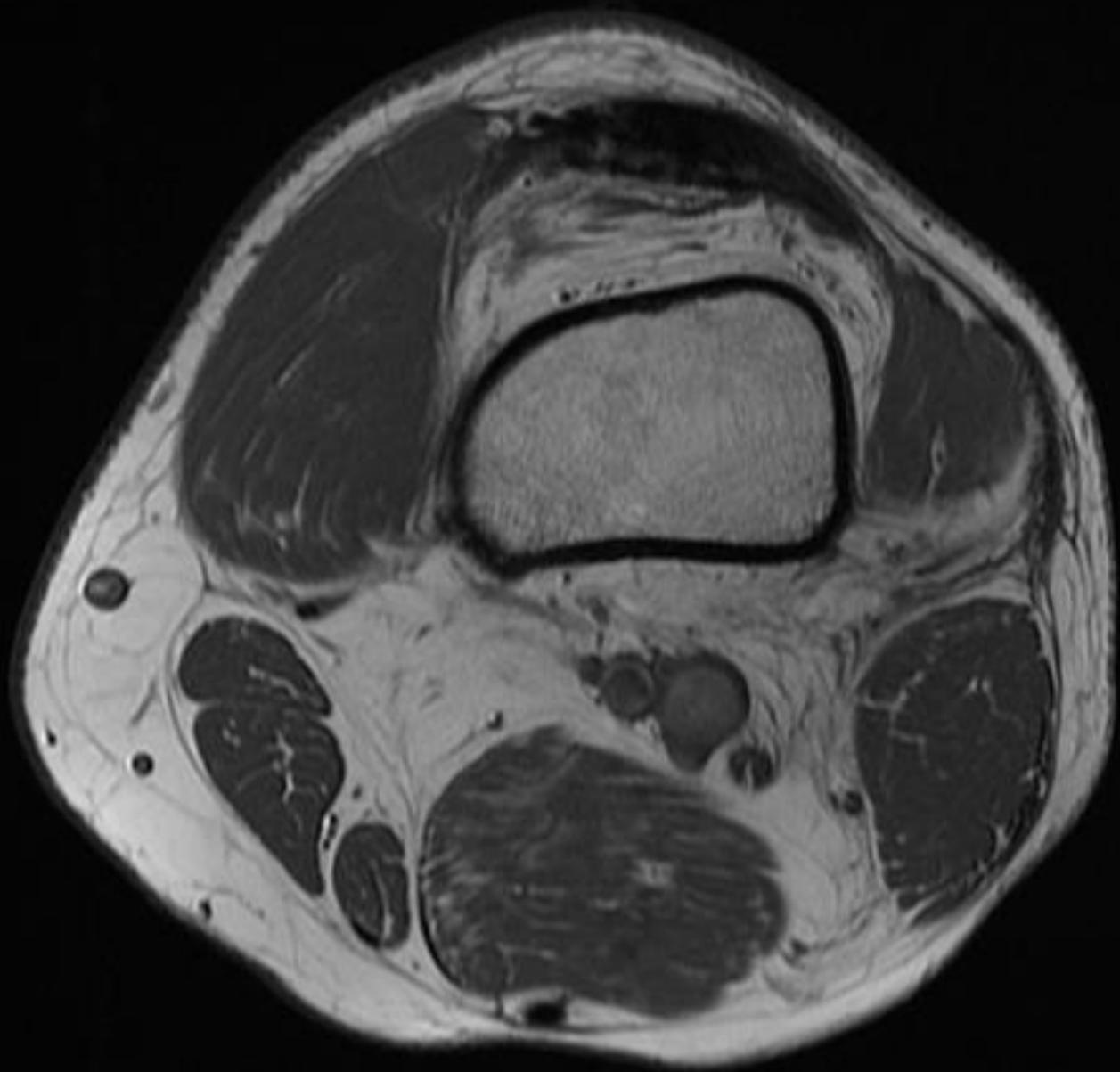
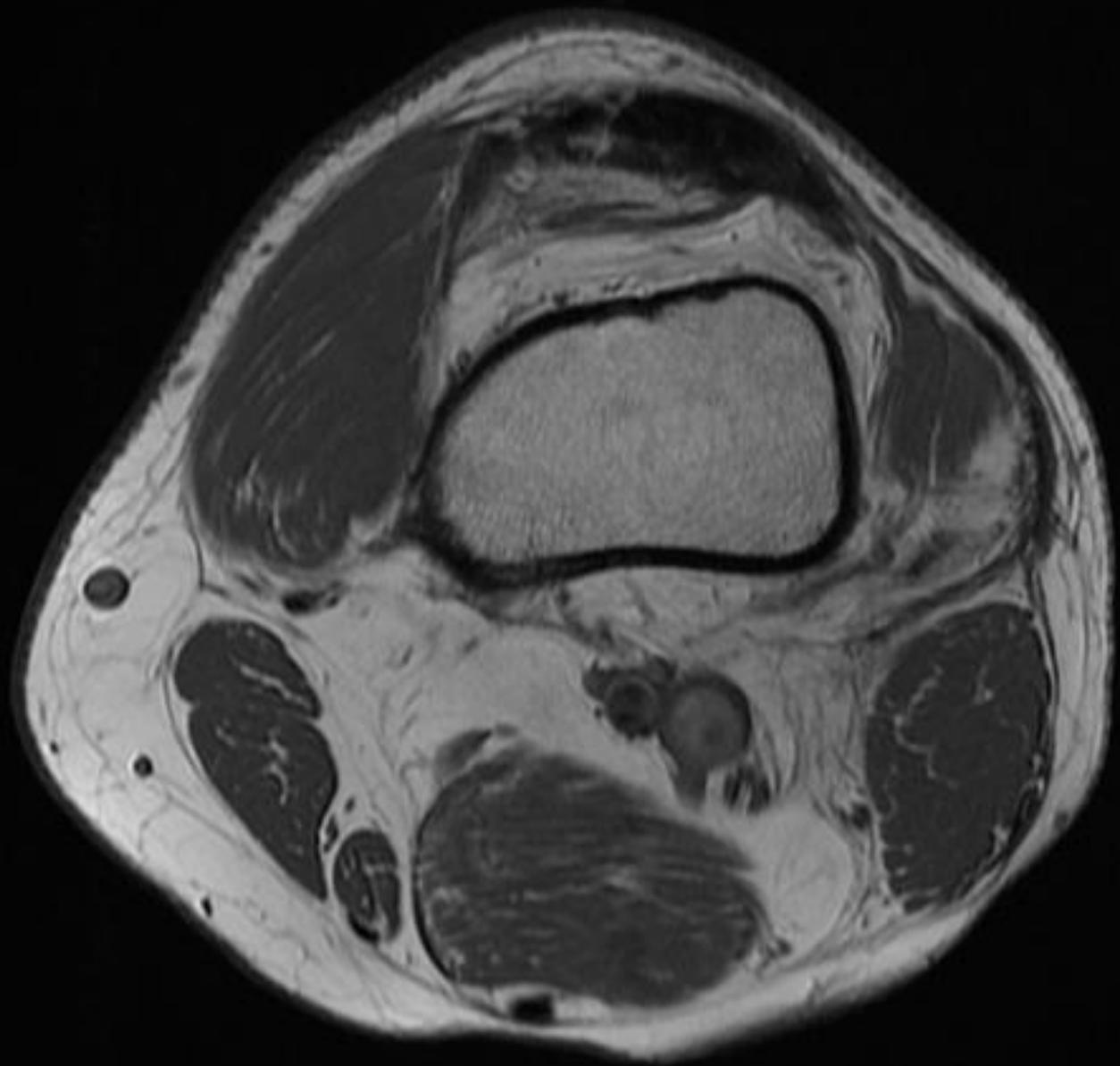
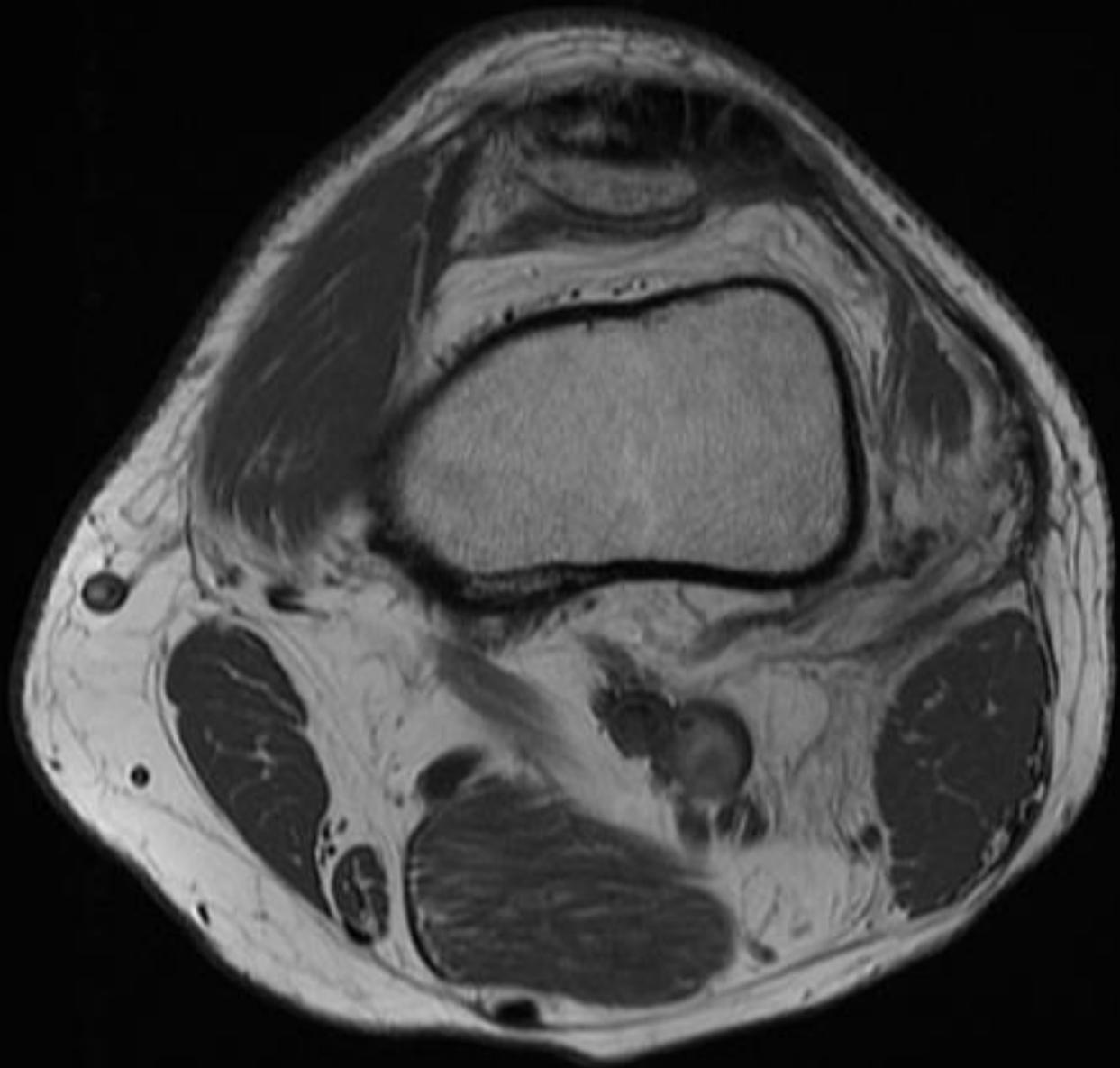
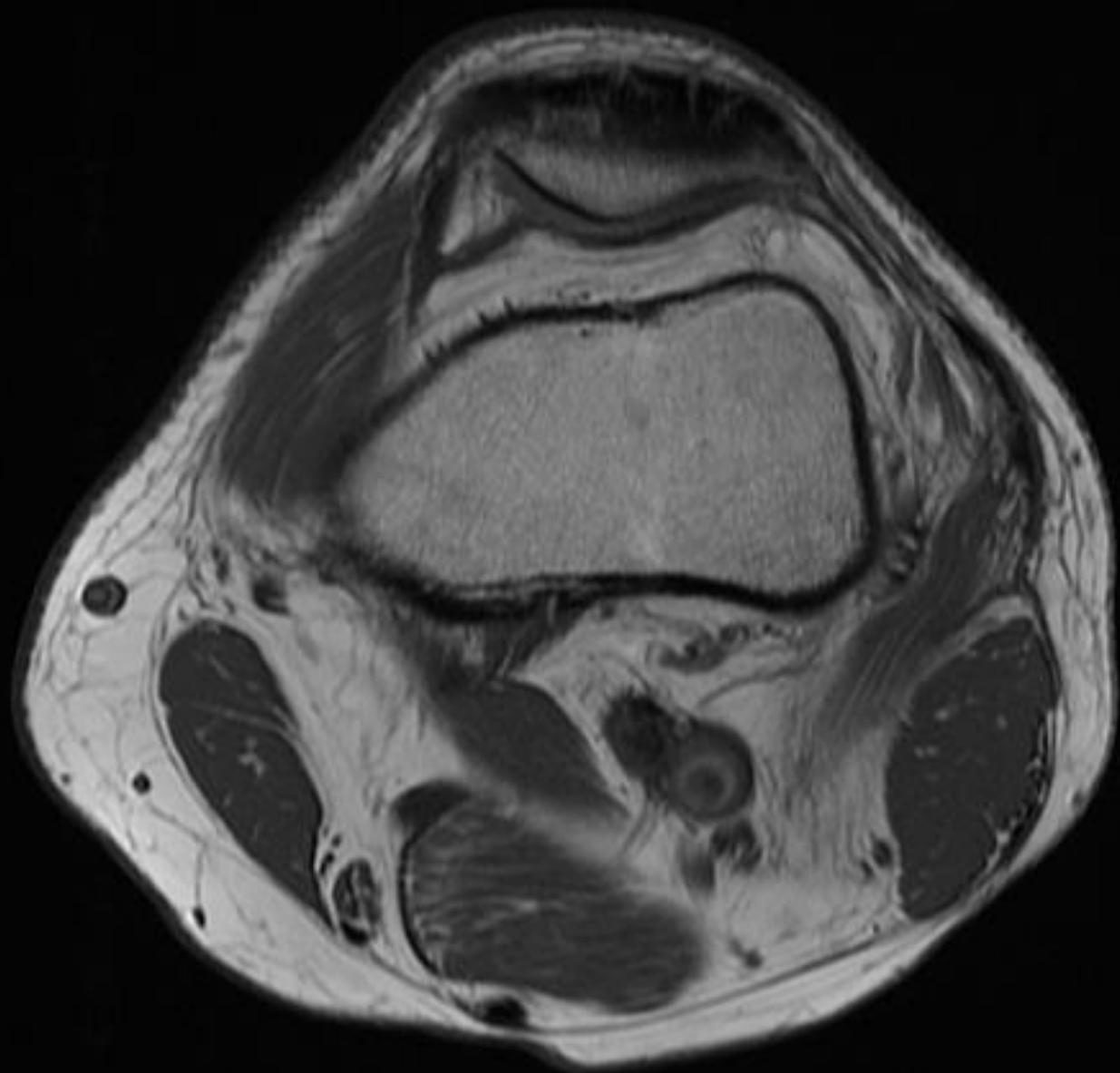


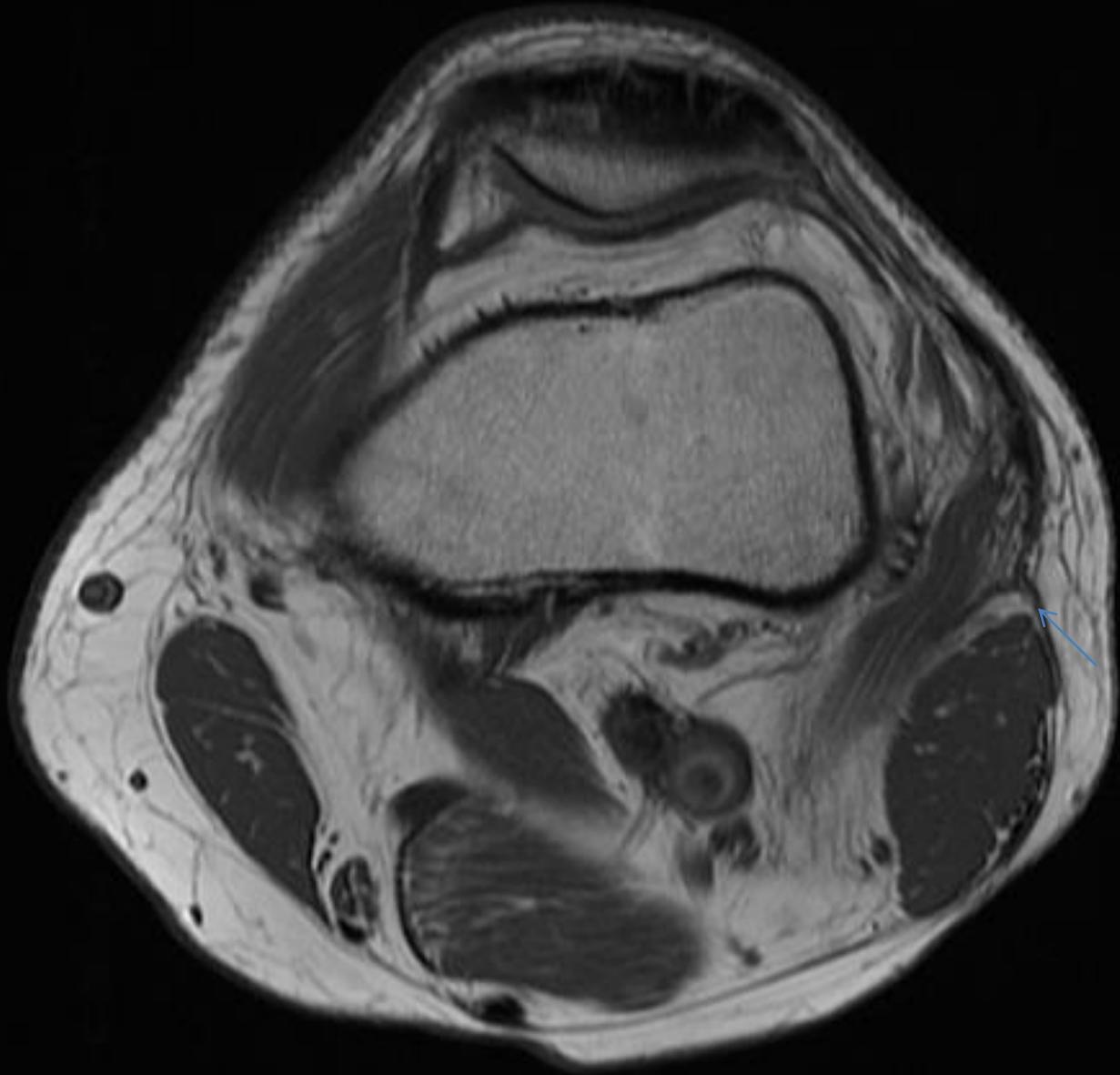
28 year old male skateboarder with
5 day history of IT band syndrome
type symptoms. No trauma.

