

6. Tensor

Origin: A line about  $1\frac{1}{2}$  inches long just below the anterior extremity of the crest of the ilium.

Insertion: Fascia lata

Structure: The muscle lies between two layers of the fascia and the longitudinal muscle fibers are inserted into these two layers.

Action: Tensor of the fascia lata

Innervation: Superior gluteal

Flexors

I. Gluteus Maximus

Origin: Superior curved iliac line and crest, sacrum, and coccyx.

Insertion: Fascia, and femur below the great trochanter.

Structure: Muscular fibers arising directly from pelvis and making an oblique junction with tendon of insertion, which is a flat sheet extending up from the femur and along the posterior edge of the muscle.

Action: Extends, abducts, and rotates the thigh outward.

Innervation: Inferior gluteal and sacral plexus.

2. Biceps (femoris)

Origin: 1. Ischial tuberosity 2. Linea aspera

Insertion: Tuberosity of the radius, and deep fascia of forearm.

Structure: Tendon of origin is long and flat --forms septum between the biceps and the semitendinosus; the lower tendon extends half-way up the thigh; the muscle fibers are short and pass obliquely downward from the upper tendon and the femur to Acti join the lower tendon.

Action: Flexes and rotates the leg outward.

Innervation: Great sciatic and external popliteal.