

## Anatomy & Physiology: Muscles—Tensor Fascia Latae.

### STRUCTURE.

- Origin: outer surface of the iliac crest just posterior to the anterior-superior iliac spine of pelvis.
- Insertion: proximal 1/3 of the iliotibial band.

### FUNCTION.

- Concentric action: accelerates hip flexion, abduction, and internal/medial rotation.
- Reverse mover action: anterior tilt pelvis; ipsilateral depression of pelvis; ipsilateral rotation of pelvis.
- Eccentric action: decelerates hip adduction, extension, and external rotation.
- Isometric action: stabilization of lumbo-pelvic hip complex.
- Innervation: superior gluteal nerve.
- Arterial supply: superior gluteal artery; deep femoral artery.

### CLINICAL SIGNIFICANCE.

## References

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