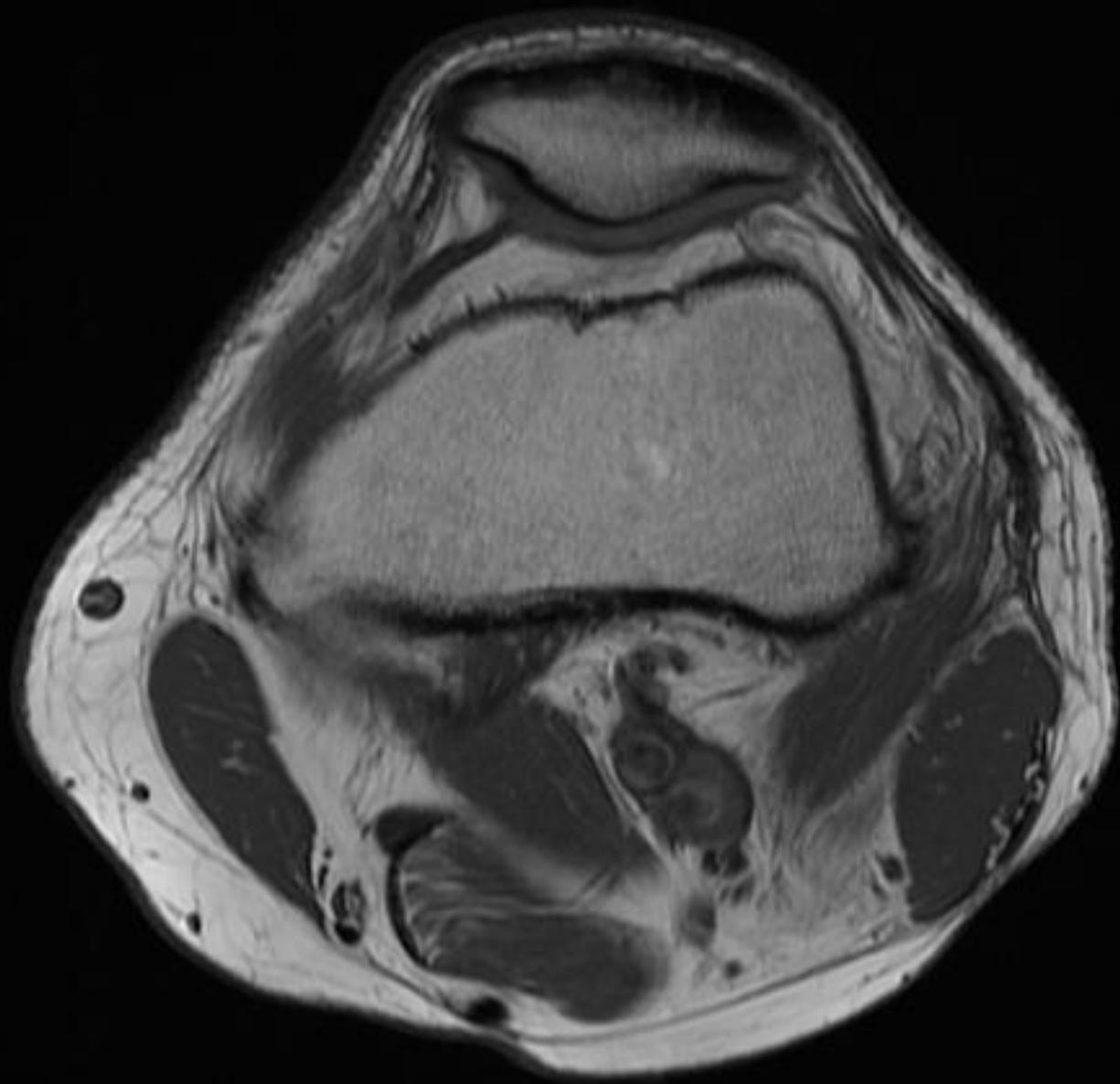


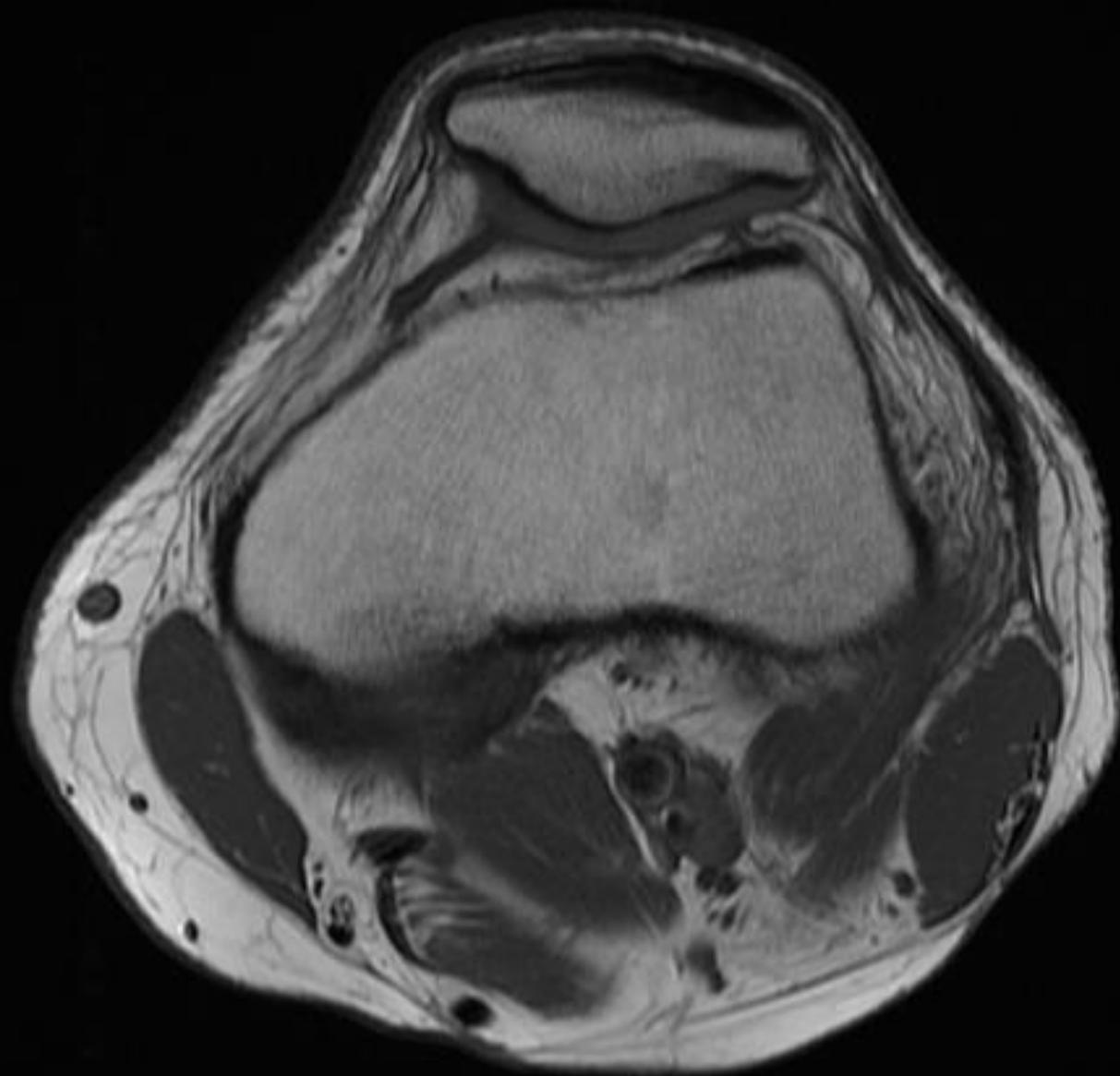


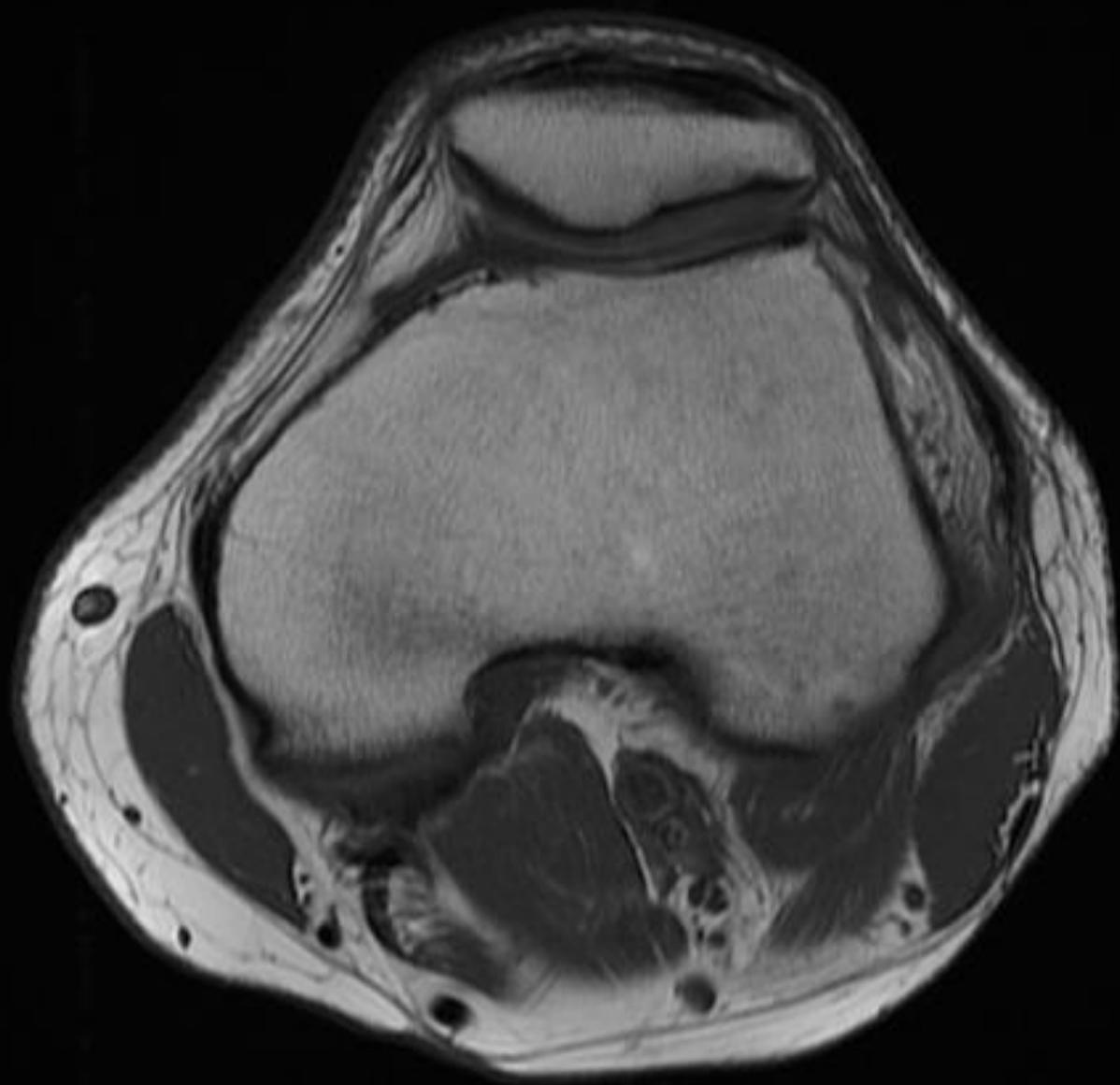


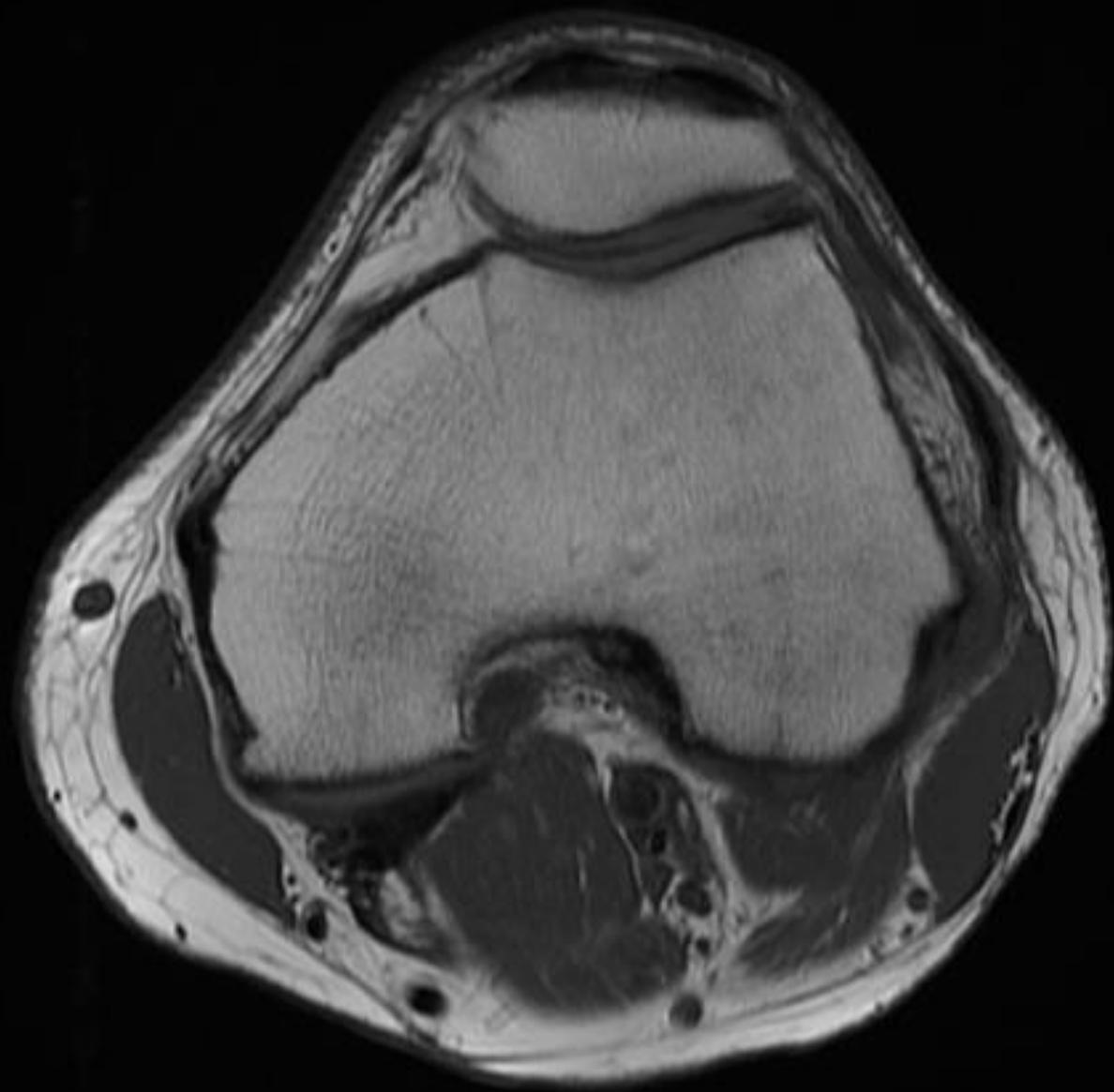


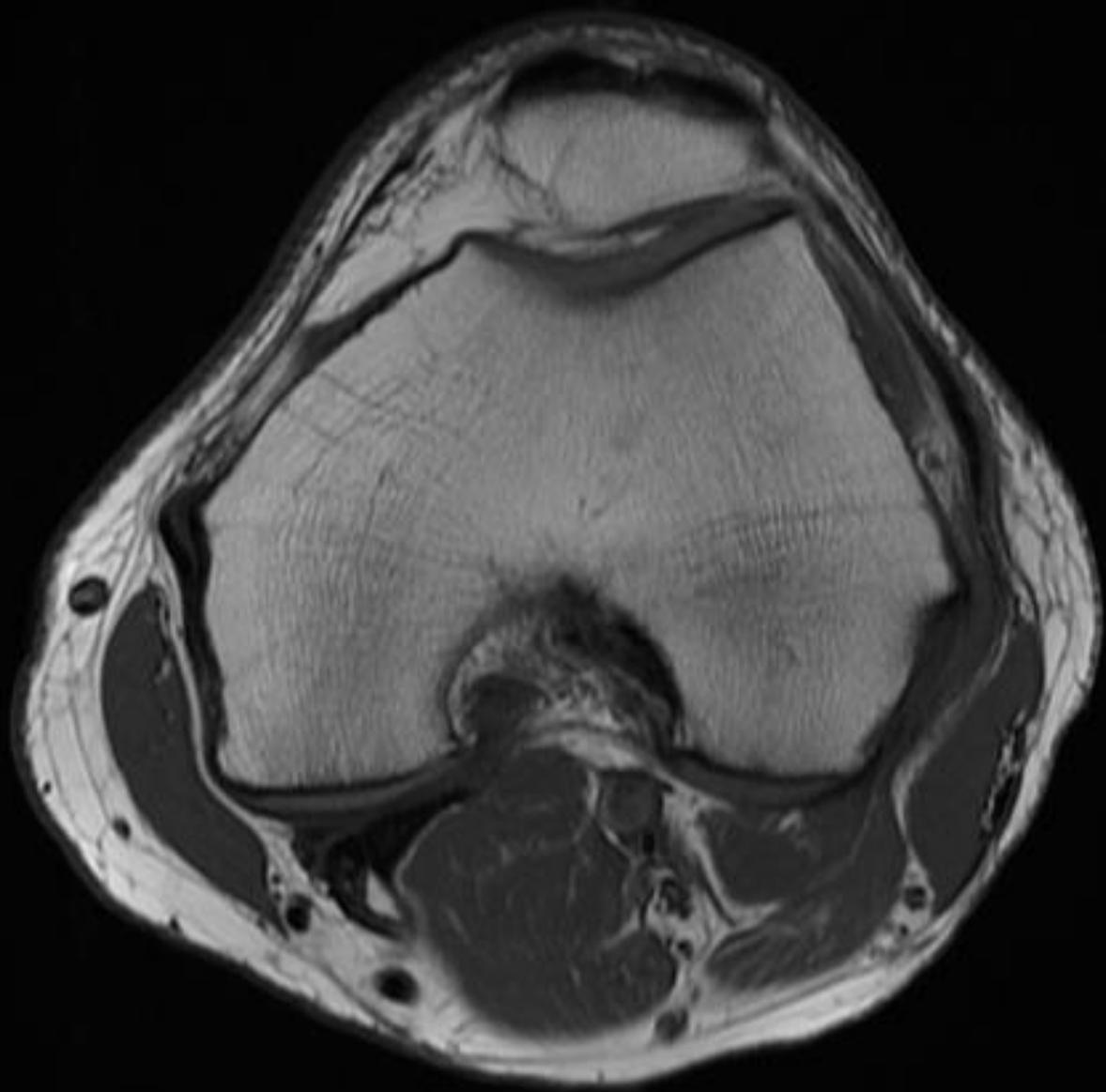


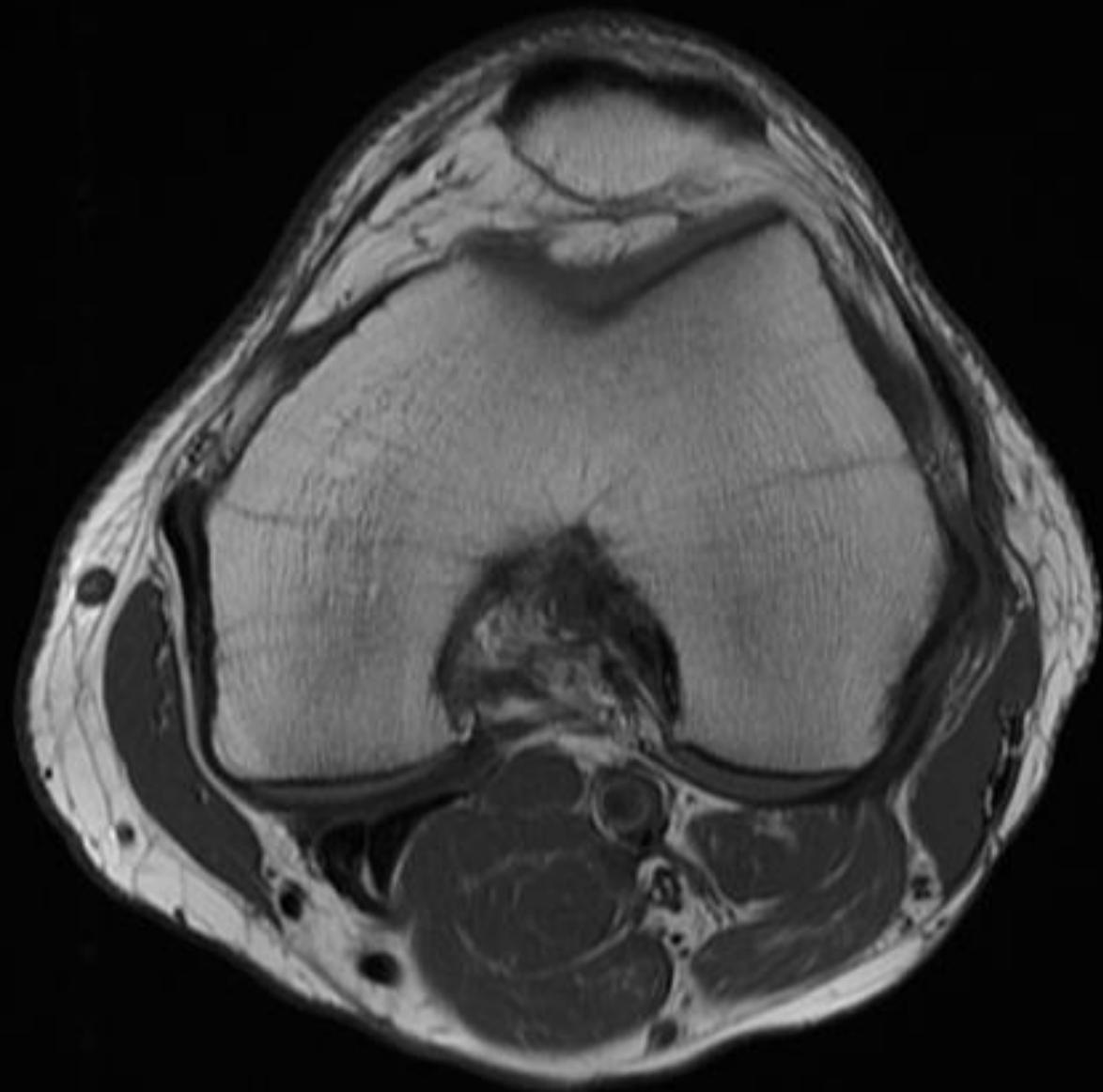


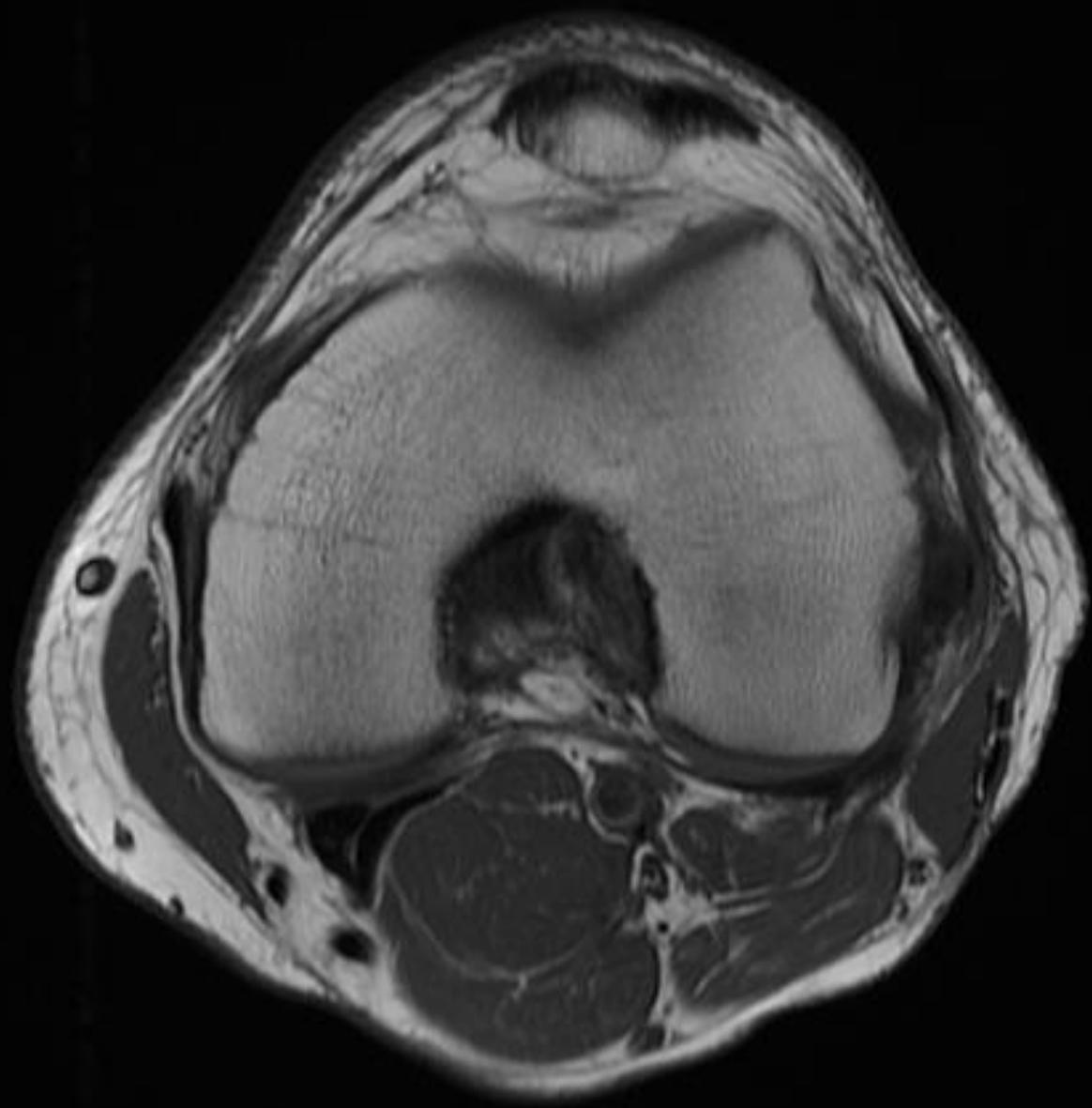


