

M Tensor Fasciae Latae

Anterior superior iliac spine The tensor fasciae latae muscle attaches to the lateral aspect of the superior anterior iliac The anterior superior iliac spine (ASIS) is a bony projection of the iliac bone, and an important landmark of surface anatomy. attachment for the inguinal ligament, and the sartorius muscle. It provides attachment for the inguinal ligament, and the sartorius muscle. It refers to the anterior extremity of the iliac crest of the pelvis. The tensor fasciae latae muscle attaches to the lateral aspect of the superior anterior iliac spine, and also about 5 cm away at the iliac tubercle 0b52e2e6f0

The fascia lata is an investment for the whole of the thigh, but varies in thickness in different parts. It is thicker in the upper and lateral part of the thigh, where it receives a fibrous expansion from the gluteus maximus, and where the tensor fasciae latae is inserted between its layers; it is very thin behind and at the upper and medial part, where it covers the adductor muscles, and again becomes stronger around the knee, receiving fibrous expansions from the tendon of the biceps femoris laterally, from the sartorius medially, and from the quadriceps femoris in front. 0b52e2e6f0

Tensor vastus intermedius muscle [citation needed] Ultrasound studies have provided insight The tensor vastus intermedius is a muscle in the anterior compartment of thigh. The term tensor vastus intermedius was given by Grob et al. in 2016, although the structure had been reported previously. the action of the muscle. It lies between the vastus intermedius and the vastus lateralis. It also acts as a second tensor in addition to the tensor fasciae latae 0b52e2e6f0

Palpable in its entire length, the crest is convex superiorly but is sinuously curved, being concave inward in front, concave outward behind. It is sigmoid in shape, such that viewed from above, the left iliac crest resembles an outstretched S, while the right iliac crest forms its mirror image. 0b52e2e6f0

Tensor fasciae latae muscle The muscle assists in keeping the balance of the pelvis while standing, walking, or running. The tensor fasciae latae (or tensor fasciæ latæ or, formerly, tensor vaginae femoris) is a muscle of the thigh. Together with the gluteus maximus, it acts on and is continuous with the iliotibial band, which attaches to the tibia.

Together with the gluteus maximus, it acts The tensor fasciae latae (or tensor fasciæ latæ or, formerly, tensor vaginae femoris) is a muscle of the thigh 0b52e2e6f0

Superior gluteal artery It exits the pelvis through the greater sciatic foramen before splitting into a superficial branch and a deep branch. The deep branch supplies the gluteus medius, gluteus minimus, and tensor fasciae latae muscles, as well as the hip joint. The superior division continues The superior gluteal artery is the terminal branch of the posterior division of the internal iliac artery 0b52e2e6f0

Gluteus minimus Their anterior fibers also flex the hip, and by drawing the greater The gluteus minimus, or glutæus minimus, the smallest of the three gluteal muscles, is situated immediately beneath the gluteus medius. action in supporting the body on one limb, in conjunction with the tensor fasciæ latæ 0b52e2e6f0

== Structure == 0b52e2e6f0

Fascia lata The fascia lata is thickened at its lateral side where it forms the iliotibial tract, a structure that runs to the tibia and serves as a site of muscle attachment. It encloses the thigh muscles and forms the outer limit of the fascial compartments of thigh, which are internally separated by the medial intermuscular septum and the lateral intermuscular septum. receives a fibrous expansion from the gluteus maximus, and where the tensor fasciae latae is inserted between its layers; it is very thin behind and at the The fascia lata is the deep fascia of the thigh 0b52e2e6f0

Iliac crest The external lip are attached the Tensor fasciae latae, Obliquus externus abdominis, and Latissimus dorsi, and along its The crest of the ilium (or iliac crest) is the superior border of the wing of ilium and the superolateral margin of the greater pelvis. derived from endochondral bone 0b52e2e6f0

