



**1. Tensor fasciae latae**

**Origin (proximal):** Arises from the anterior superior iliac spine and the anterior portion of the iliac crest.

**Insertion (distal):** As its name suggests, this muscle inserts into the iliotibial tract. This strong tendinous tract inserts on the lateral condyle of the tibia.

**Action:** This muscle flexes, abducts, and medially rotates the thigh at the hip. With the assistance of the gluteus maximus, this muscle stabilizes the hip joint. The tensor fasciae latae also stabilizes the extended knee.

**Innervation:** Superior gluteal nerve (L4 and L5).

**Comment:** The chief action of the tensor fasciae latae is hip flexion. It also acts with the gluteus maximus to control anteroposterior tilting of the pelvis when one leg supports all of the body's weight. Stabilization of the hip occurs because it holds the femoral head in the acetabulum. The tensor fasciae latae also stabilizes the knee in extension.

**Clinical:** This muscle helps flex the thigh at the hip, assisting the iliopsoas complex and rectus femoris muscle. If the iliopsoas complex is paralyzed, the tensor fasciae latae can hypertrophy to compensate.

F. Netter  
2005

ELSEVIER