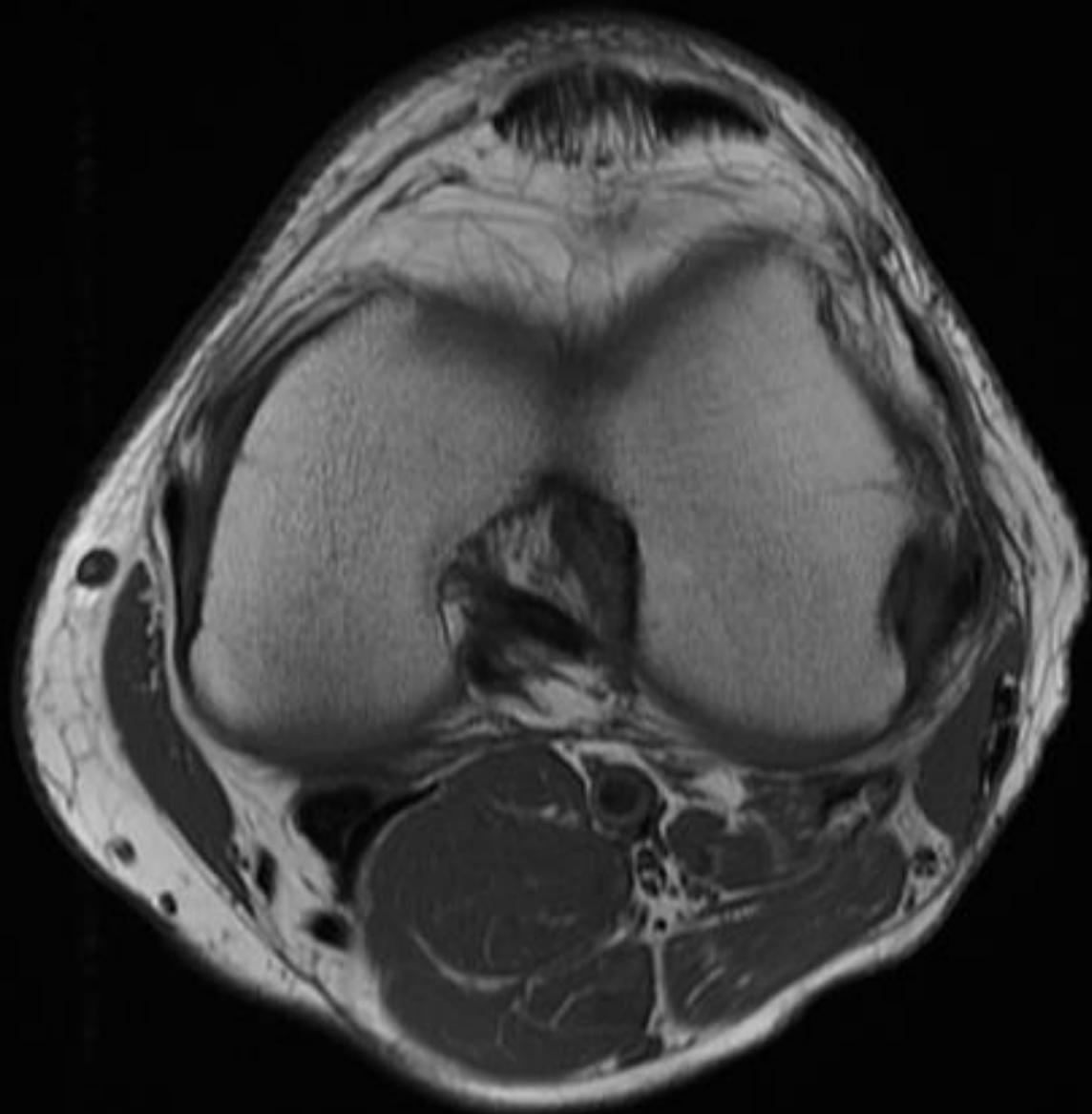


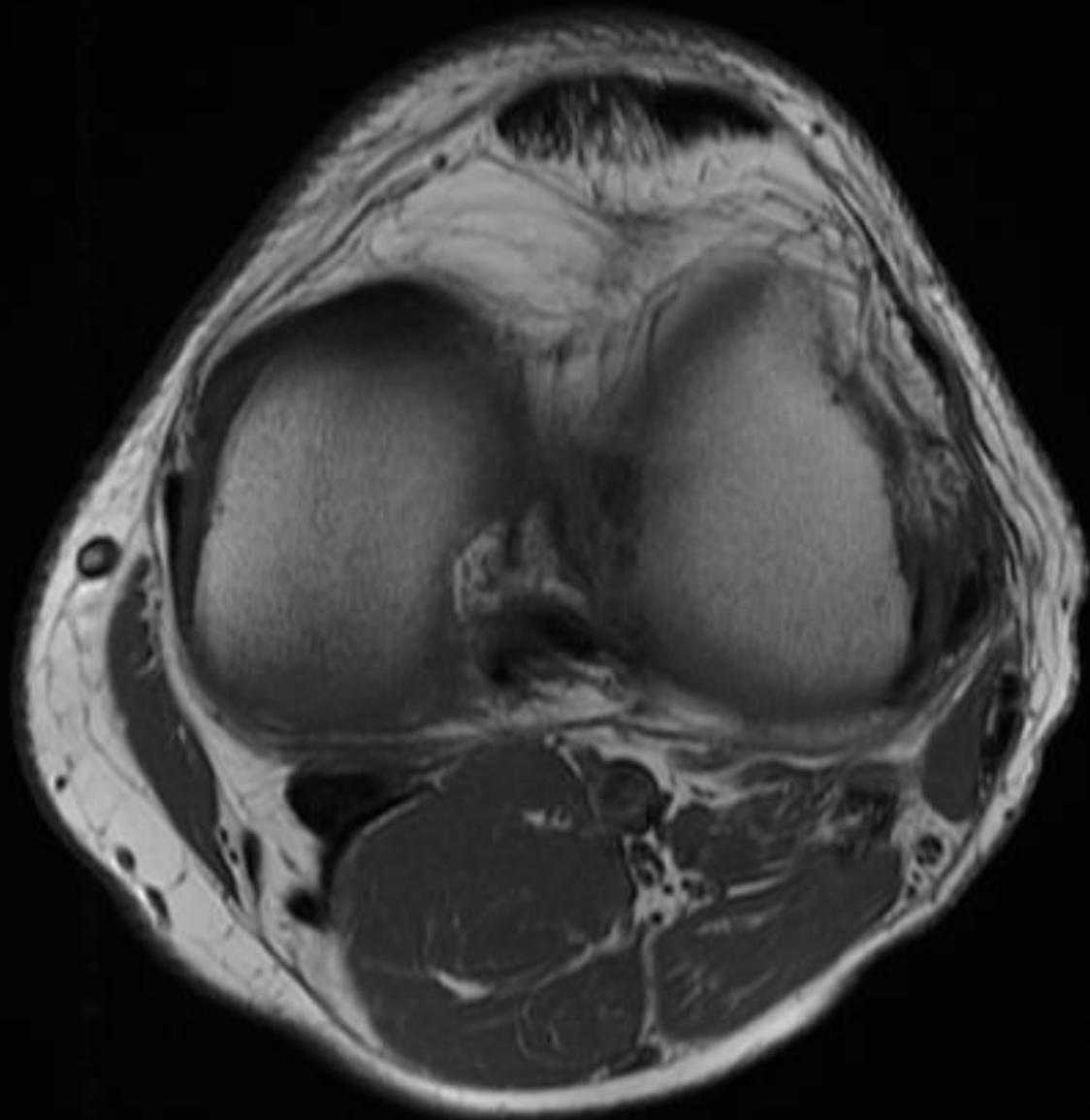


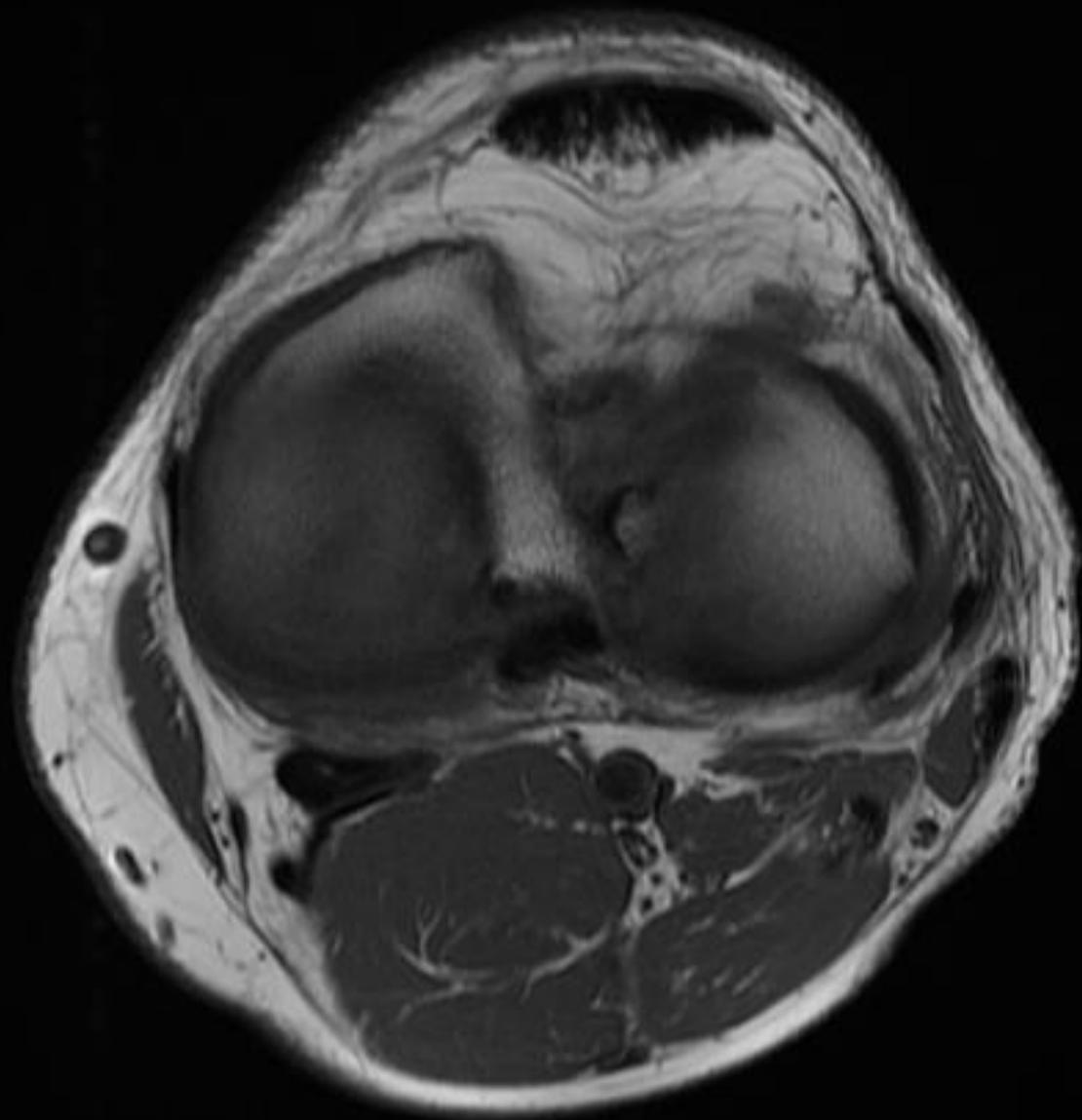


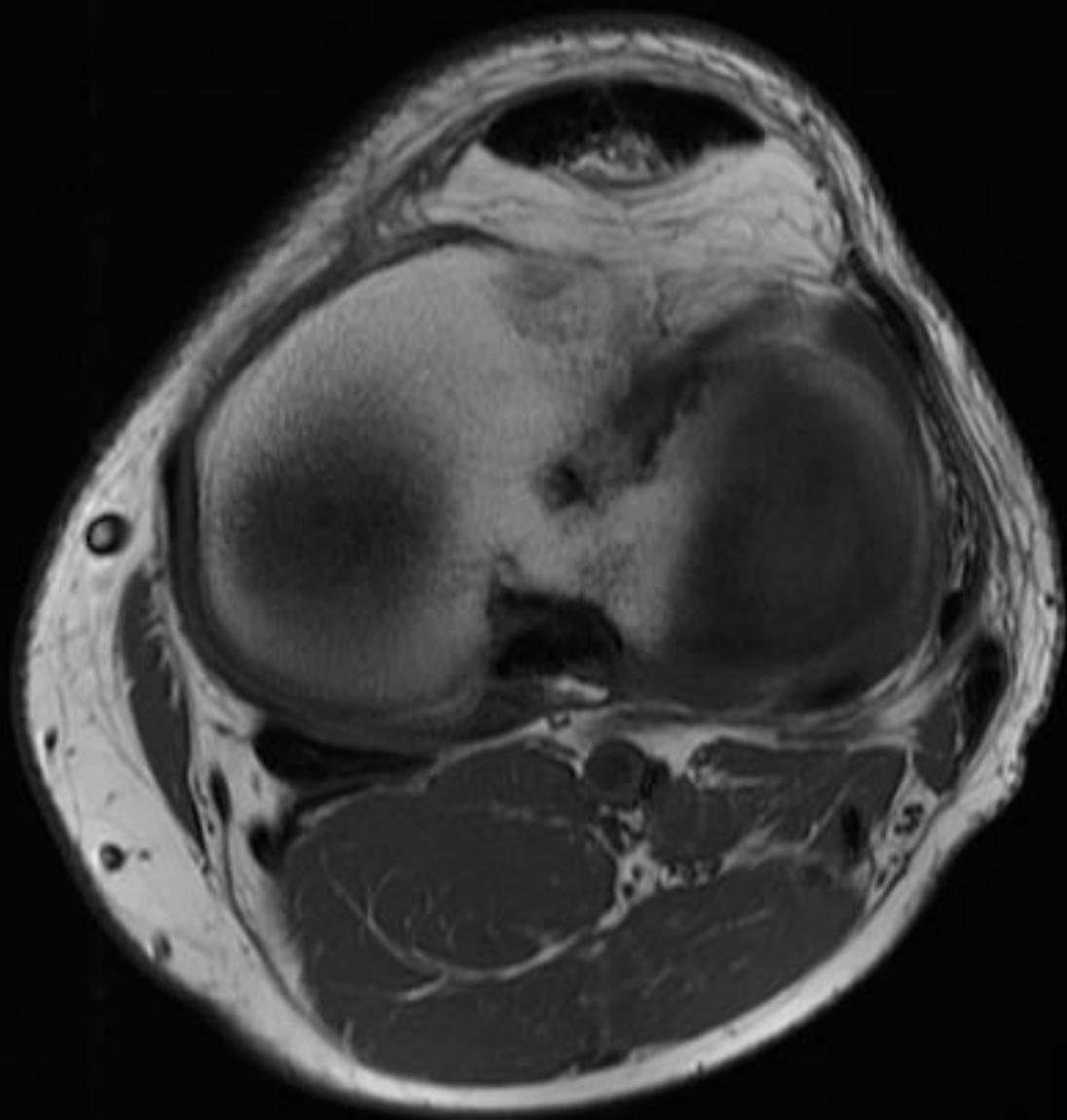


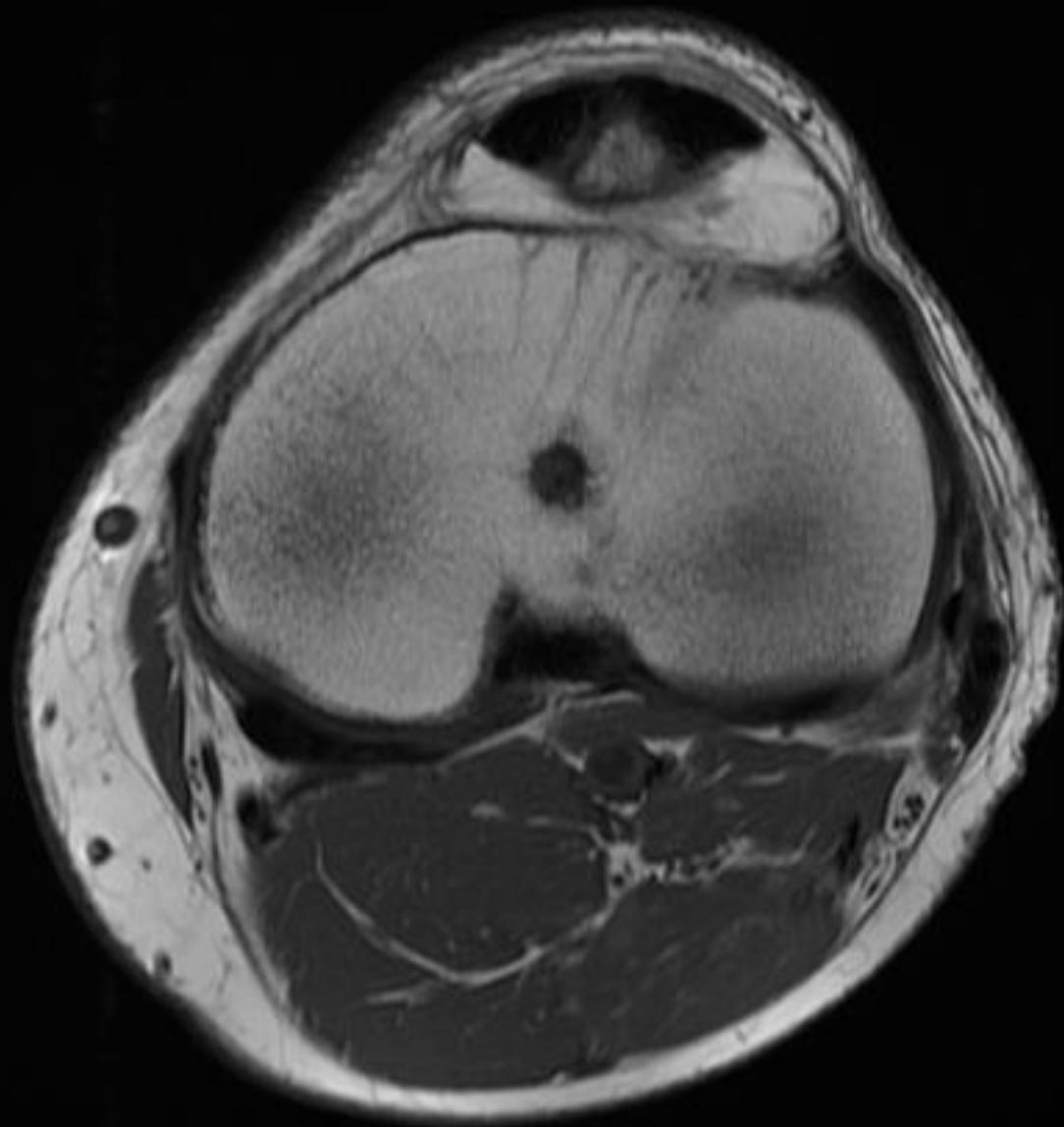


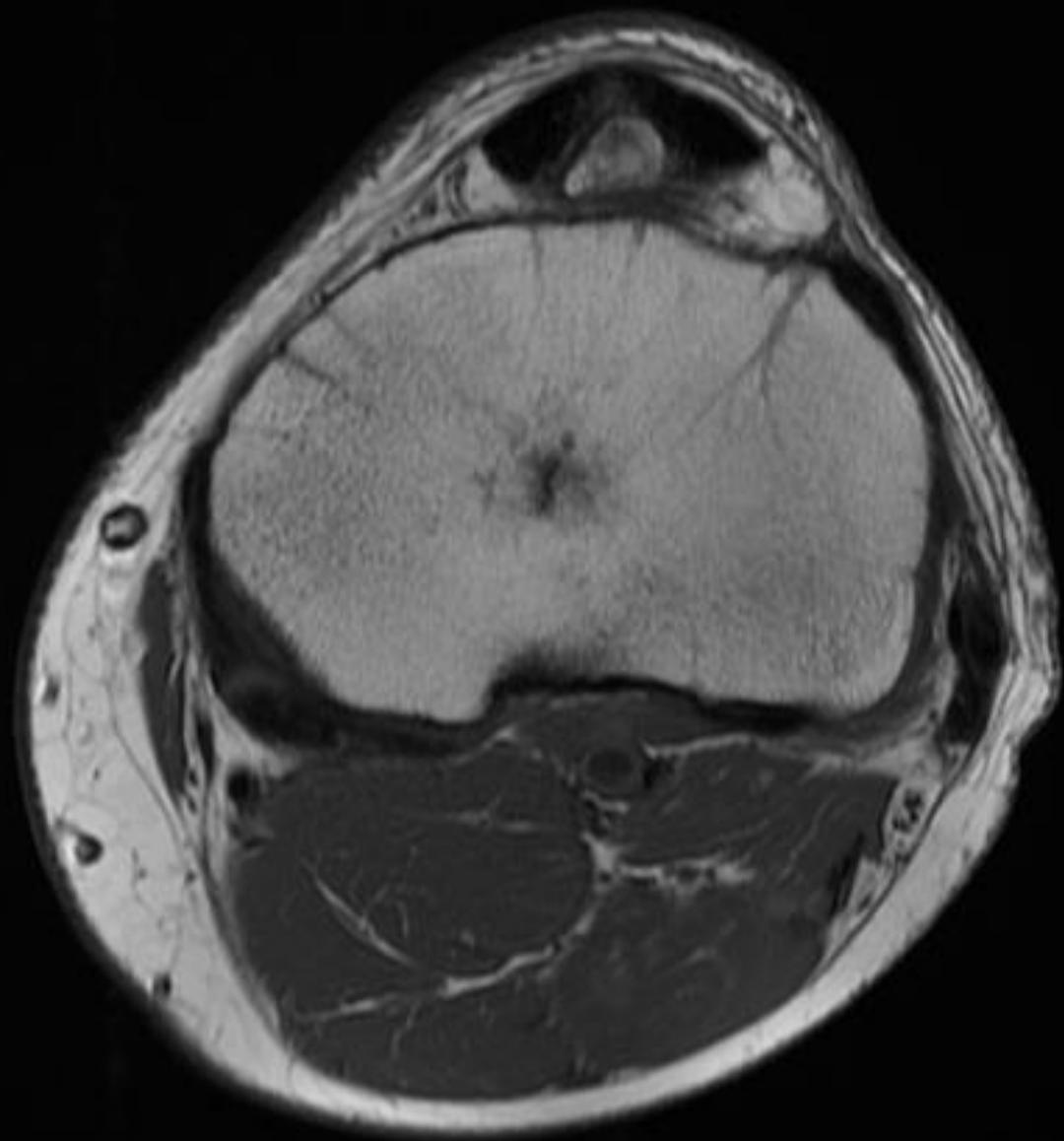


