

Muscles of Pelvic Floor 2 Program Transcript

This second table shows the muscles of the pelvic floor and perineum. You start at the top with the ischiocavernosus and superficial transverse perineal muscle, which are both found in the superficial space of the urogenital triangle.

The external urethral sphincter wraps around the urethra in both the male and female. And in the male, the urogenital diaphragm consists of the compressor urethra and the deep transverse perineal muscle. In the female, the urogenital diaphragm consists of the compressor urethrae, the urethral vaginal sphincter, and the deep transverse perineal muscle. In the anal triangle is the external anal sphincter.