

THE ANATOMICAL AND FUNCTIONAL RELATION BETWEEN GLUTEUS MAXIMUS AND FASCIA LATA

Stecco A.1, Gilliar W.2, Stecco C.3

1Dept. of Sport Medicine, University of Padova, Padua, Italy; 2Dept. of Osteopathic Manipulative Medicine, New York College of Osteopathic Medicine//New York Institute of Technology, Old Westbury, USA; 3Dept. of Molecular Medicine, University of Padova, Padova, Italy

There is not full agreement regarding the distal insertions of the gluteus maximus muscle (GM), particularly the insertions into the iliotibial band and lateral intermuscular septum. 6 cadavers, 4 males and 2 females, mean age 69 yo, were dissected to evaluate the insertions of the GM into the iliotibial band, fascia lata, lateral intermuscular septum and femur. The iliotibial band is a reinforcement of the fascia lata and cannot be separated from it. Its inner side is in continuity with the lateral intermuscular septum which divides the quadriceps from the hamstring. In all subjects the gluteus maximus presented a major insertion into the fascia lata, so large that the iliotibial tract could be considered a tendon of insertion of the gluteus maximus.

The fascial insertion of the gluteus maximus muscle could explain the transmission of the forces from the thoracolumbar fascia to the knee.

Keywords

Gluteus maximus, myofascial insertion, fascia lata, iliotibial band