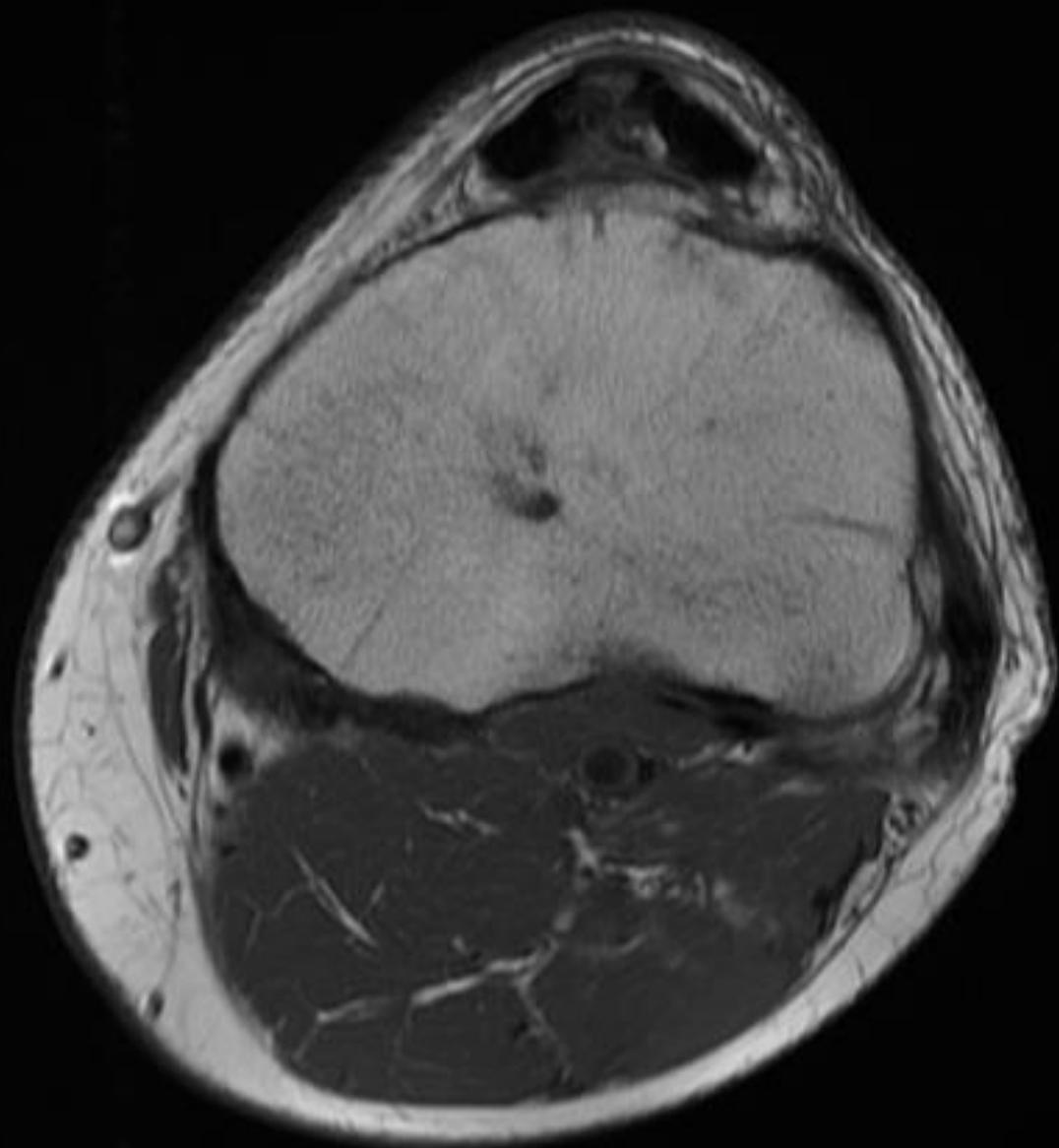


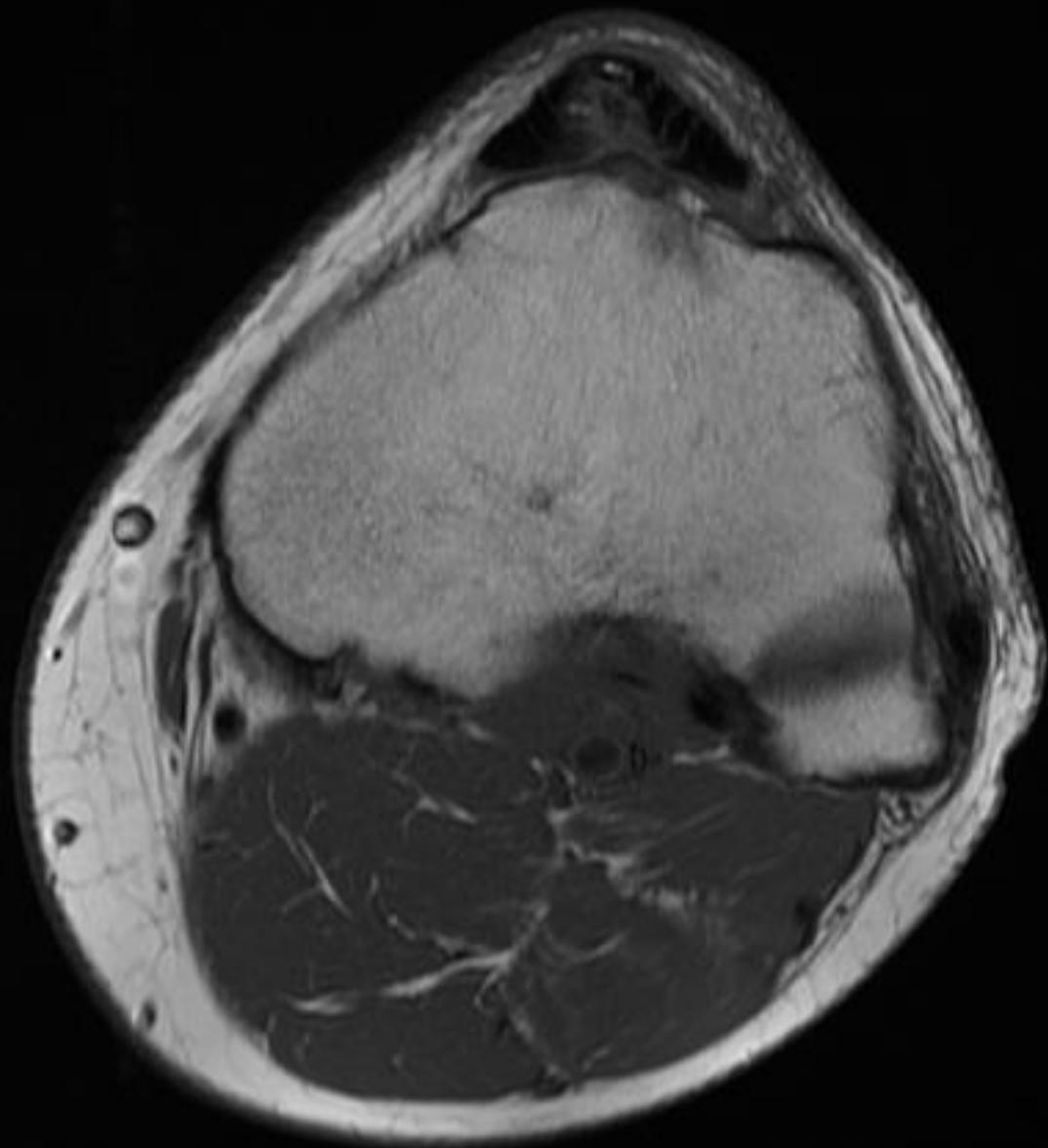


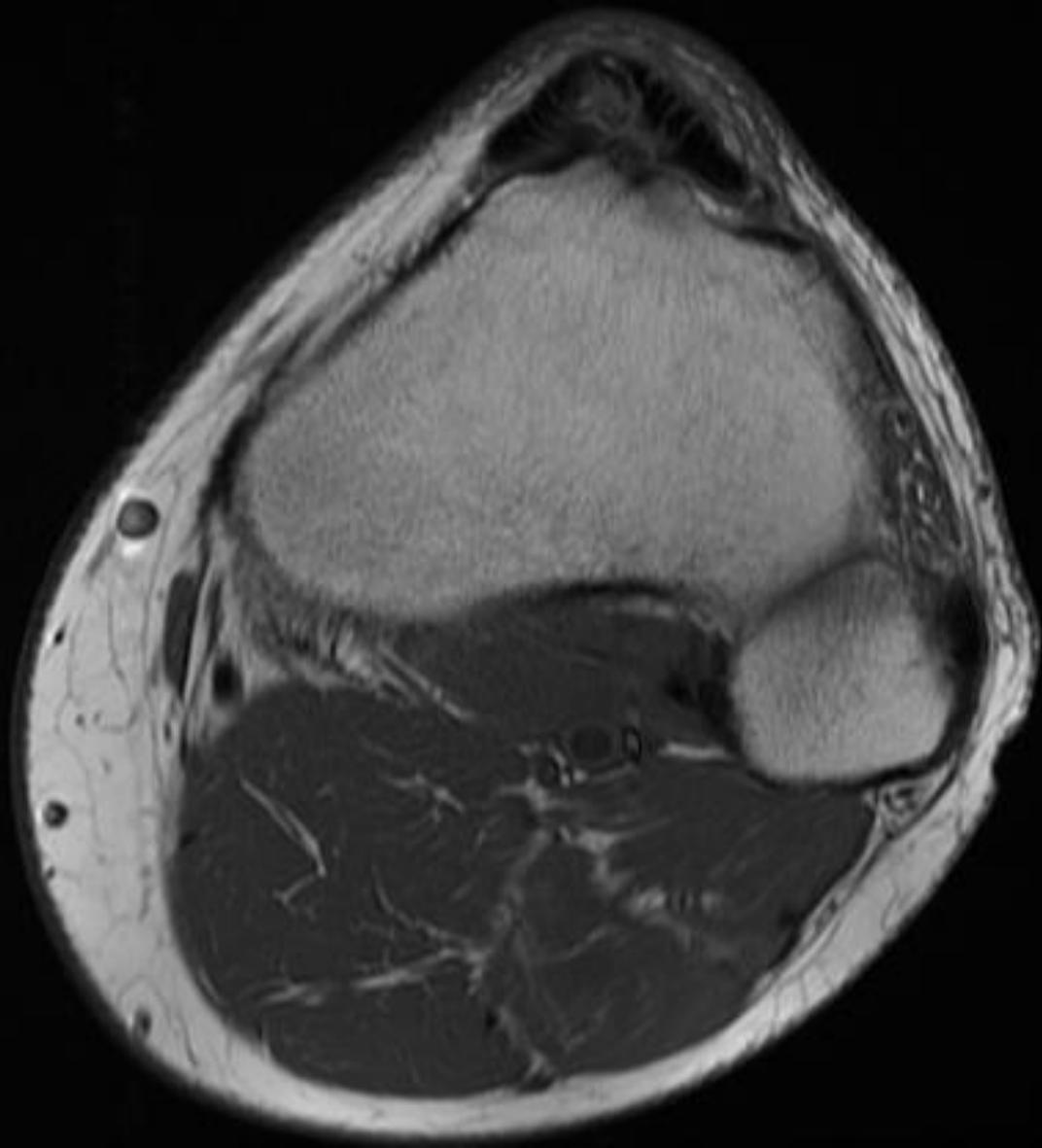


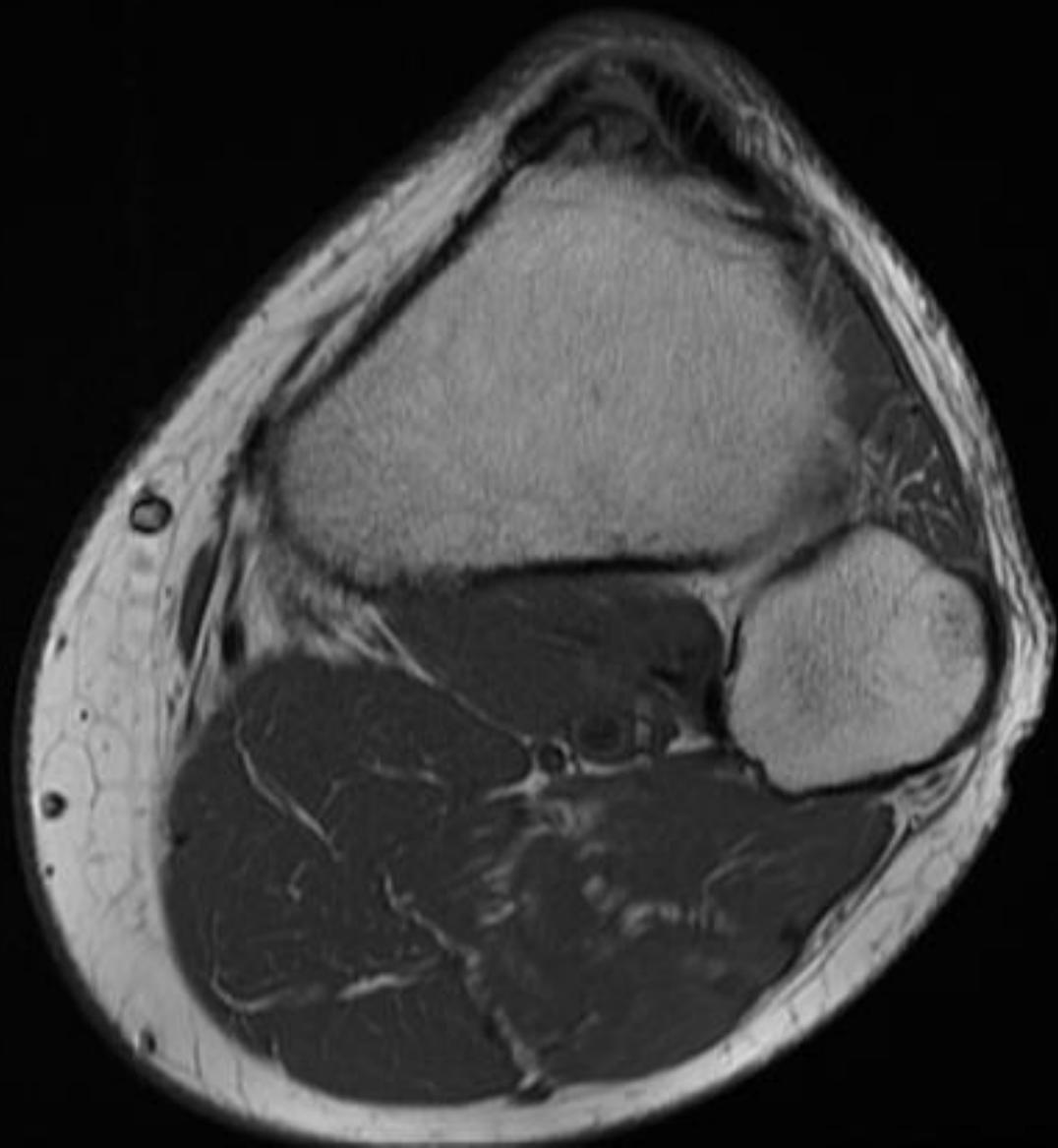


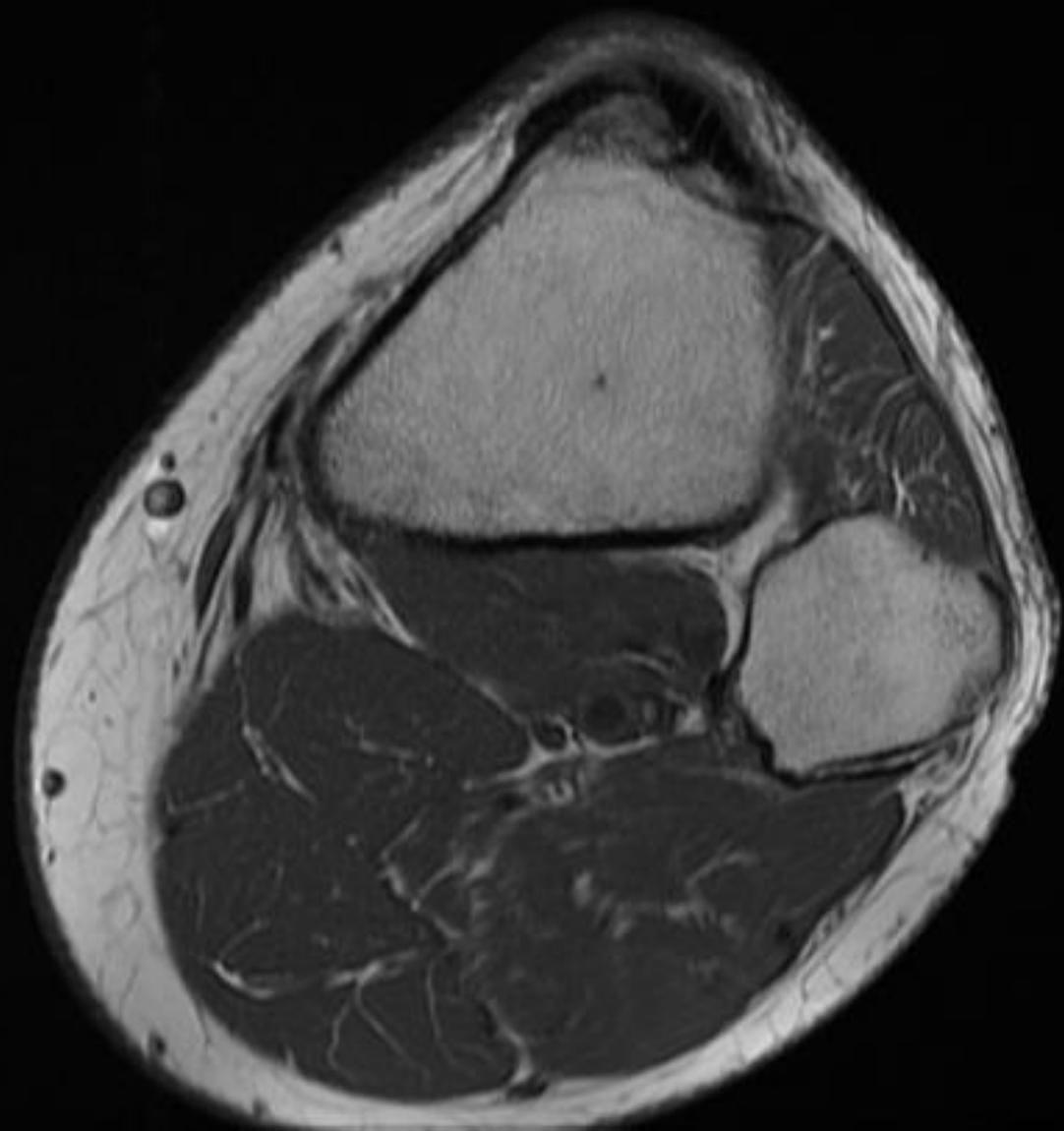


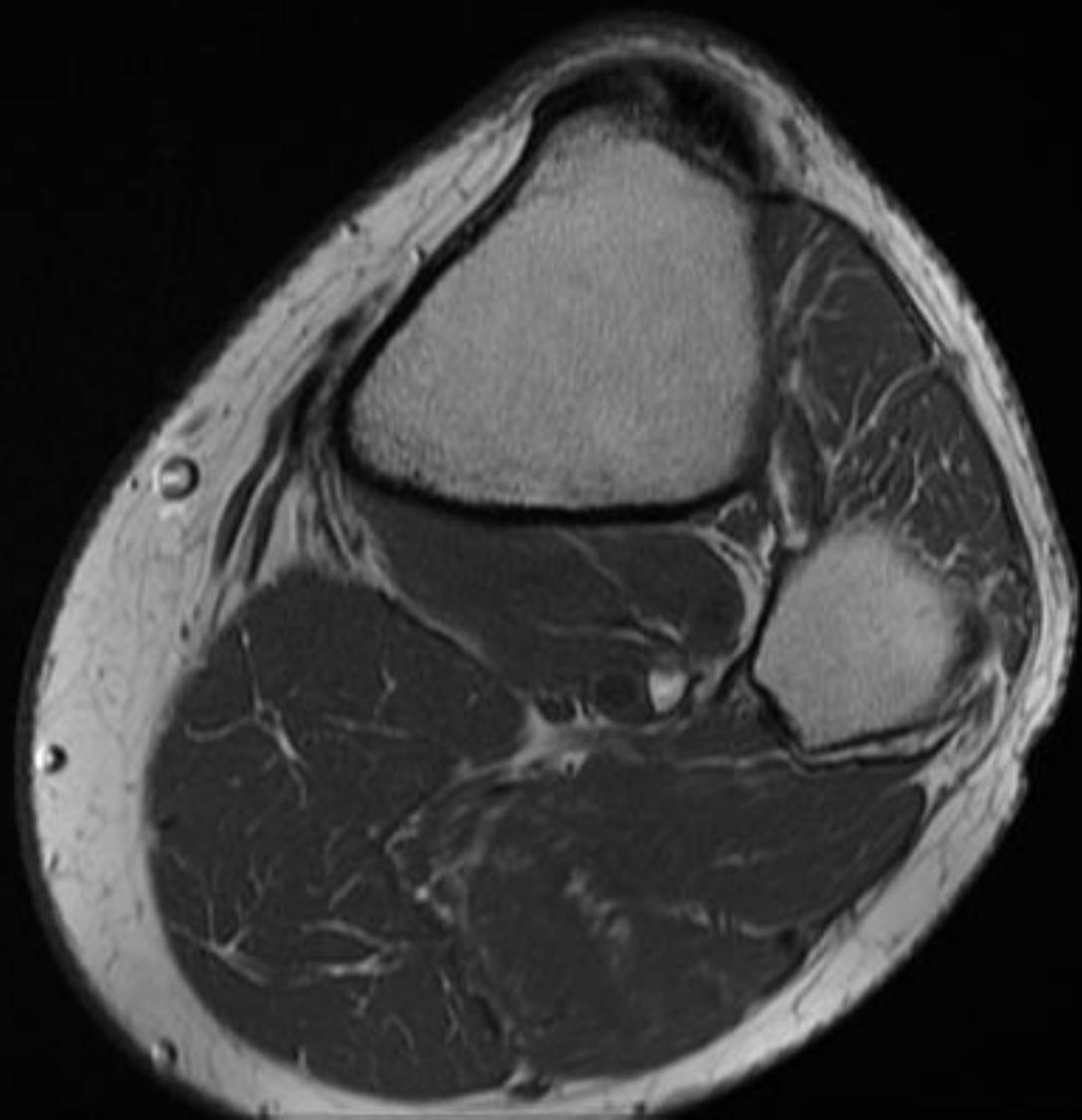


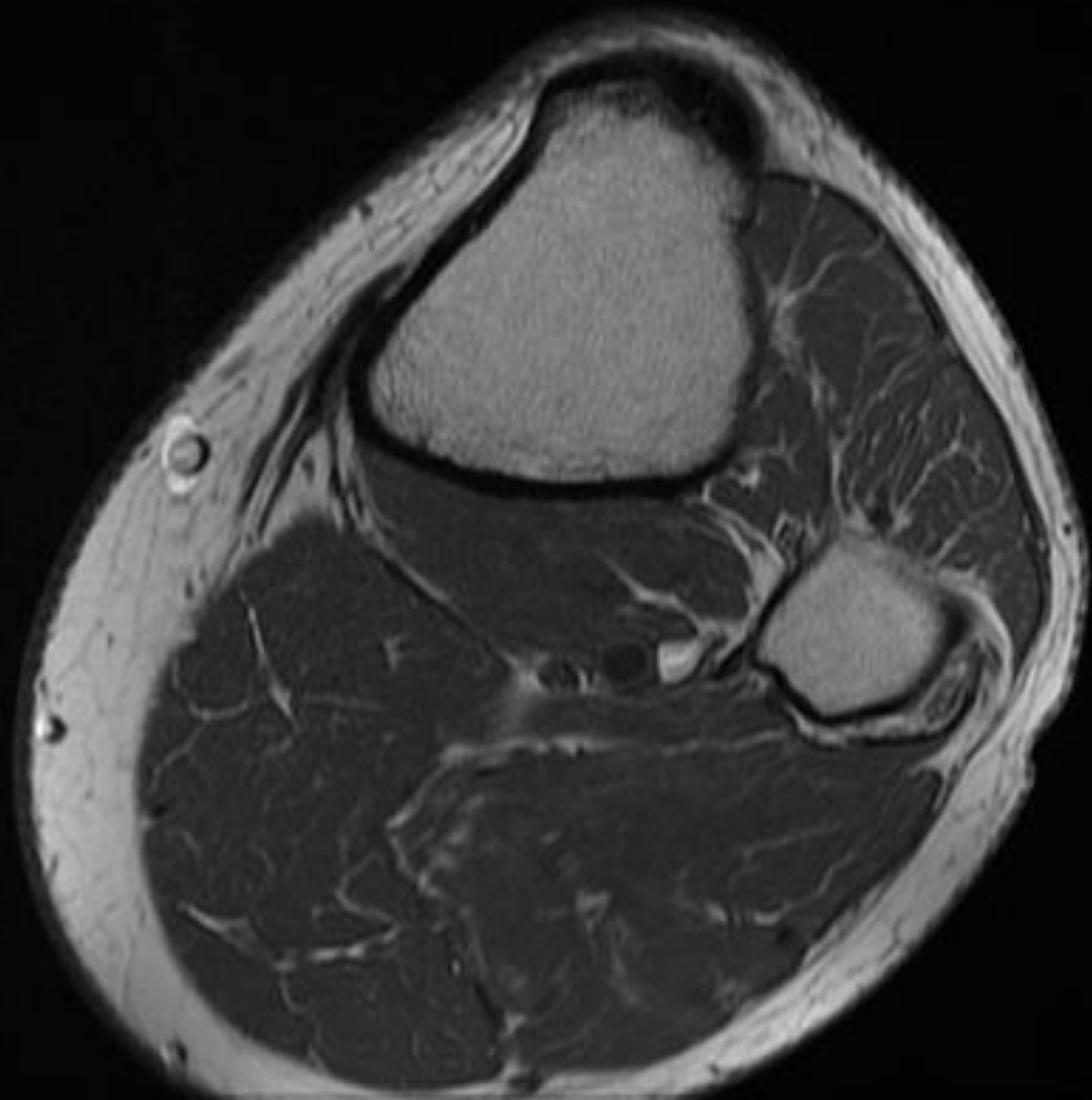


