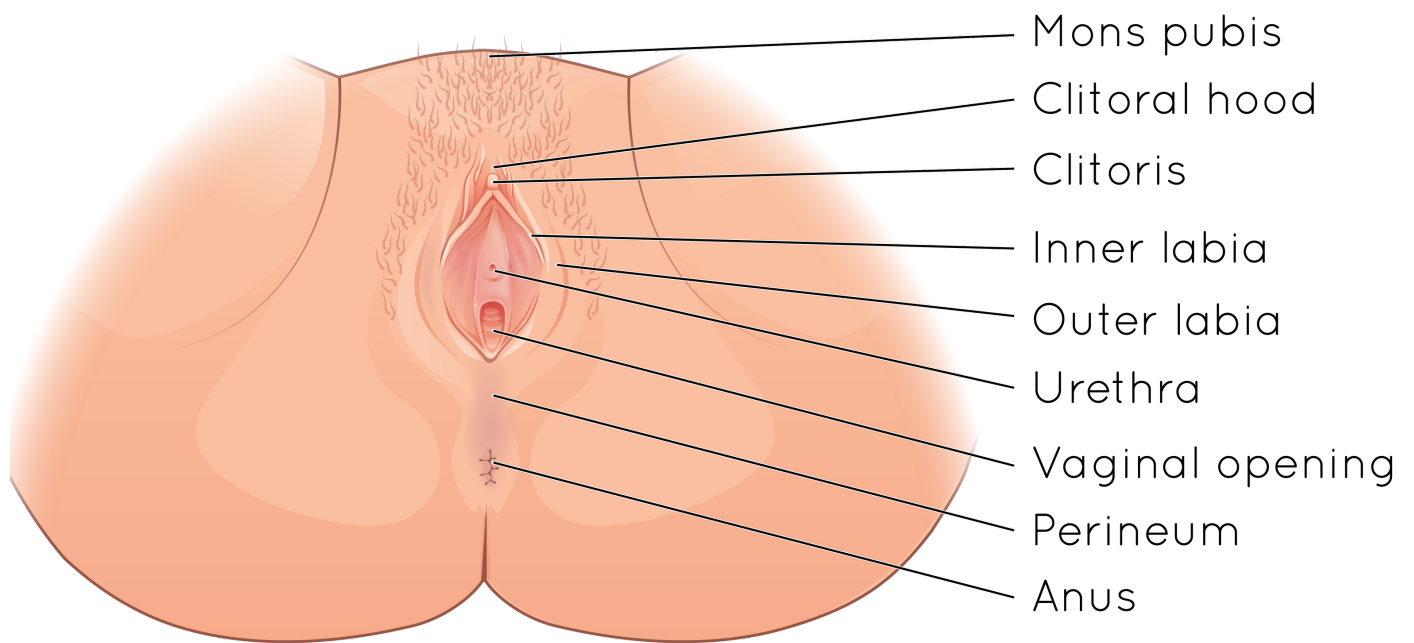


Cutaneous Innervation of the Female Pelvic Floor.

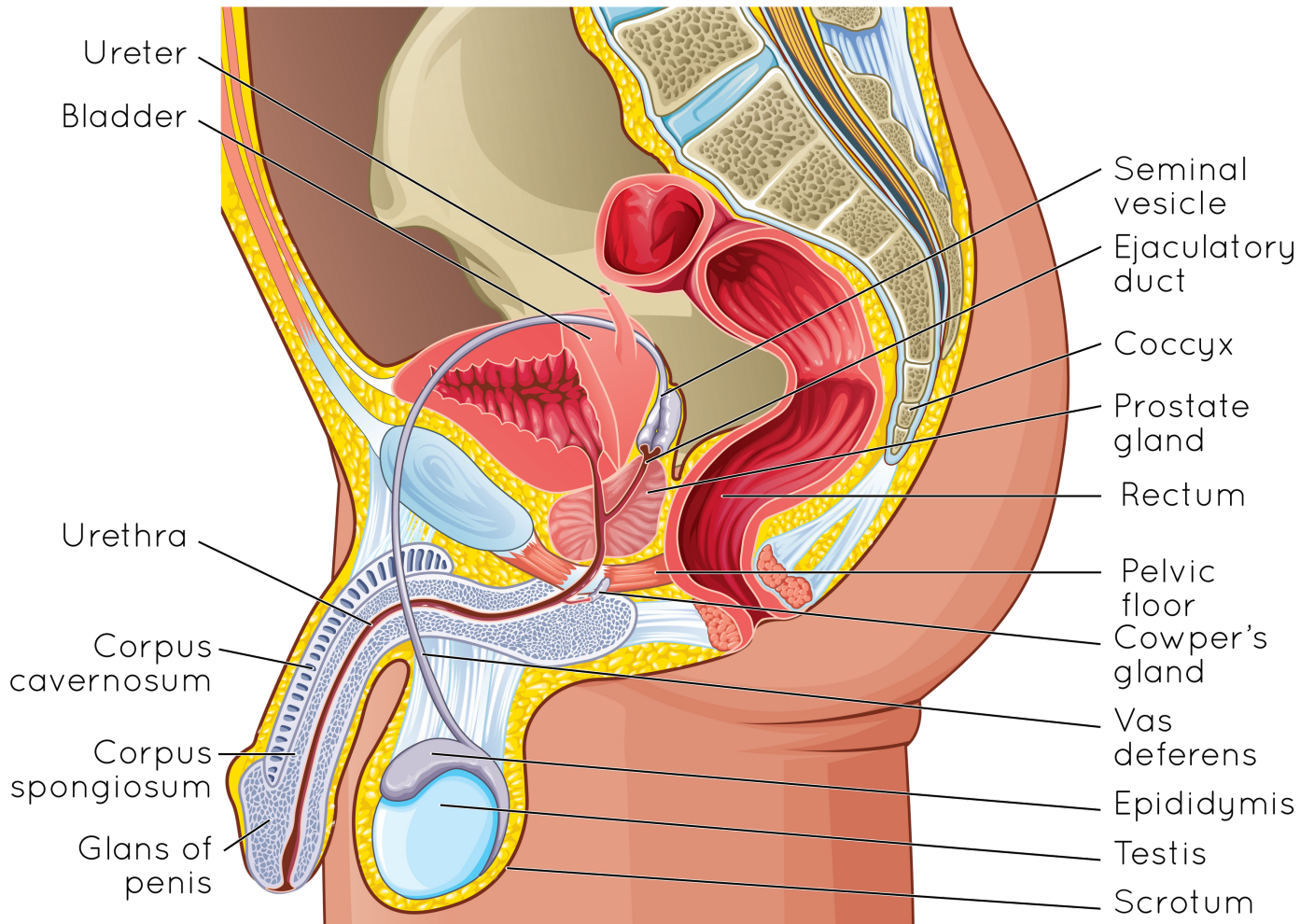
NOTE: THIS ONLY shows skin level - so this does not include the deep innervation of some nerves such as pudendal nerve.