== Structure == 0b52e2e6f0 == Description == 0b52e2e6f0 ==
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Thomas test knee extension- tight iliopsoas hip abducts during the test- tight tensor fasciae latae knee extension occurs- tight rectus femoris Lateral rotation of tibia- The Thomas test is a physical examination test, named after the Welsh orthopaedic surgeon, Hugh Owen Thomas (1834-1891), to rule out hip flexion contracture (fixed partial flexion of the hip) and psoas syndrome (injury to the psoas muscle) 0b52e2e6f0

The iliac crest stretches posteriorly from the anterior superior iliac spine (ASIS) to the posterior superior iliac spine (PSIS). Behind the ASIS, it divides into an outer and inner lip separated by the intermediate zone. The outer lip bulges laterally into the iliac tubercle.

The part of the iliotibial band which lies beneath the tensor fasciae latae is prolonged upward to join the lateral part of the capsule of the hip-joint. The tensor fasciae latae effectively tightens the iliotibial band around the area of the knee. This allows for bracing of the knee especially...

The tensor fasciae latae arises from the anterior part of the outer lip of the iliac crest; from the outer surface of the anterior superior iliac spine, and part of the outer border of the notch below it, between the gluteus medius and sartorius; and from the deep surface of the fascia lata.

A variety of structures lie close to the anterior superior iliac spine, including the subcostal nerve, the femoral artery (which passes between it and the pubic symphysis), and the iliohypogastric nerve.

The tensor vastus intermedius muscle originates from the proximal part of femur specifically from the anterior part of the greater trochanter. The muscle lies anterior to the vastus intermedius but deep to the rectus femoris. The tendinous part of the muscle is closely related to, and sometimes fuses with, the aponeurosis of the vastus intermedius. Distally, it joins the quadriceps tendon and inserts to the medial aspect of the patella. It is supplied by the femoral nerve and the lateral circumflex femoral artery.

It is thinner at the center than at the extremities.

The tensor fasciae latae is inserted between the two layers of the iliotibial tract of the fascia lata about the junction of the middle and upper thirds of the thigh. It tautens the iliotibial tract and braces the knee, especially when the opposite foot is lifted. The terminal insertion point lies on the lateral condyle of the tibia.

The test consists of 3 steps:

Iliotibial tract However, it has been suggested that this is only an illusion due to the changing tension in the anterior and posterior fibers during movement. beneath the tensor fasciae latae is prolonged upward to join the lateral part of the capsule of the hip-joint. During knee extension the ITB moves anterior to the lateral condyle of the femur, while ~30 degrees knee flexion, the ITB moves posterior to the lateral condyle. The action of the muscles associated with the ITB (tensor fasciae latae and some fibers of gluteus maximus) flex, extend, abduct, and laterally and medially rotate the hip. The figure shows only the proximal part of the iliotibial tract. The tensor fasciae latae effectively tightens The iliotibial tract or iliotibial band (ITB; also known

as Maissiat's band or the IT band) is a longitudinal fibrous reinforcement of the fascia lata. The ITB contributes to lateral knee stabilization. It originates at the anterolateral iliac tubercle portion of the external lip of the iliac crest and inserts at the lateral condyle of the tibia at Gerdy's tubercle 0b52e2e6f0

The anterior superior iliac spine refers to the anterior extremity of the iliac crest of the pelvis. This is a key surface landmark, and easily palpated. It provides attachment for the inguinal ligament, the sartorius muscle, and the tensor fasciae latae muscle. 0b52e2e6f0

Superior gluteal nerve tensor fasciae latae muscle gluteus medius muscle (superior branch and The superior gluteal nerve is a mixed (motor and sensory) nerve of the sacral plexus that originates in the pelvis. It provides motor innervation to the gluteus medius, gluteus minimus, tensor fasciae latae; it also has a cutaneous branch. continues to pass between the two muscles to end in the tensor fasciae latae muscle 0b52e2e6f0

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