- Lateral Femoral Cutaneous (L2 + L3)
- Femoral (L2 – L4)
- Obturator (L2 – L4)
- Branch to lumbosacral trunk (L4 + L5) and sacral plexus
- There are also branches which are muscular to the adjacent psoas, quadratus lumborum + iliacus muscles.

- The iliohypogastric, ilioinguinal, lateral femoral cutaneous + femoral are on the LATERAL border of PSOAS MAJOR in that order from above downwards.
- The genito-femoral is on the ANTERIOR surface of PSOAS MAJOR.
- The obturator + lumbosacral trunk branch appear just above the pelvic brim MEDIAL to PSOAS MAJOR.

Femoral Nerve:
- Largest branch of the lumbar plexus.
Lateral Femoral Cutaneous Nerve:

- This nerve arises from L2 + L3 (L1) and is also sometimes bound with the femoral nerve.
- Course of the nerve:
  1) The nerve is derived from the posterior divisions of the anterior rami of the lumbar plexus.
  2) It emerges from the lateral border of the psoas major muscle.
  3) It then runs down and laterally along the anterior surface of iliacus.
  4) It enters the thigh below and medial to the ASIS and passes behind the inguinal ligament to appear medial to the upper border of Sartorius. It reaches a subcutaneous position by passing through this muscle.
- The nerve supplies skin on the lateral aspect of the THIGH from the greater trochanter to the knee.
- COMPRESSION of this nerve = meralgia paraesthetic = can be caused by tight jeans or entrapment in inguinal ligament if it passes through it.

Neuropathies:
- **History**: pain, burning over anterolateral thigh
- **Motor**: normal
- **Sensory**: limited sensory loss over the lateral thigh
- **Common causes**: entrapment at lateral inguinal ligament, rarely from retroperitoneal lesion. Tight Jeans!