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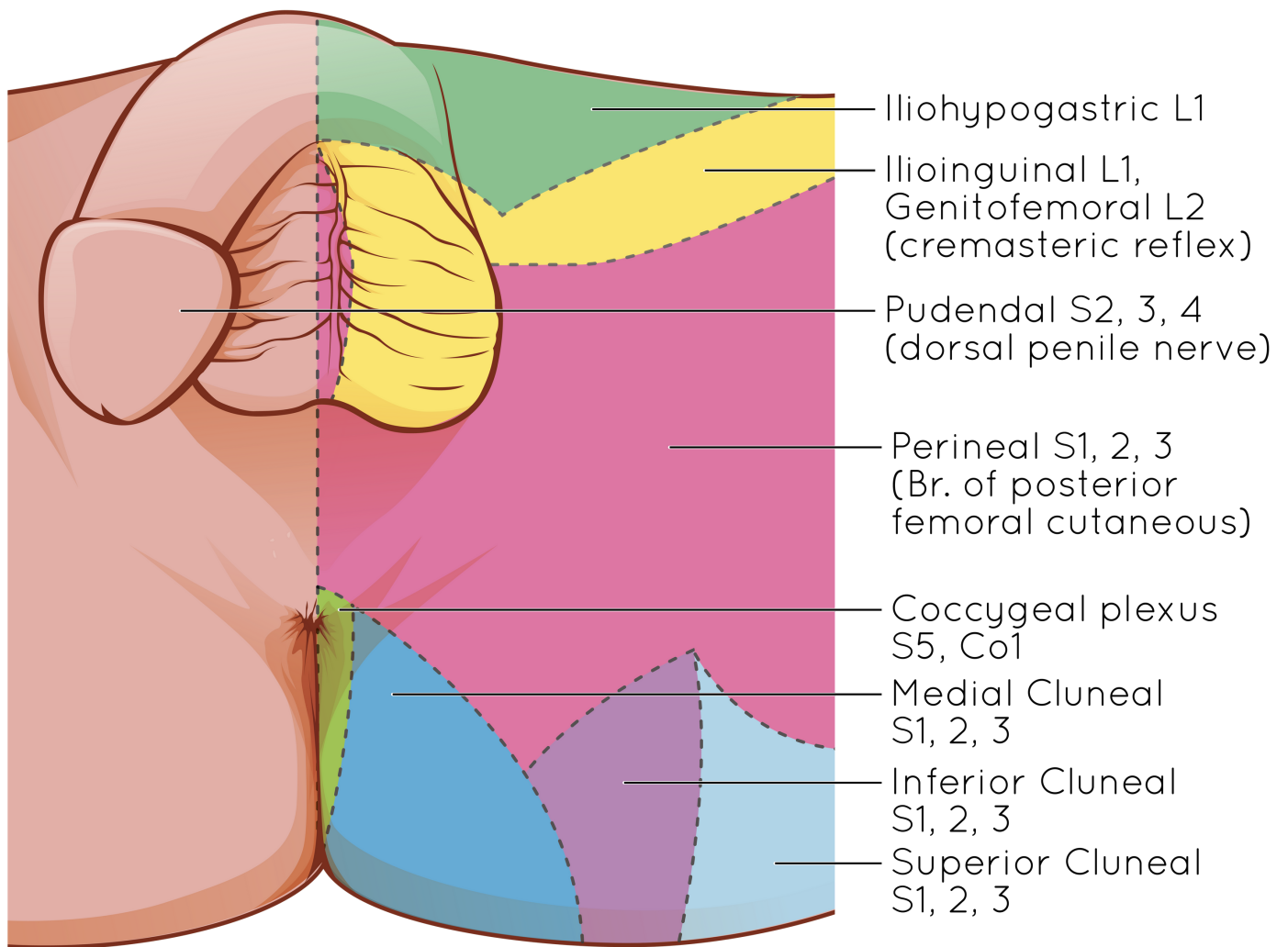


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Cutaneous Innervation



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.

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