

## Anatomy & Physiology: Muscles—Gluteus Maximus.

### STRUCTURE.

- Origin: outer ilium, posterior side of sacrum and coccyx, and part of the sacrotuberous and posterior sacroiliac ligament.
- Insertion: gluteal tuberosity (lateral linea aspera) of the femur and iliotibial tract of fascia lata.

### FUNCTION.

- Concentric action: accelerates hip extension and external/lateral rotation. Upper 1/3 abduct thigh at hip joint; lower 2/3 adduct thigh at hip joint.
- Reverse mover action: posterior tilt and contralateral rotation of pelvis.
- Eccentric action: decelerates hip flexion and internal rotation, tibial internal rotation via iliotibial band.
- Isometric action: stabilization of lumbo-pelvic hip complex.
- Innervation: inferior gluteal nerve.
- Arterial supply: superior gluteal artery and inferior gluteal artery.

### CLINICAL SIGNIFICANCE.

## References

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