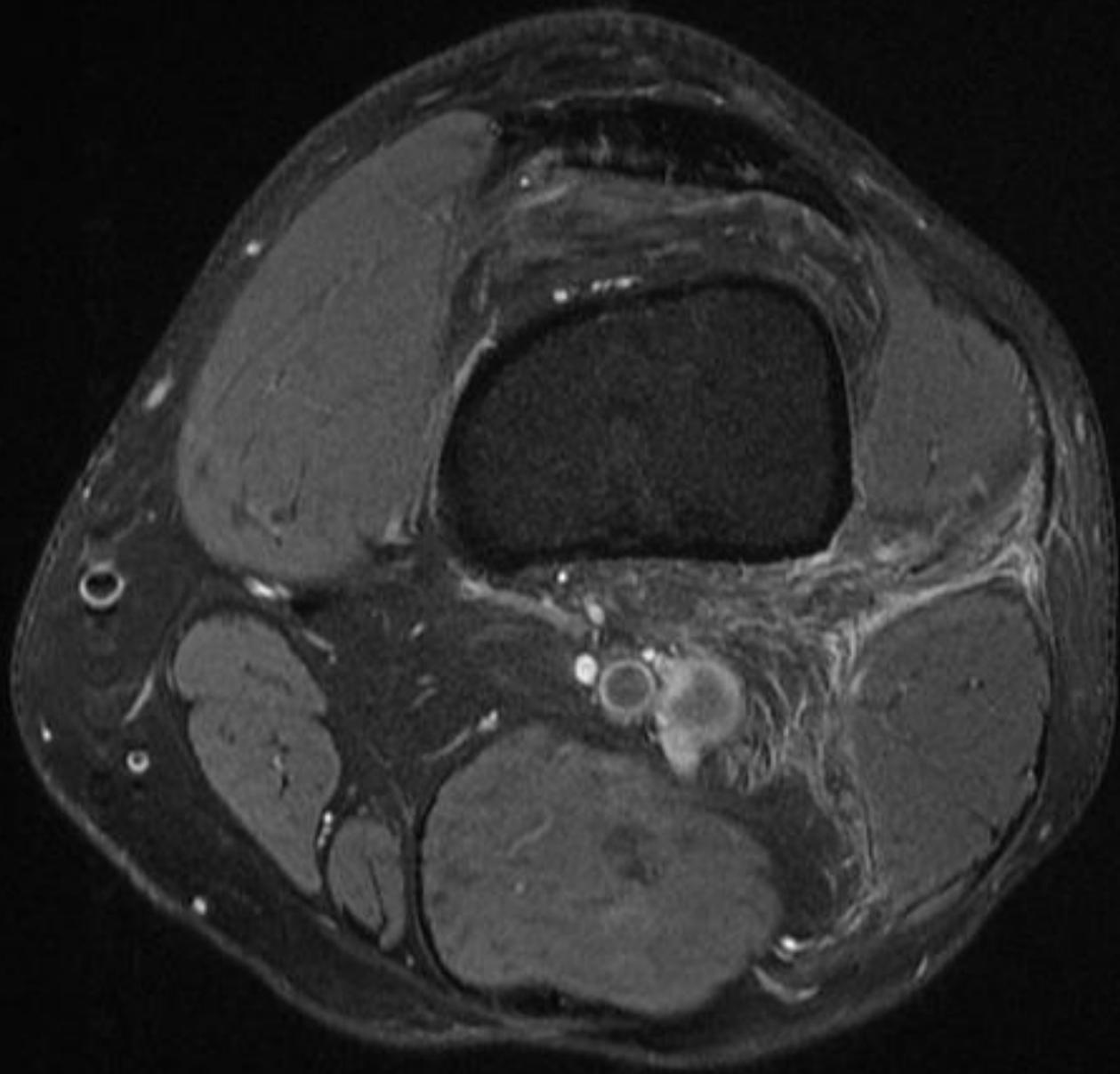


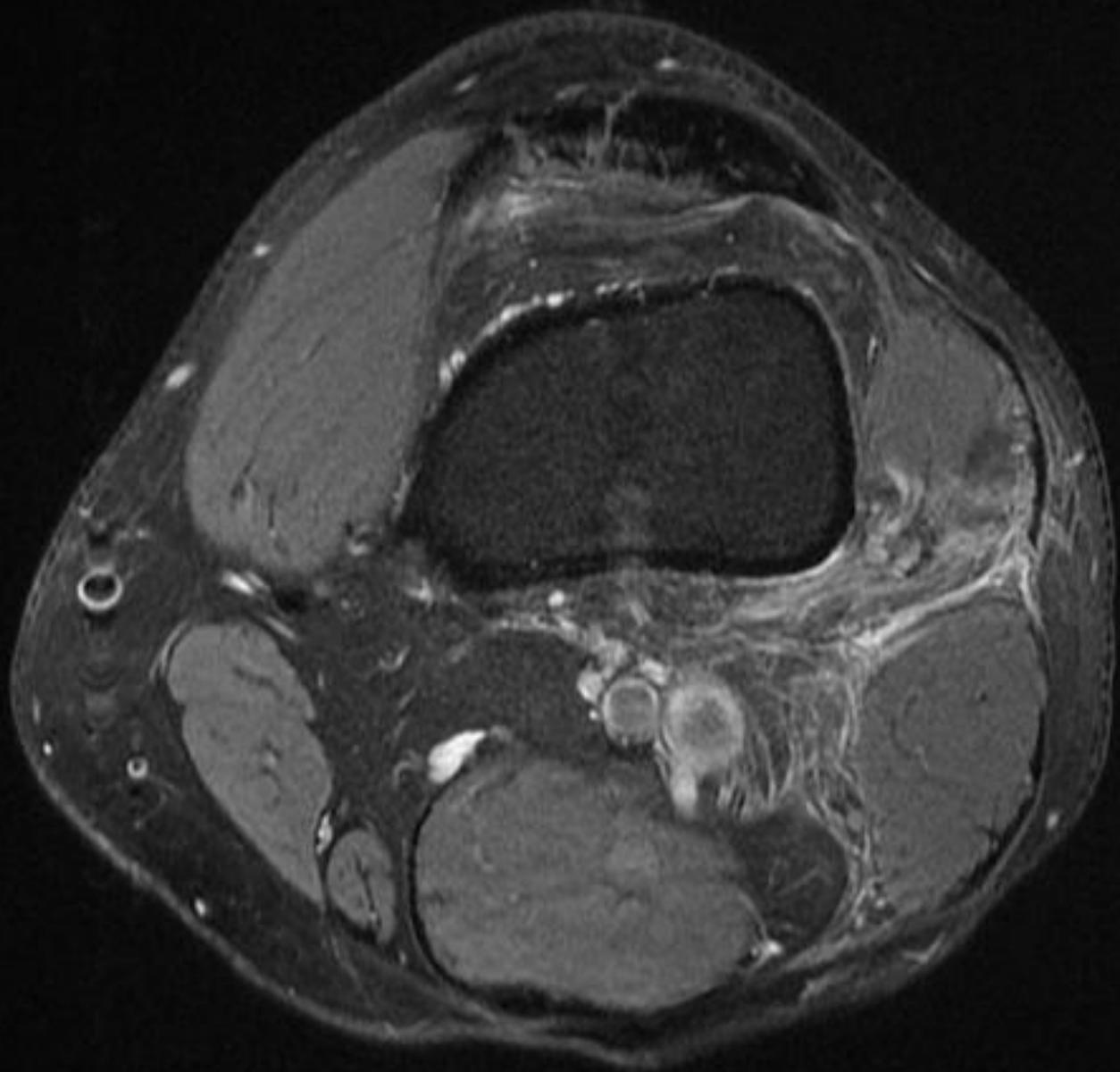


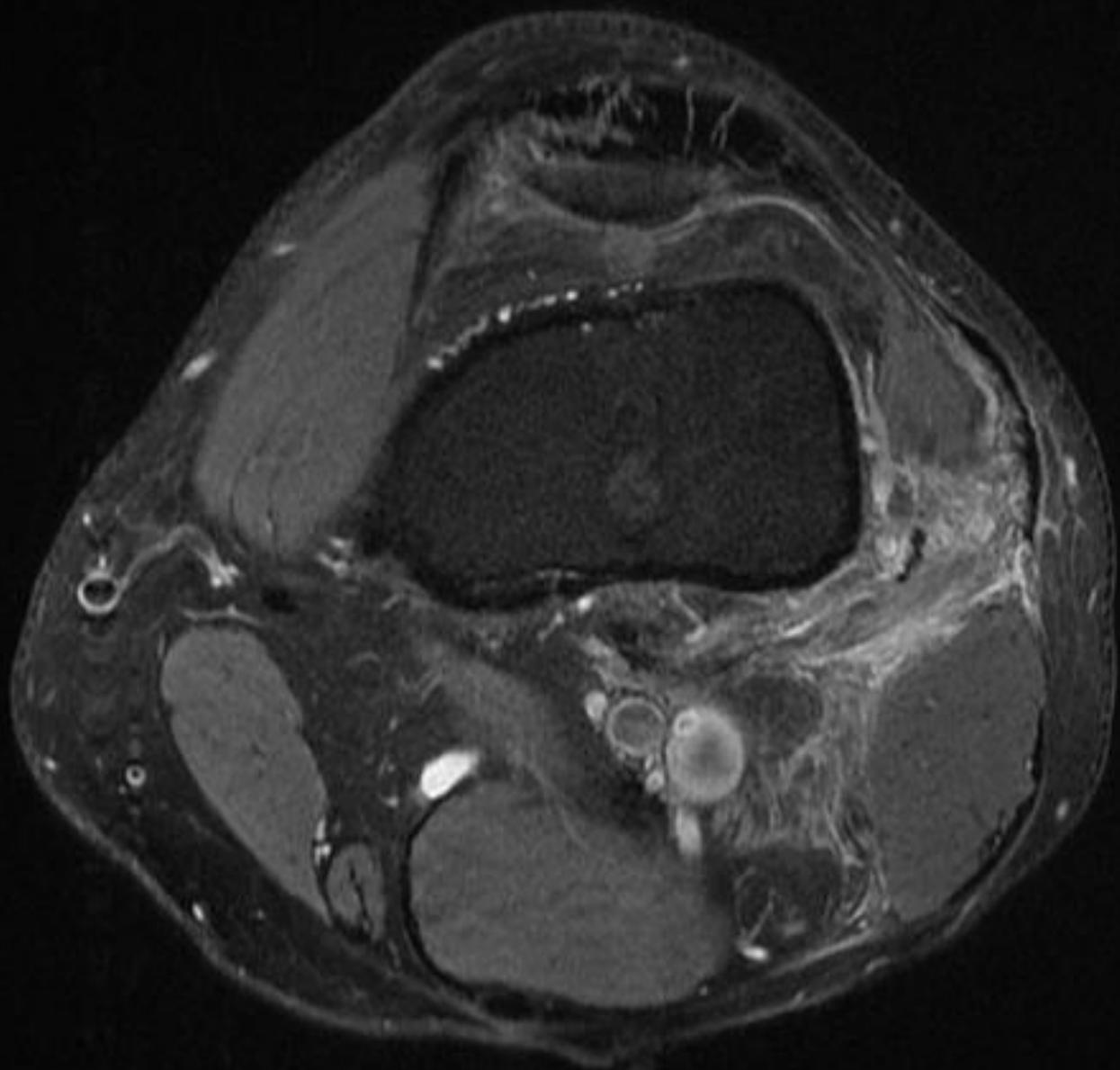


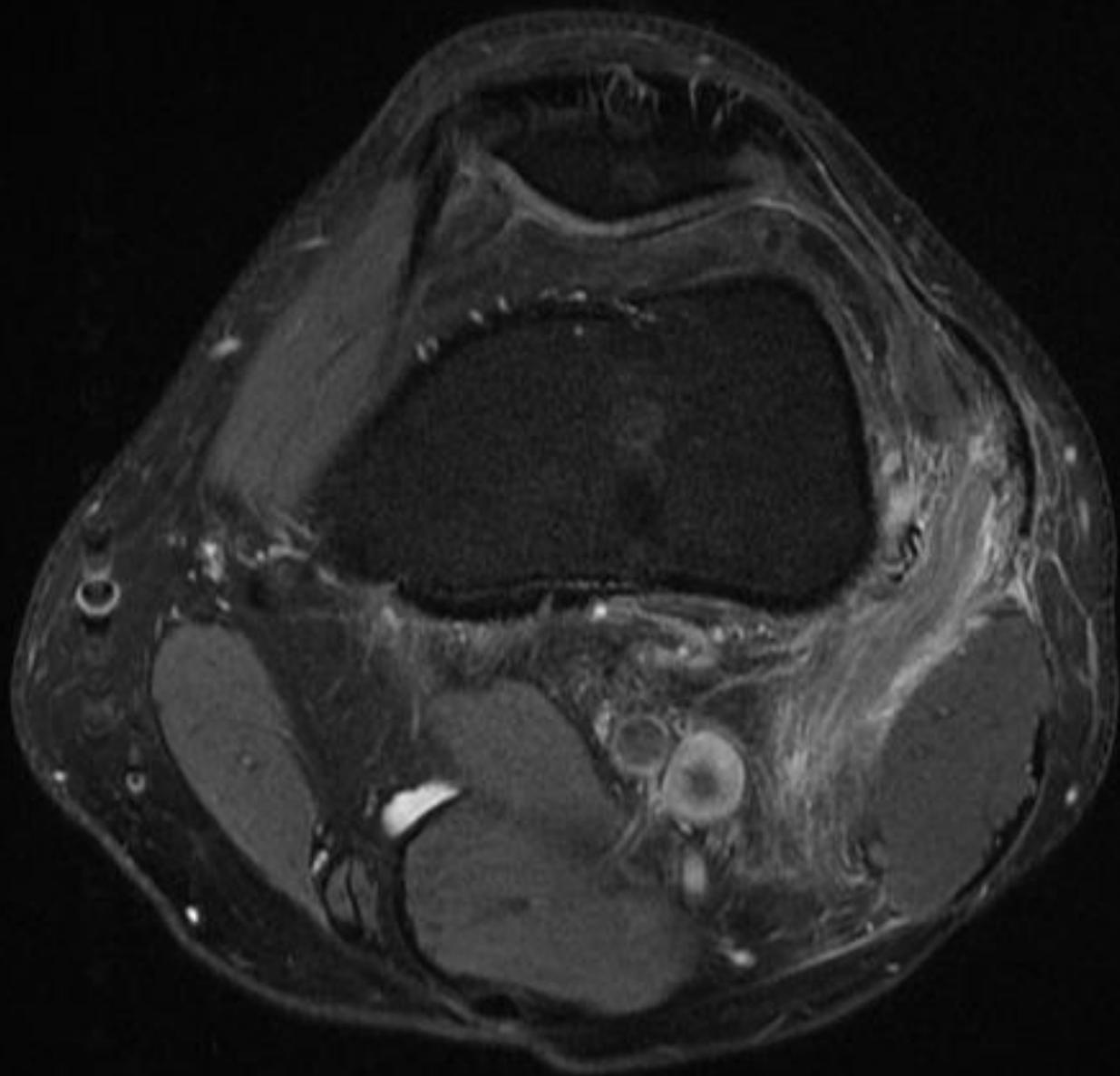


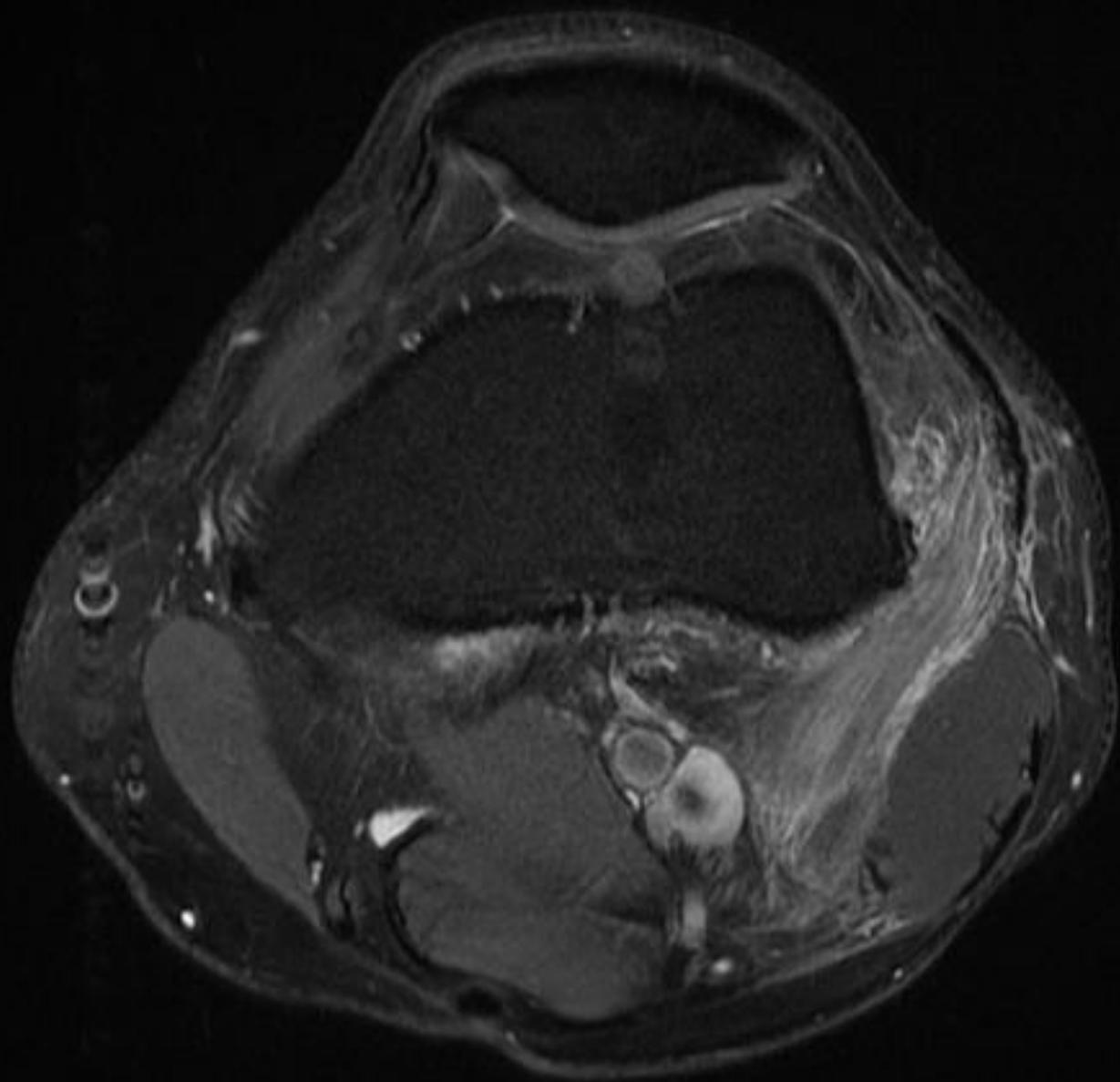


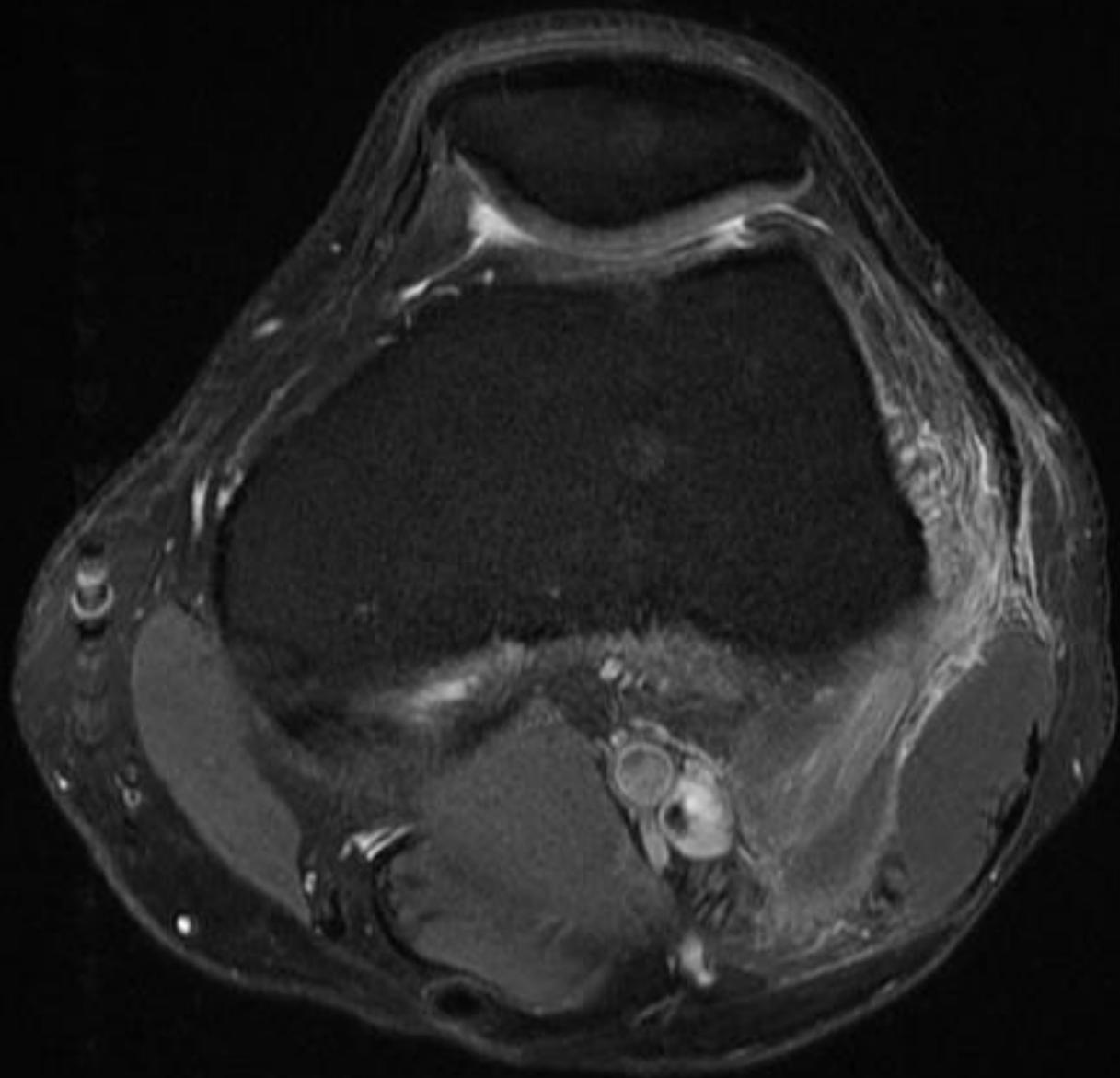


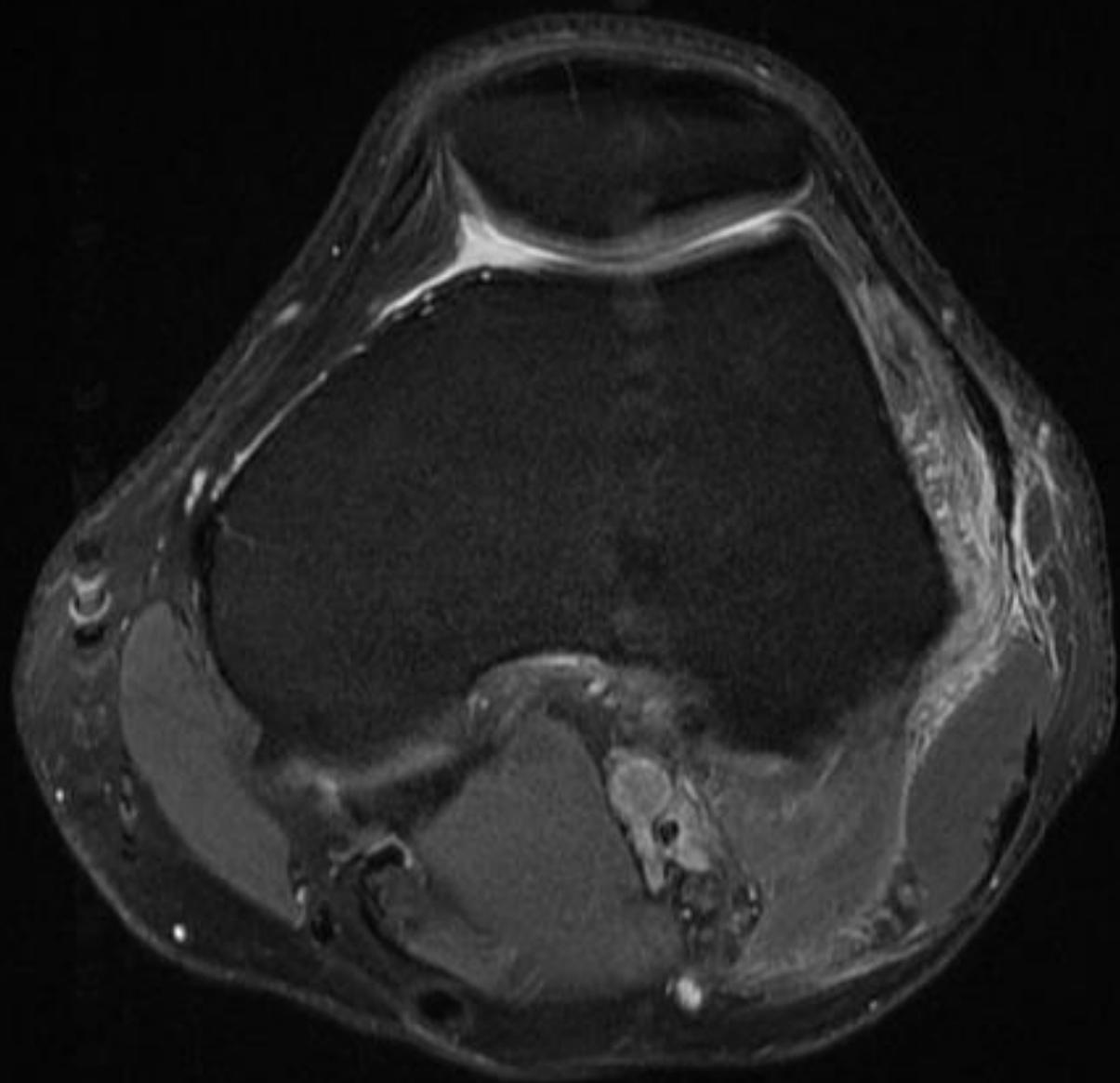


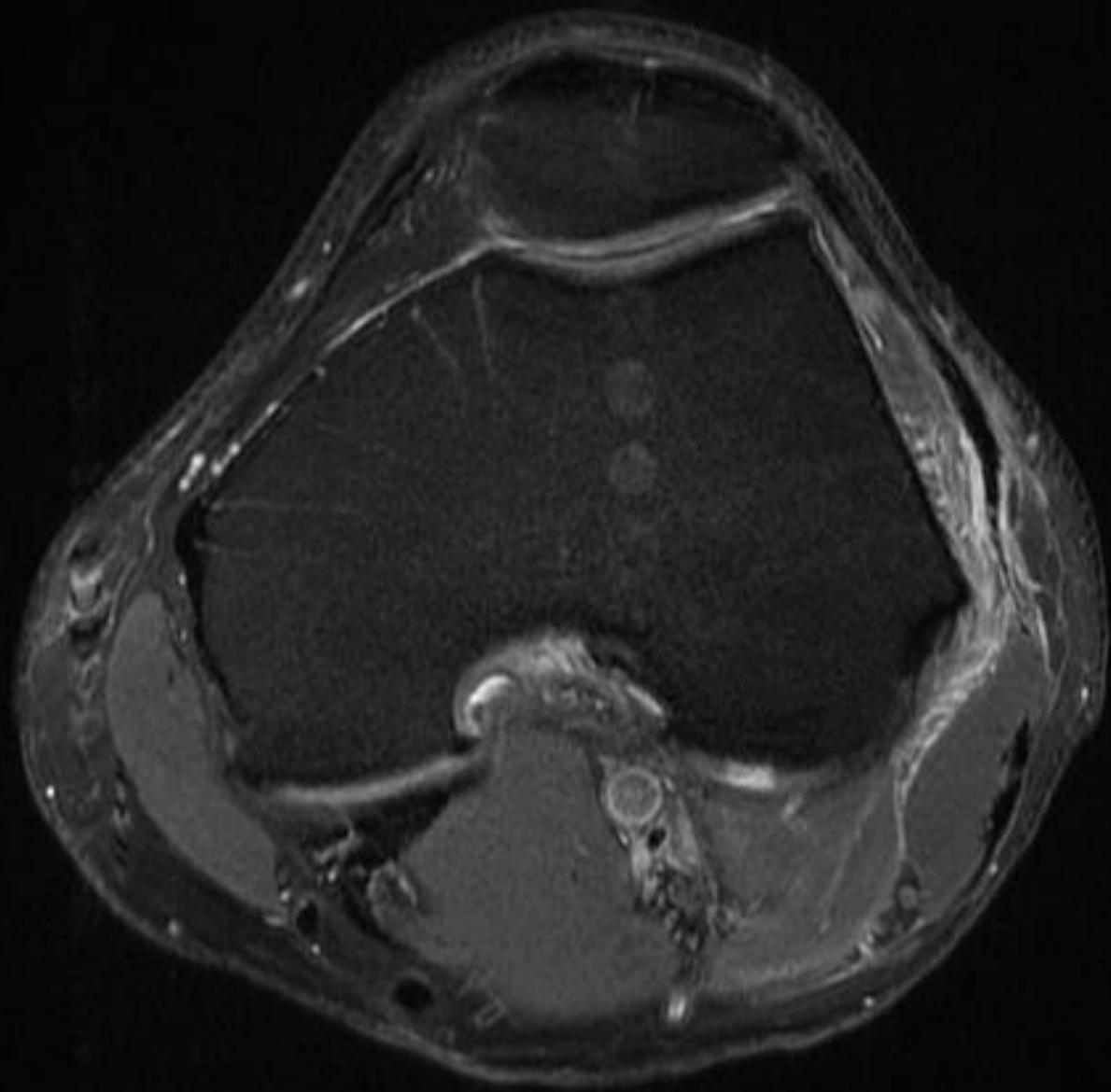


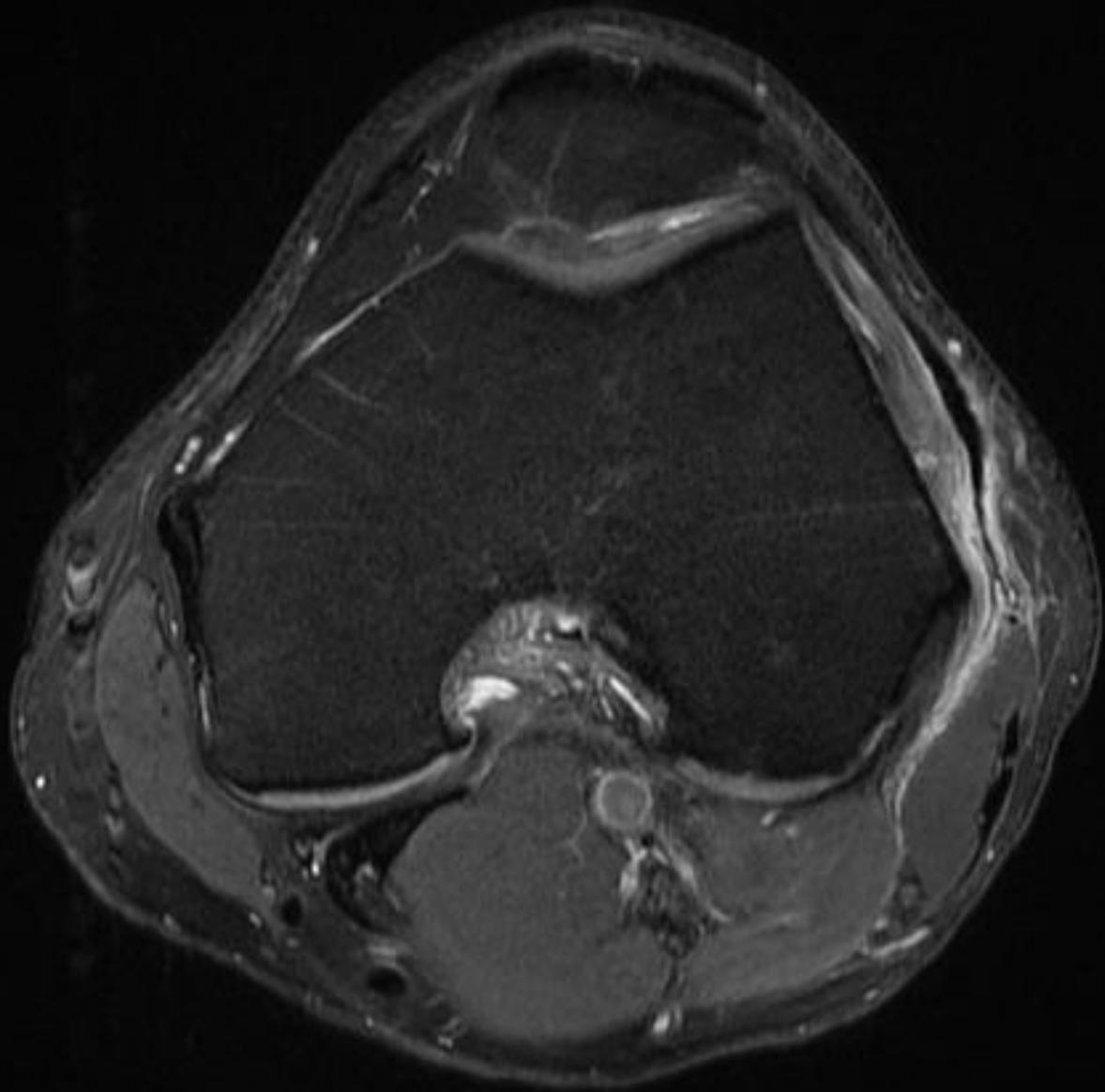


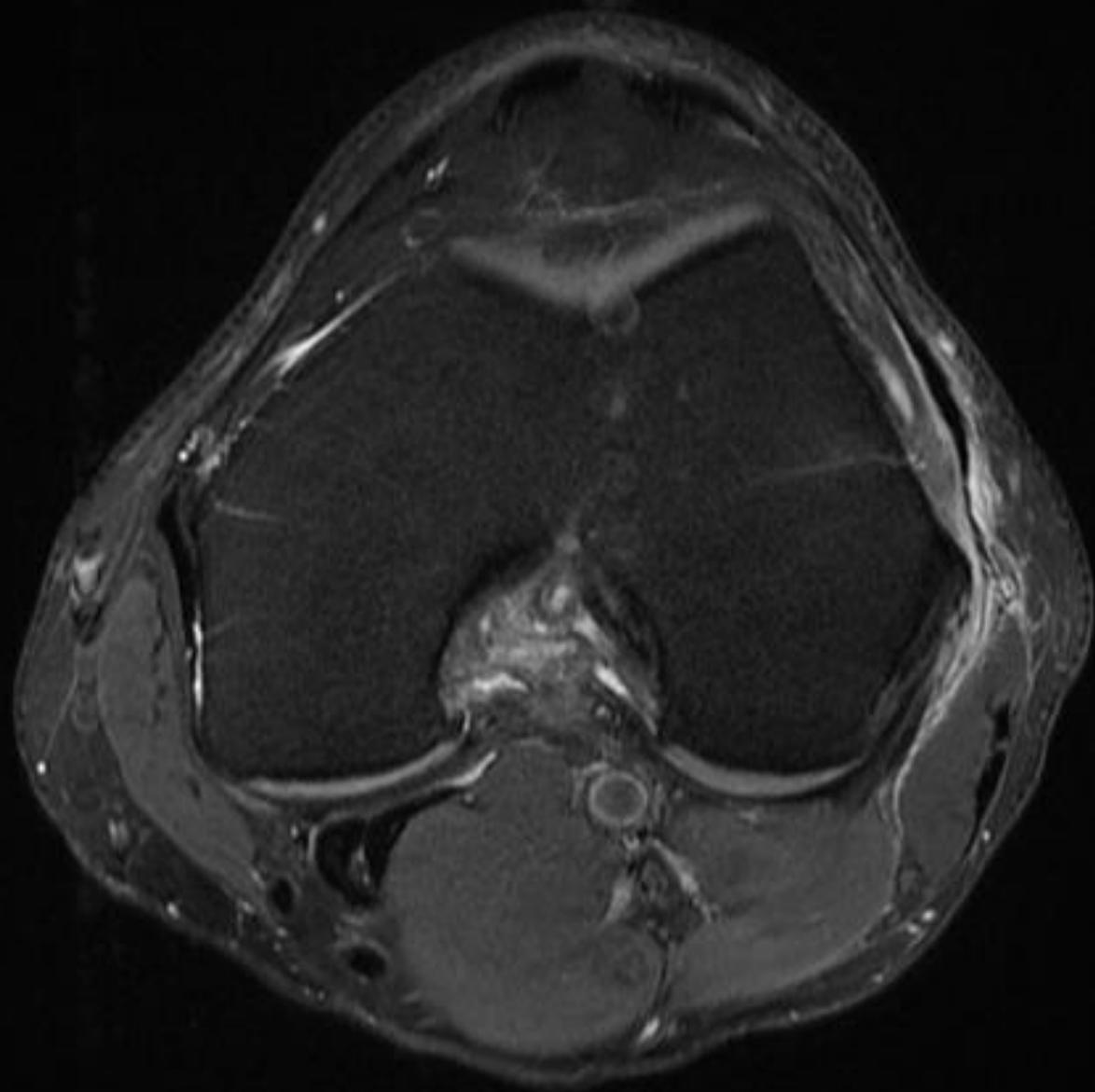


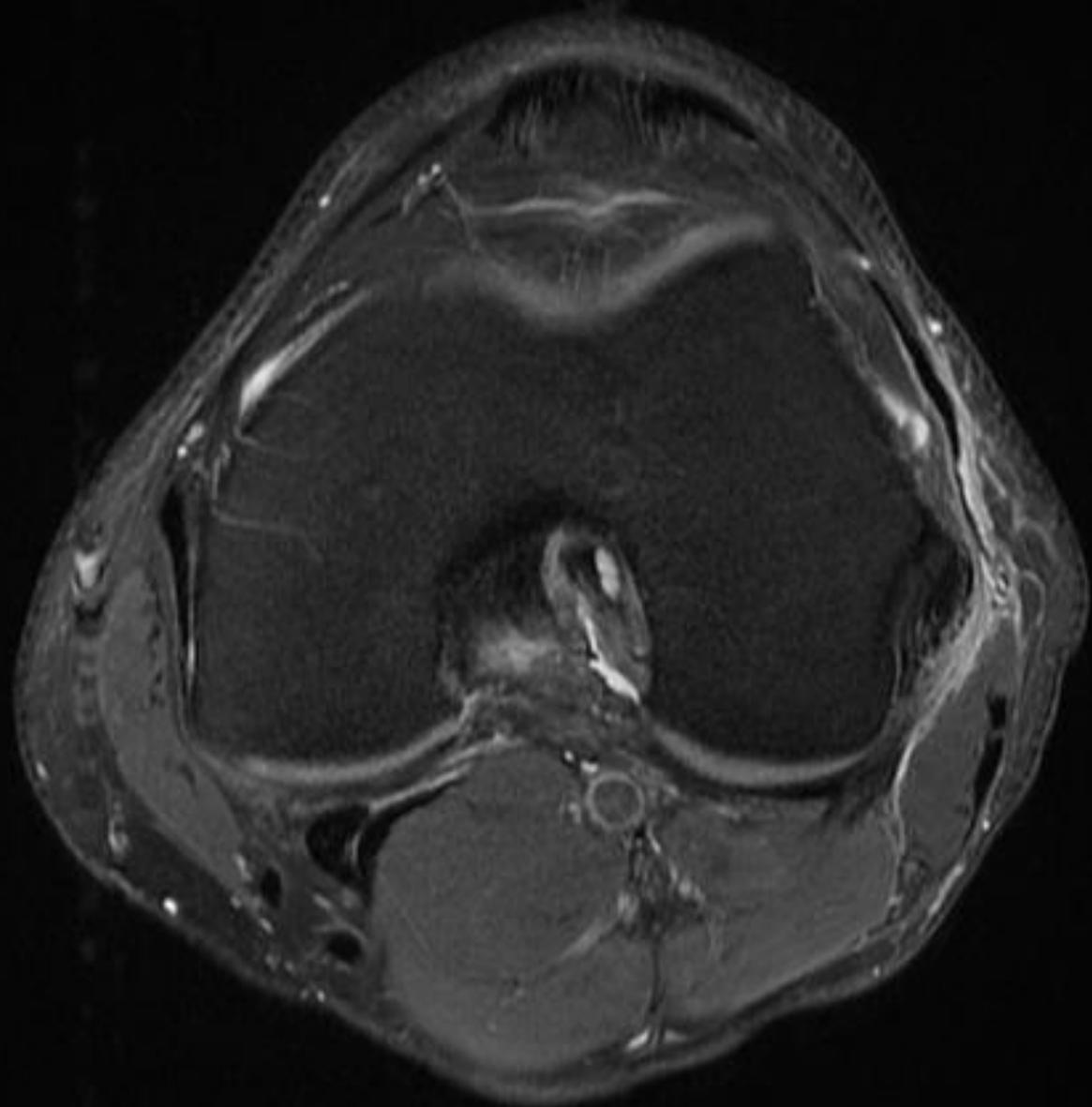


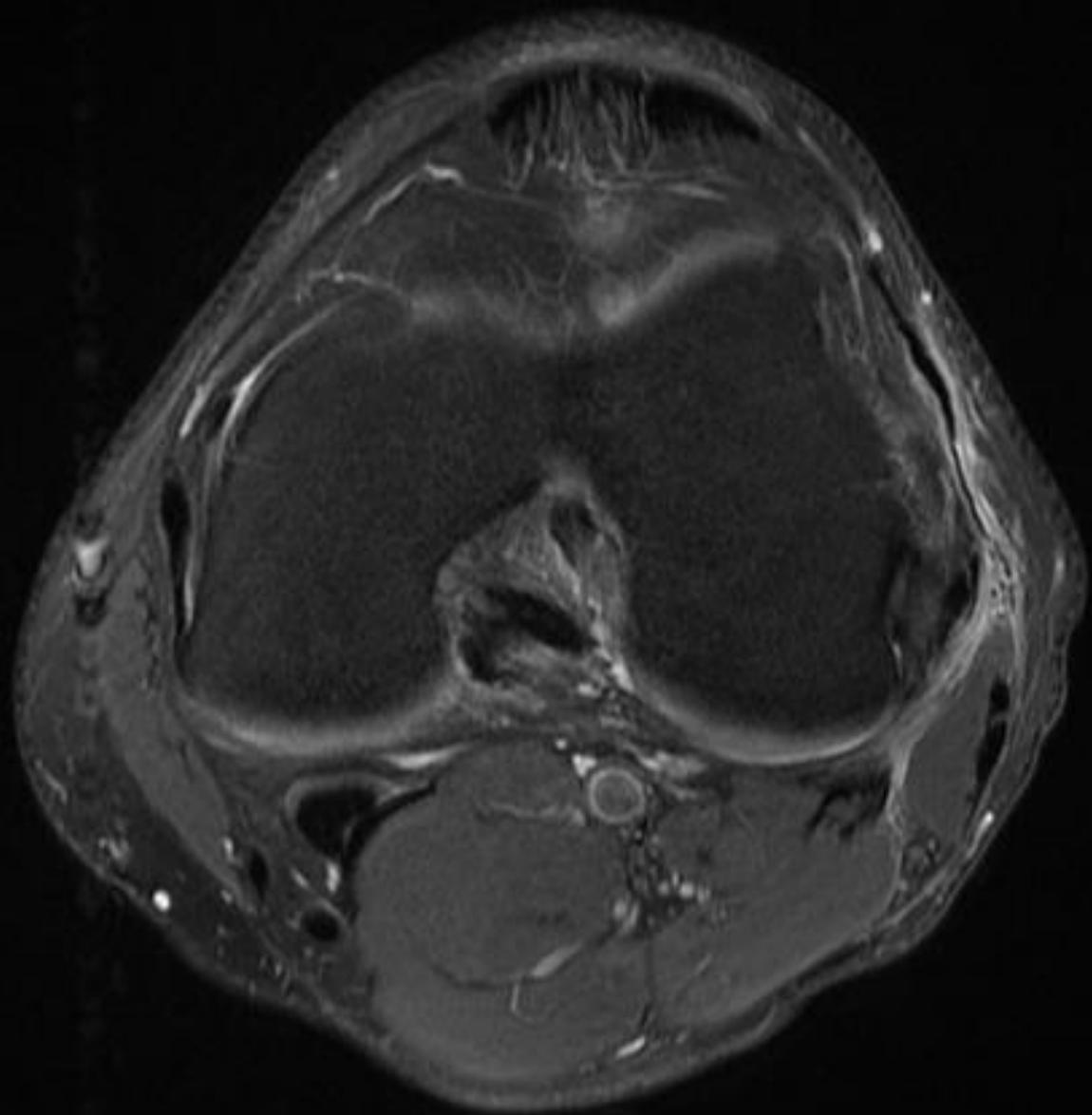


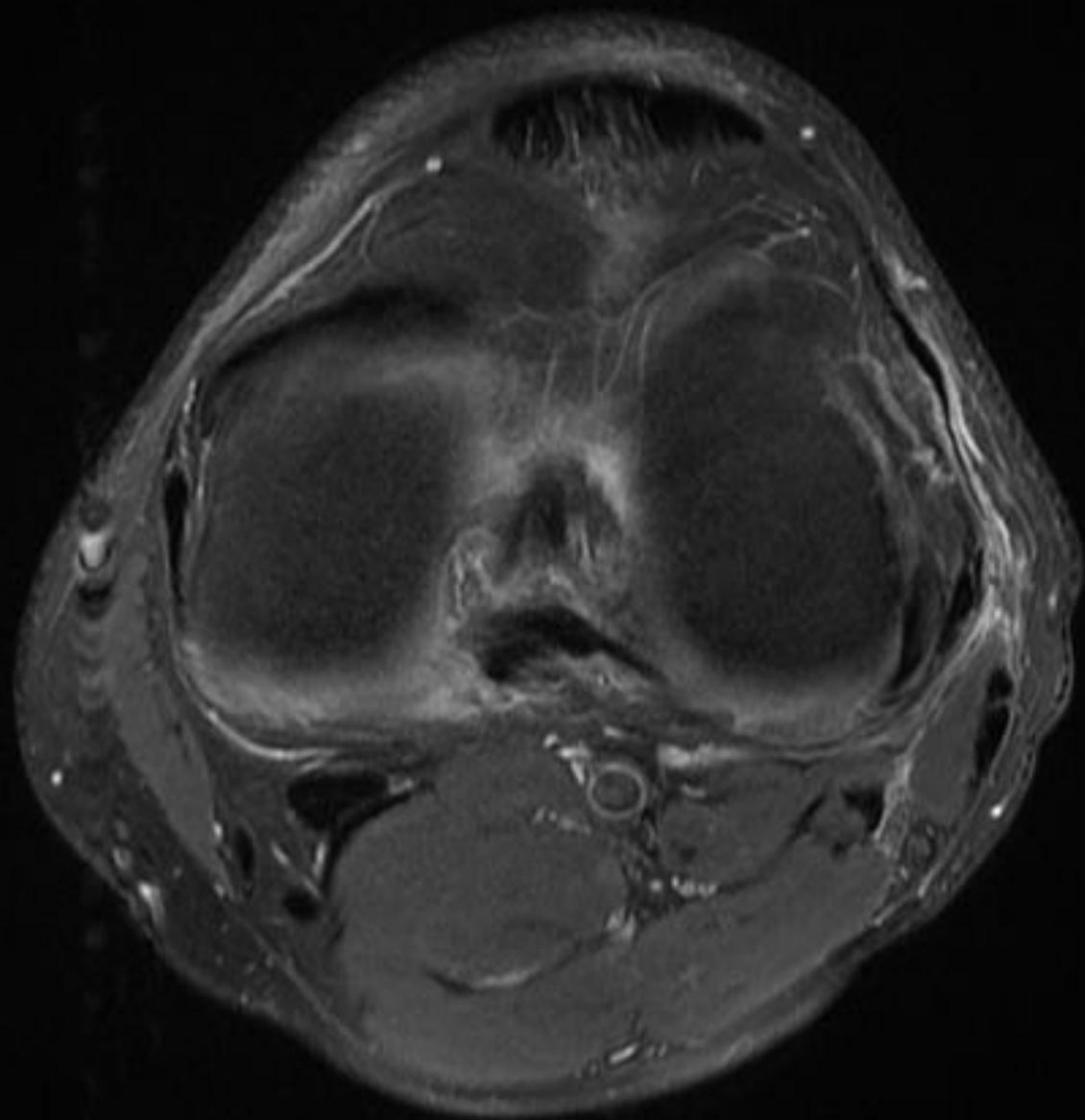


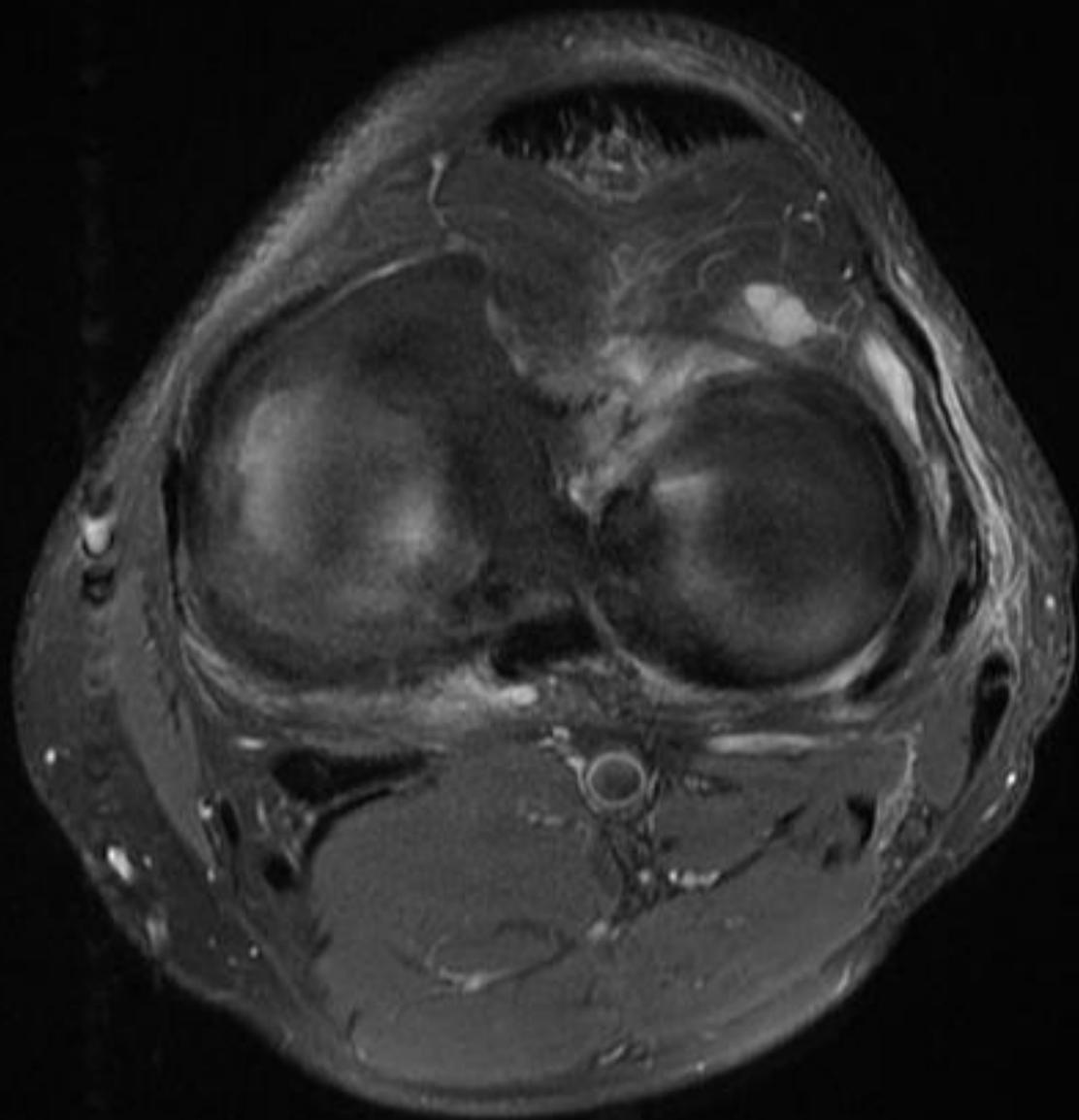


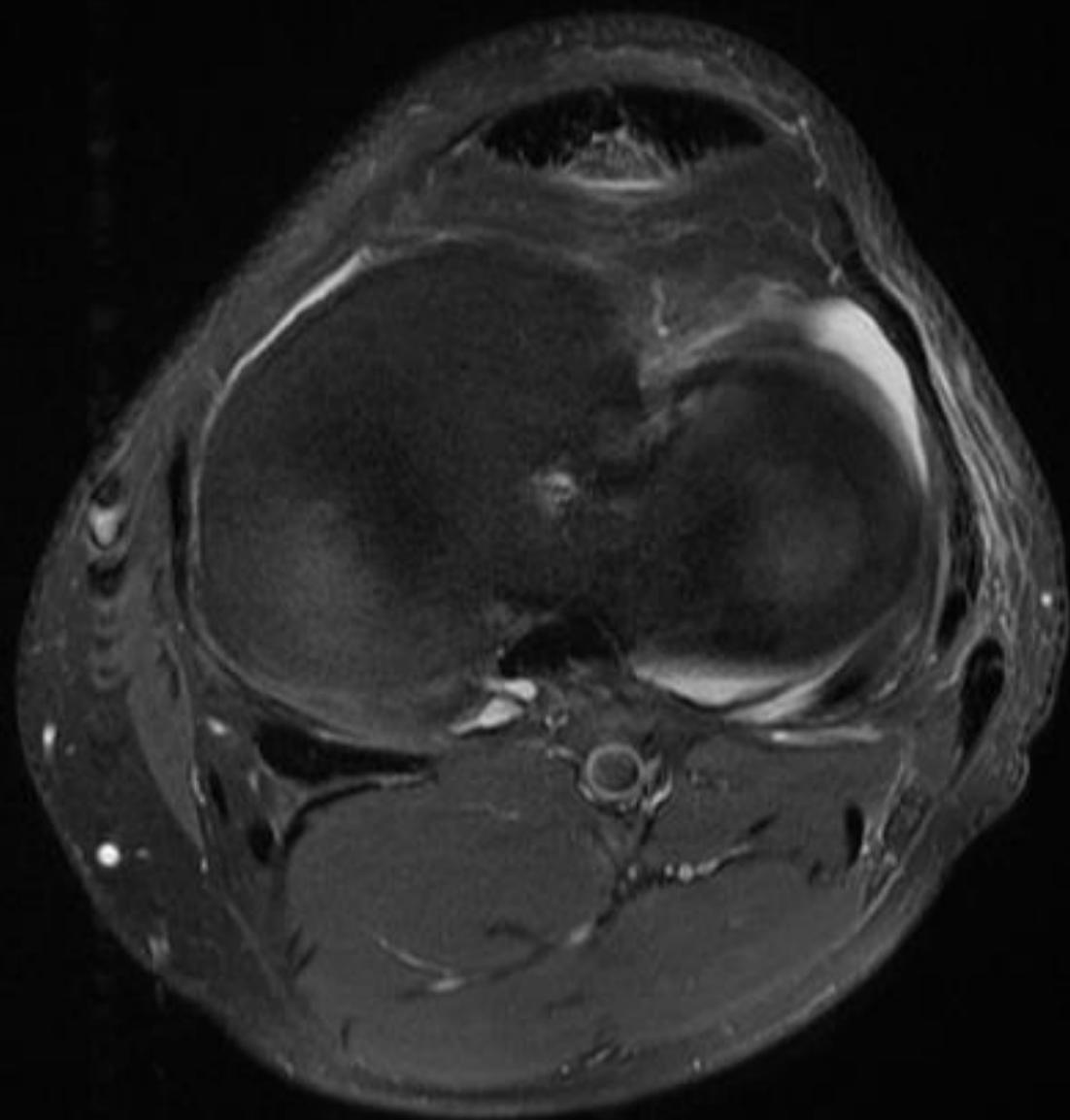


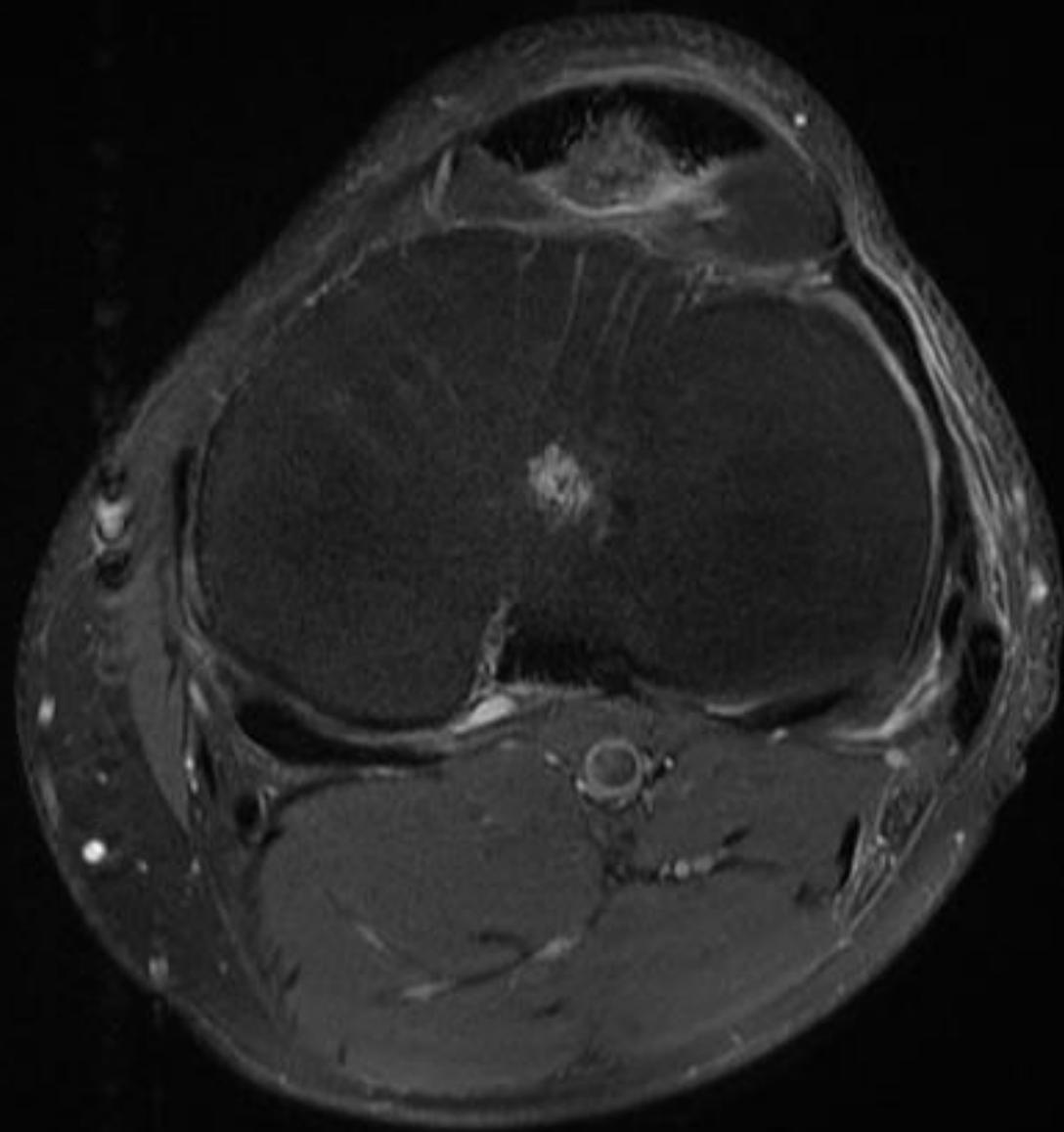


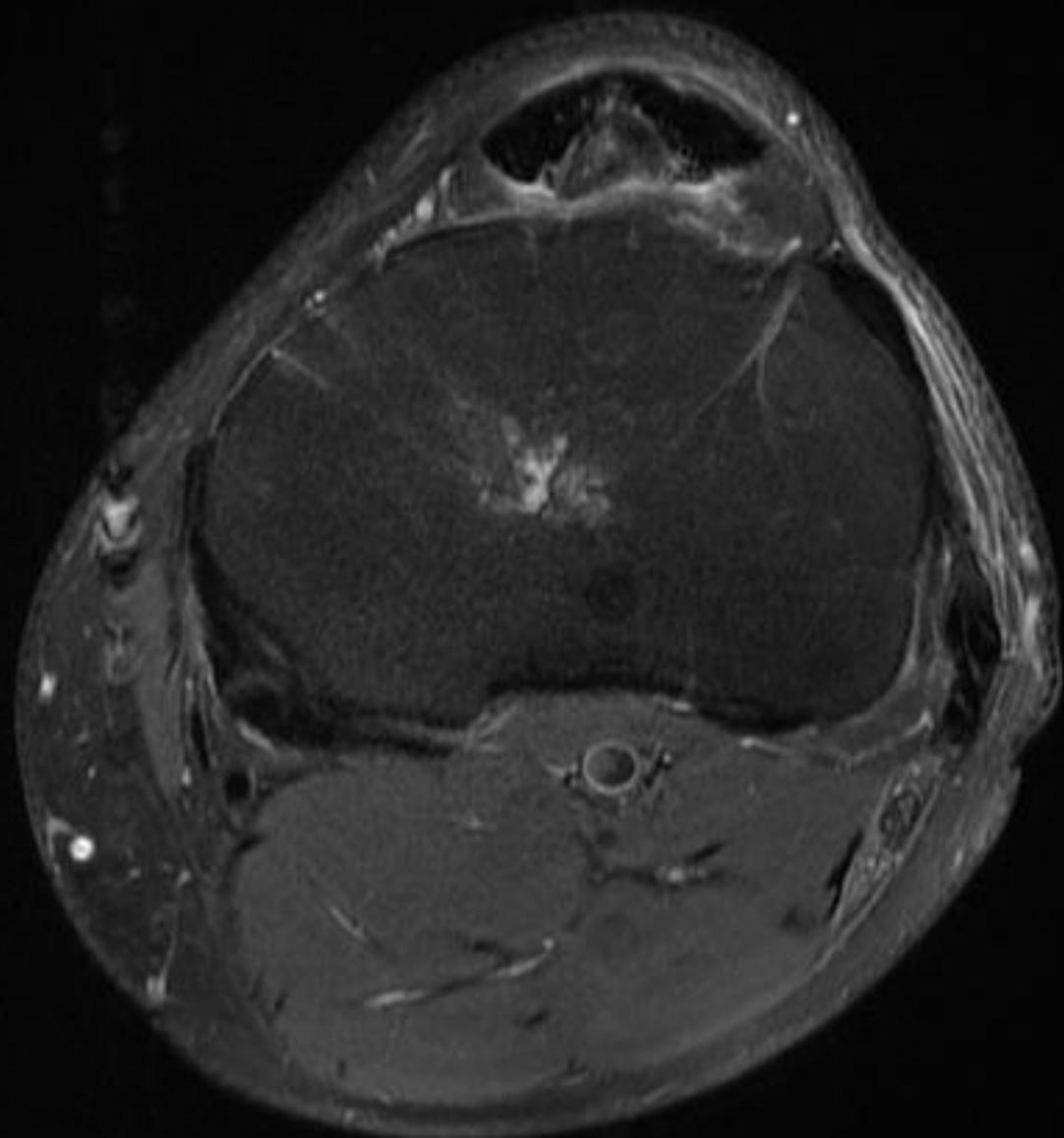


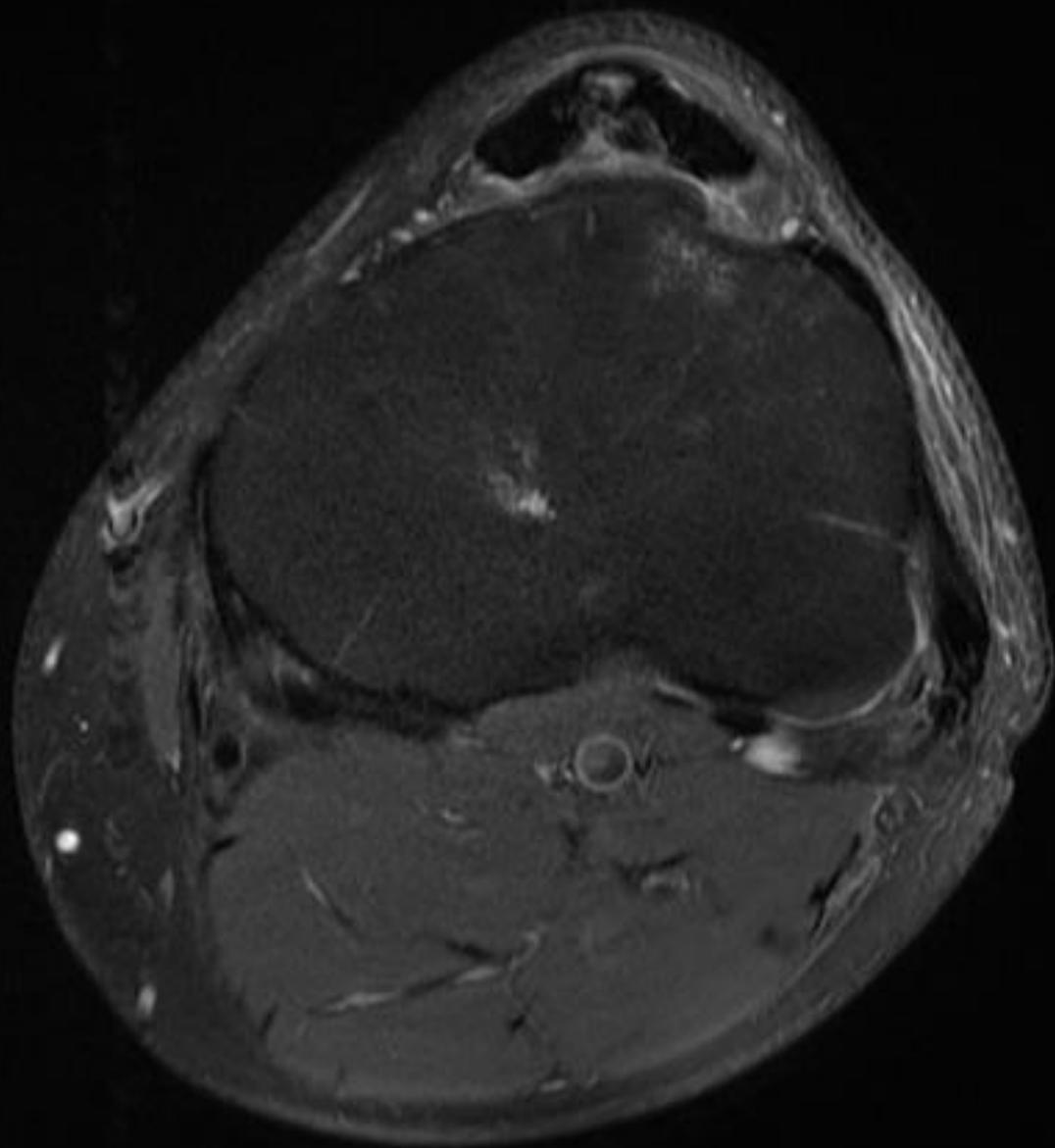


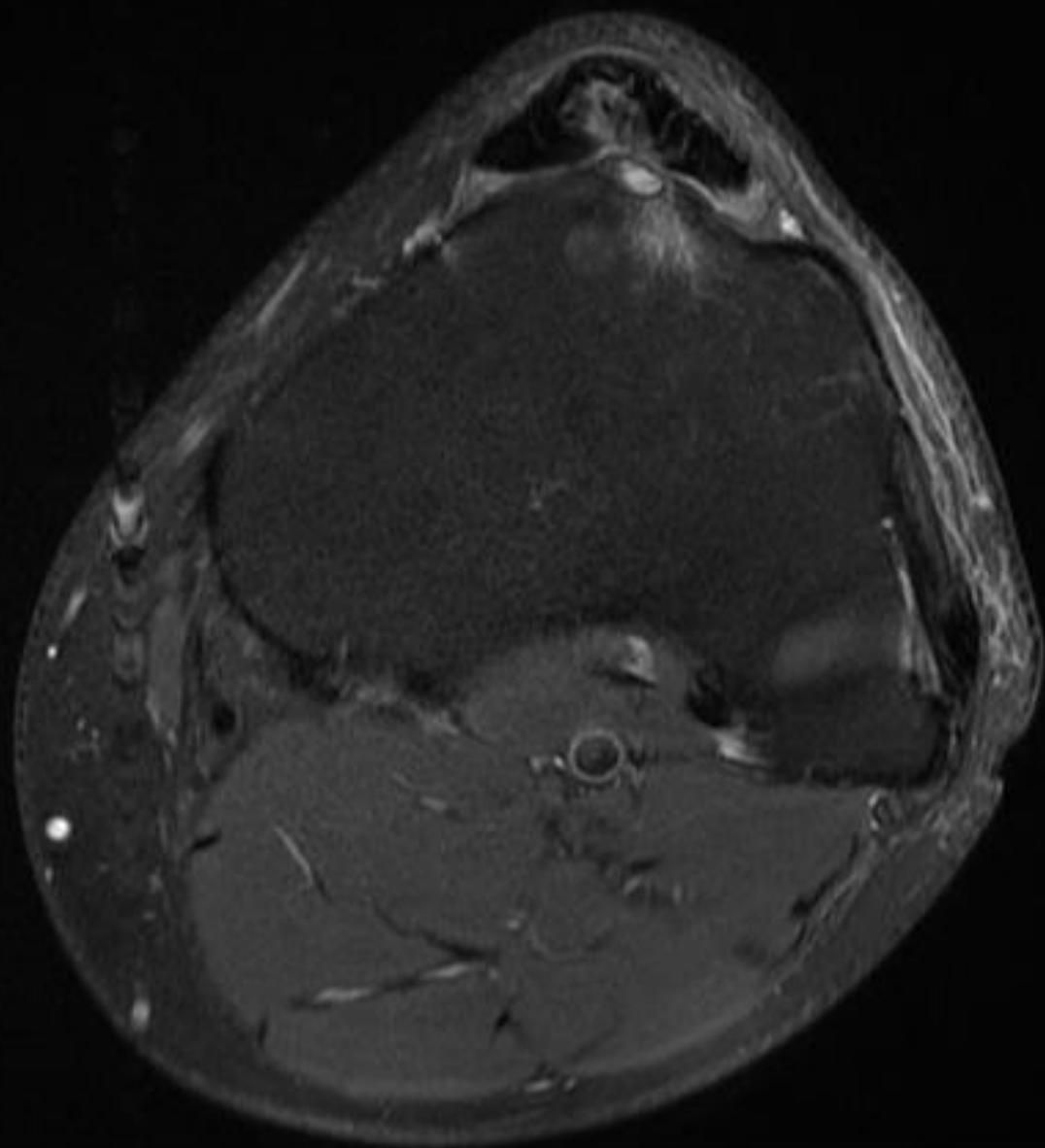


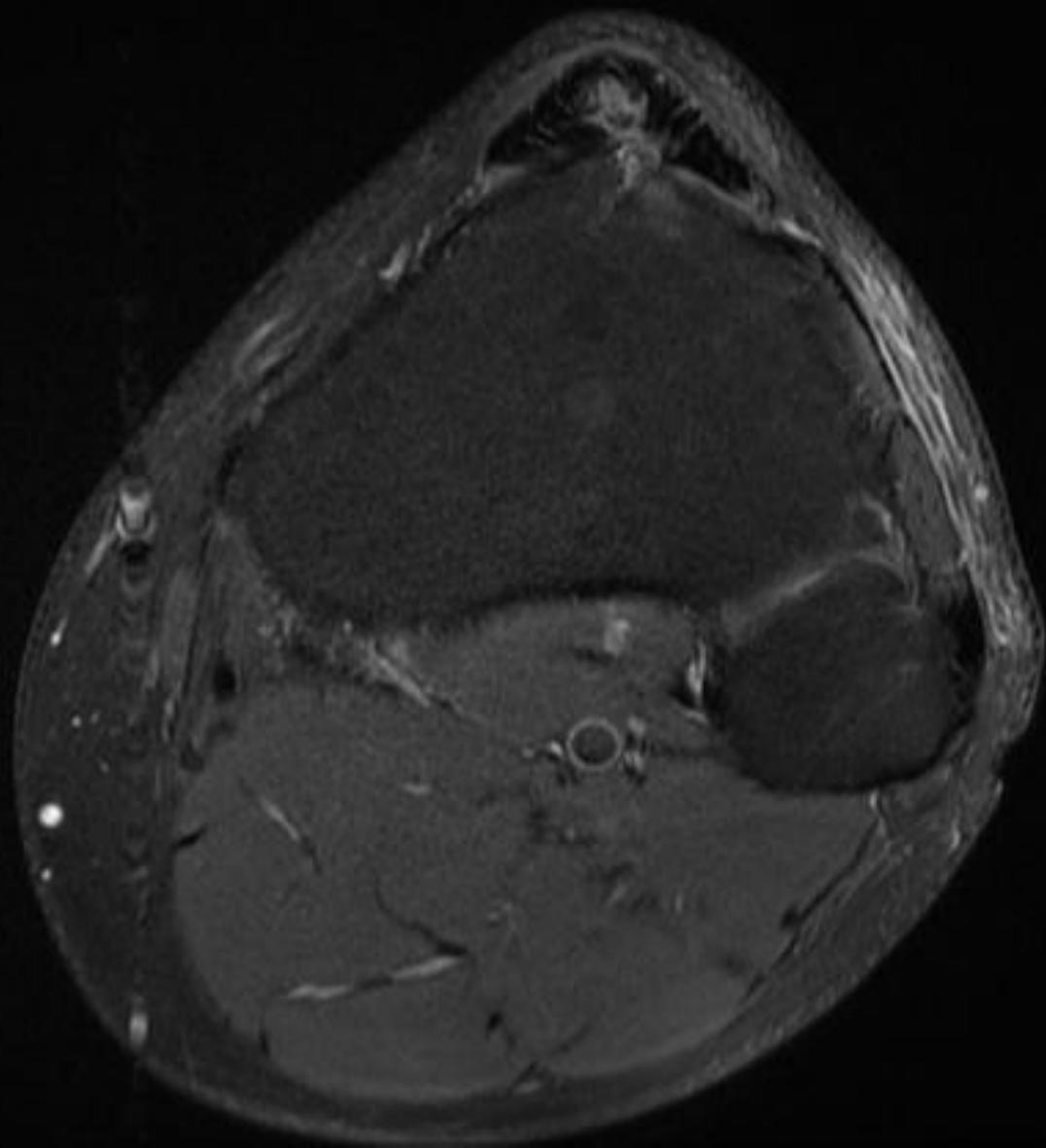


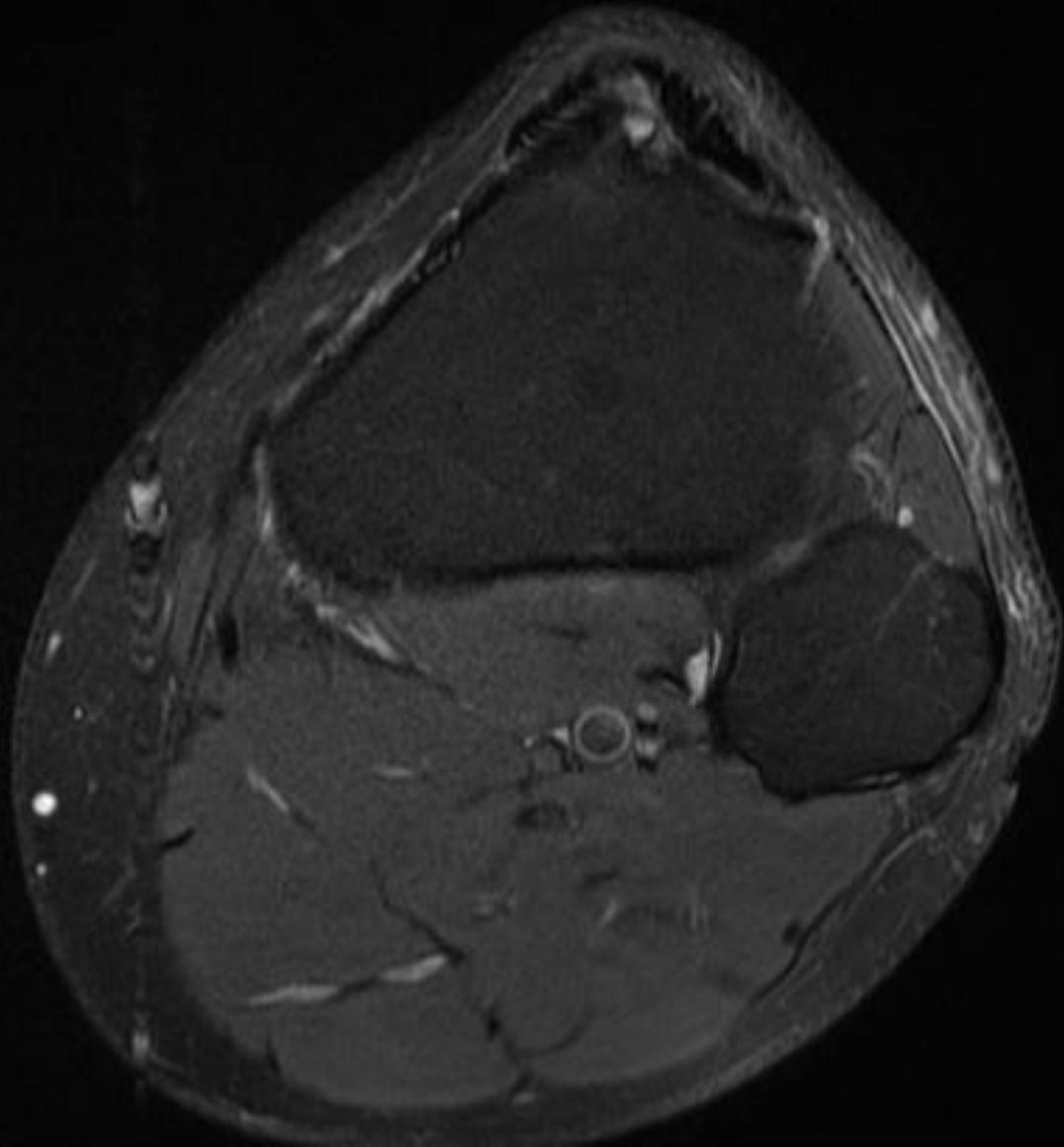


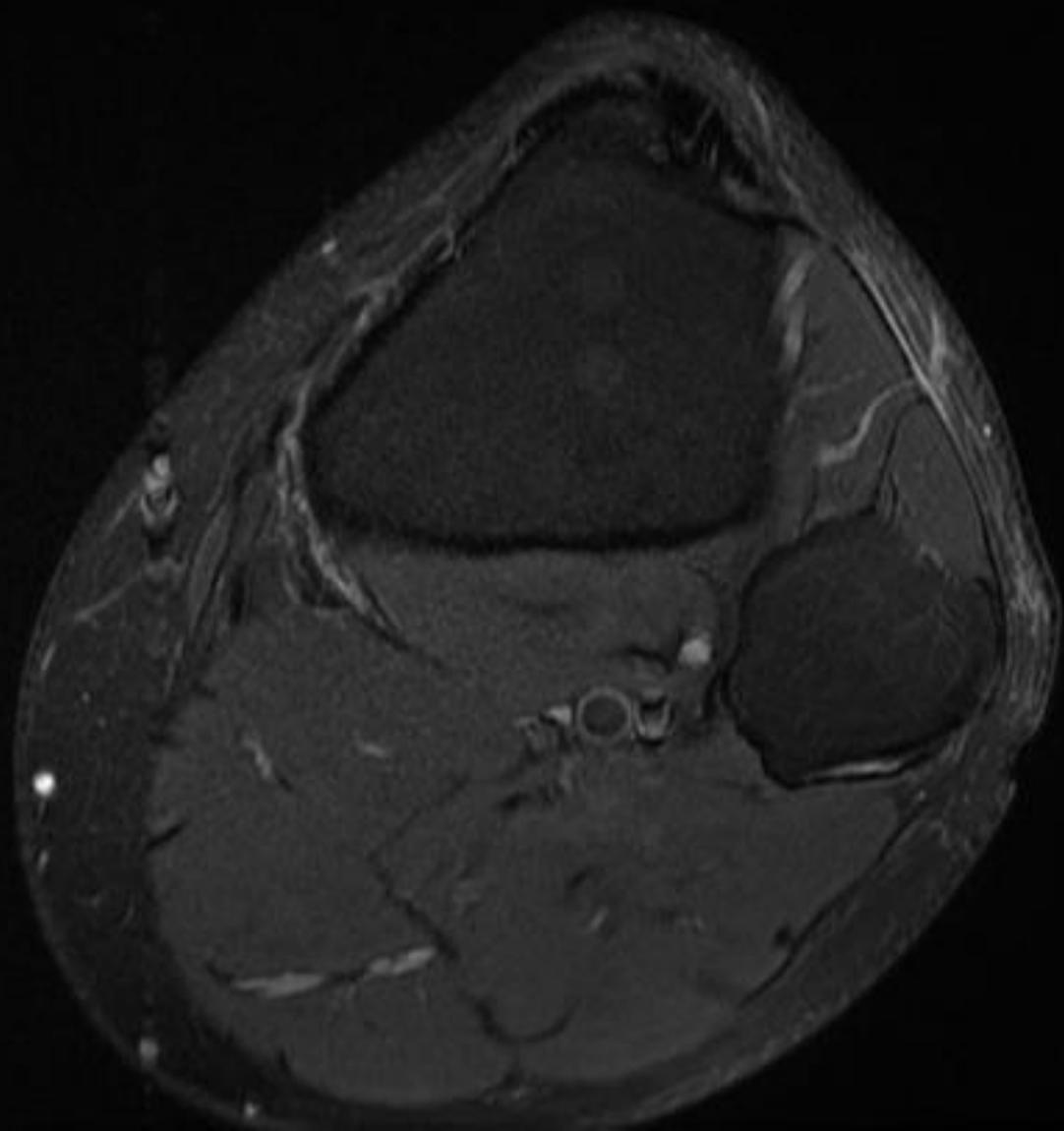


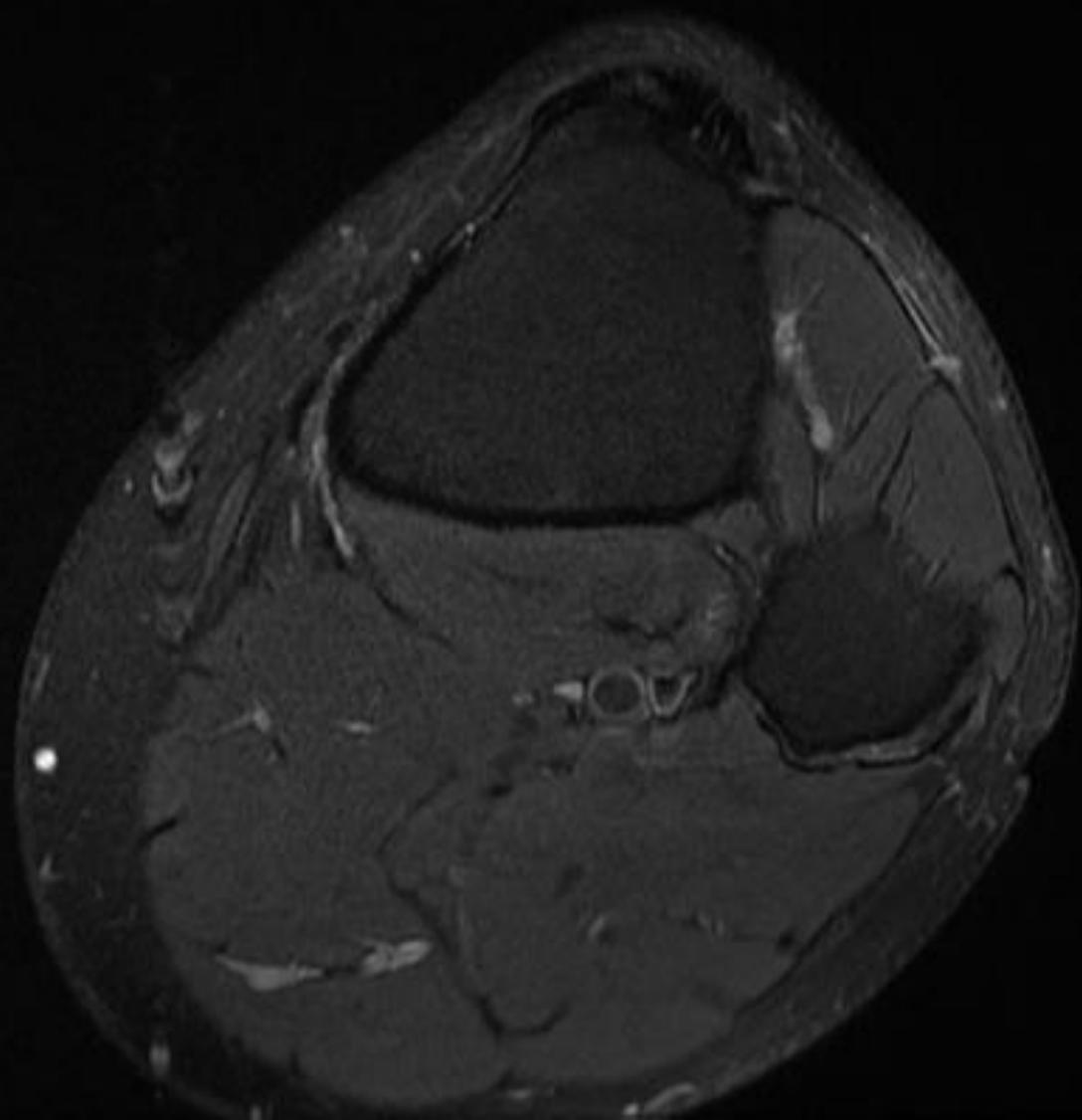


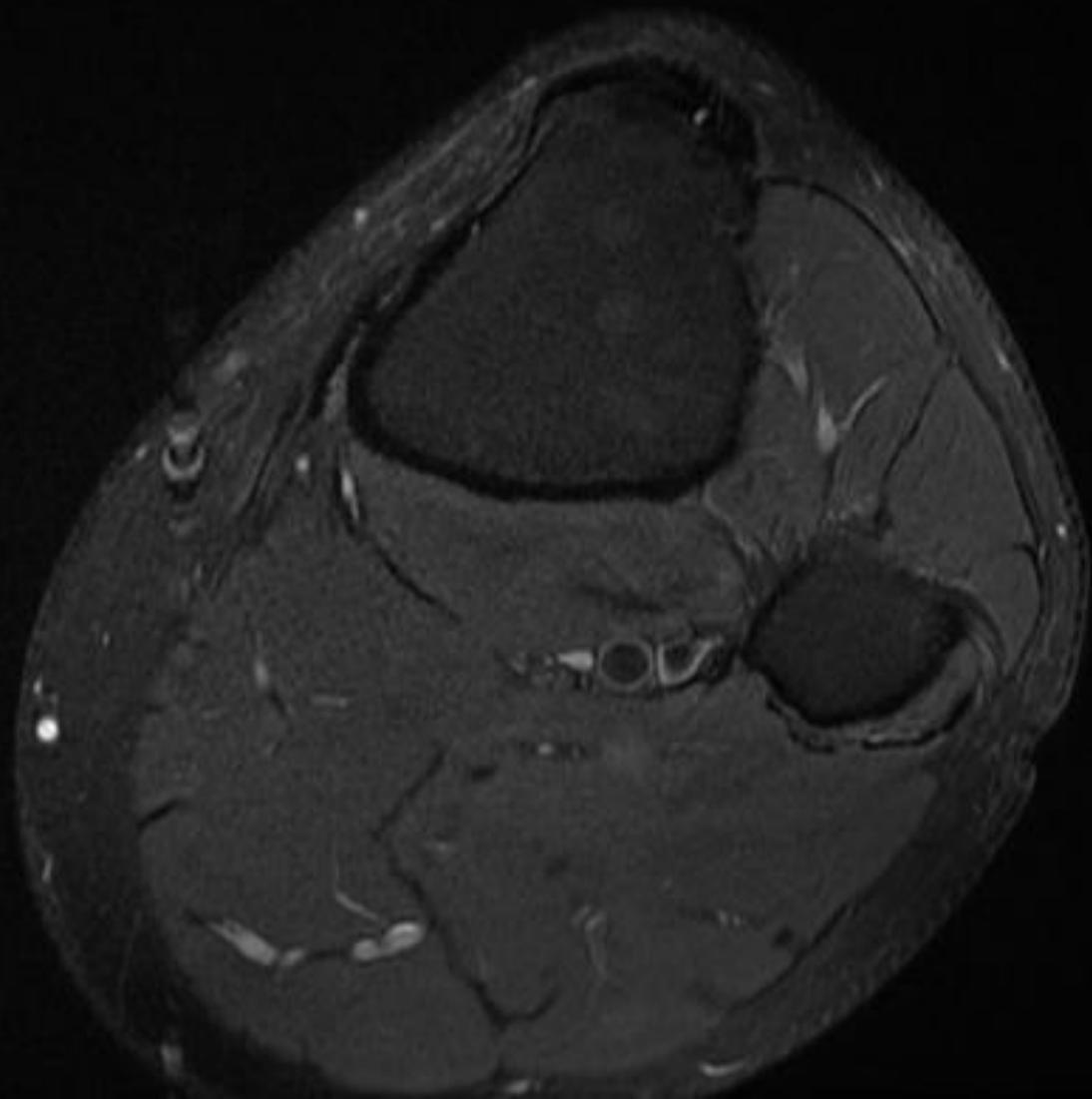


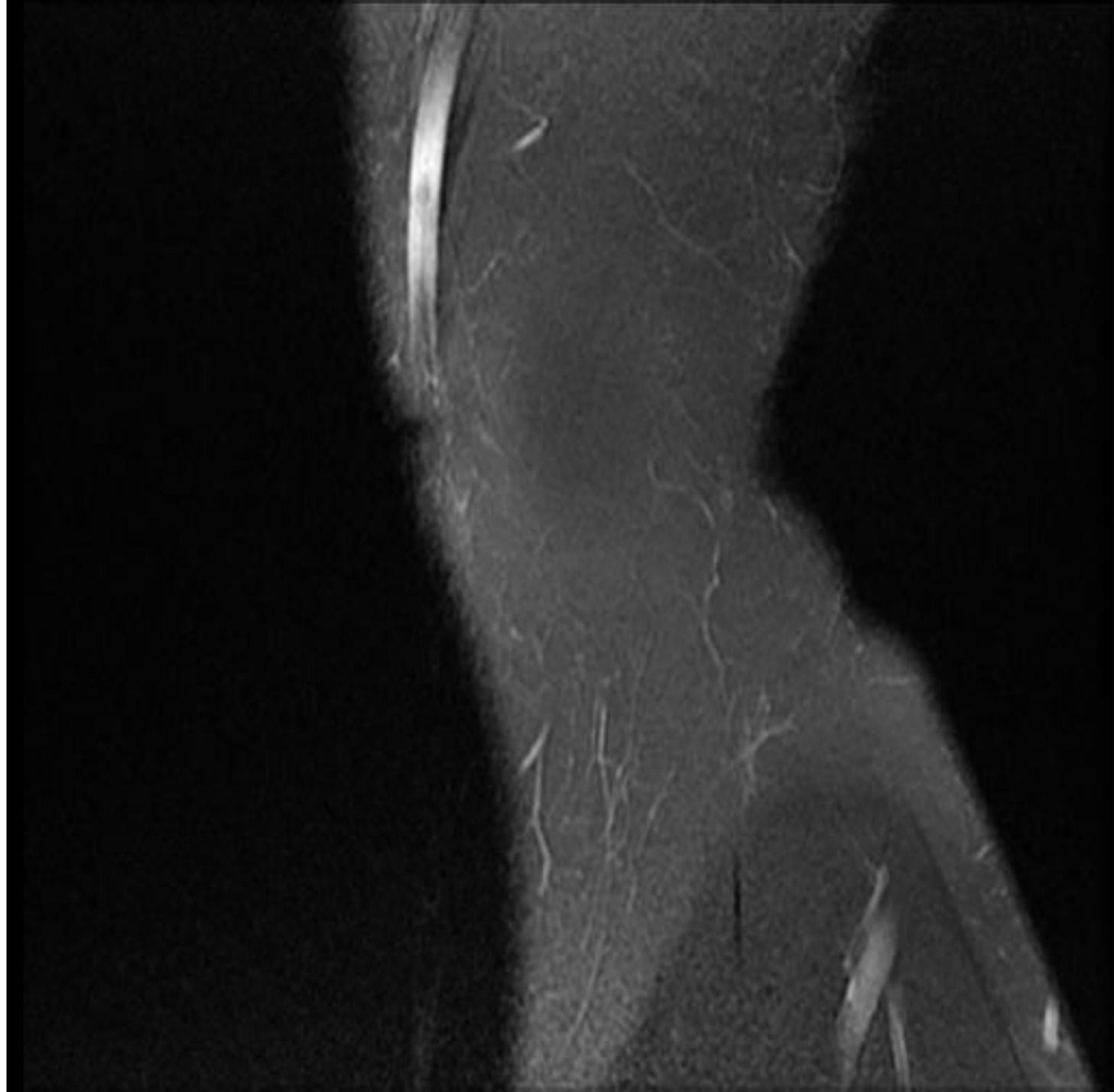


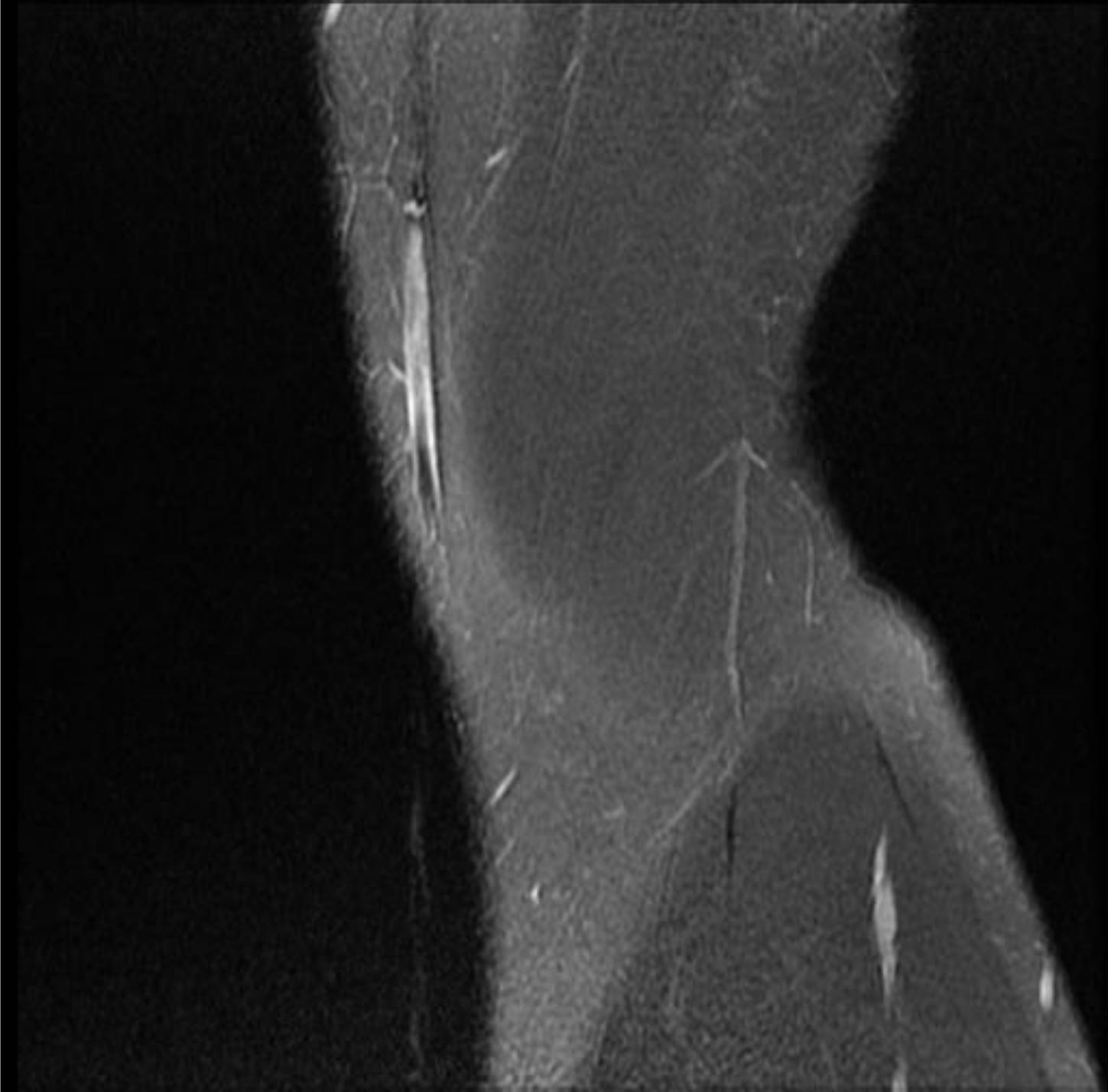


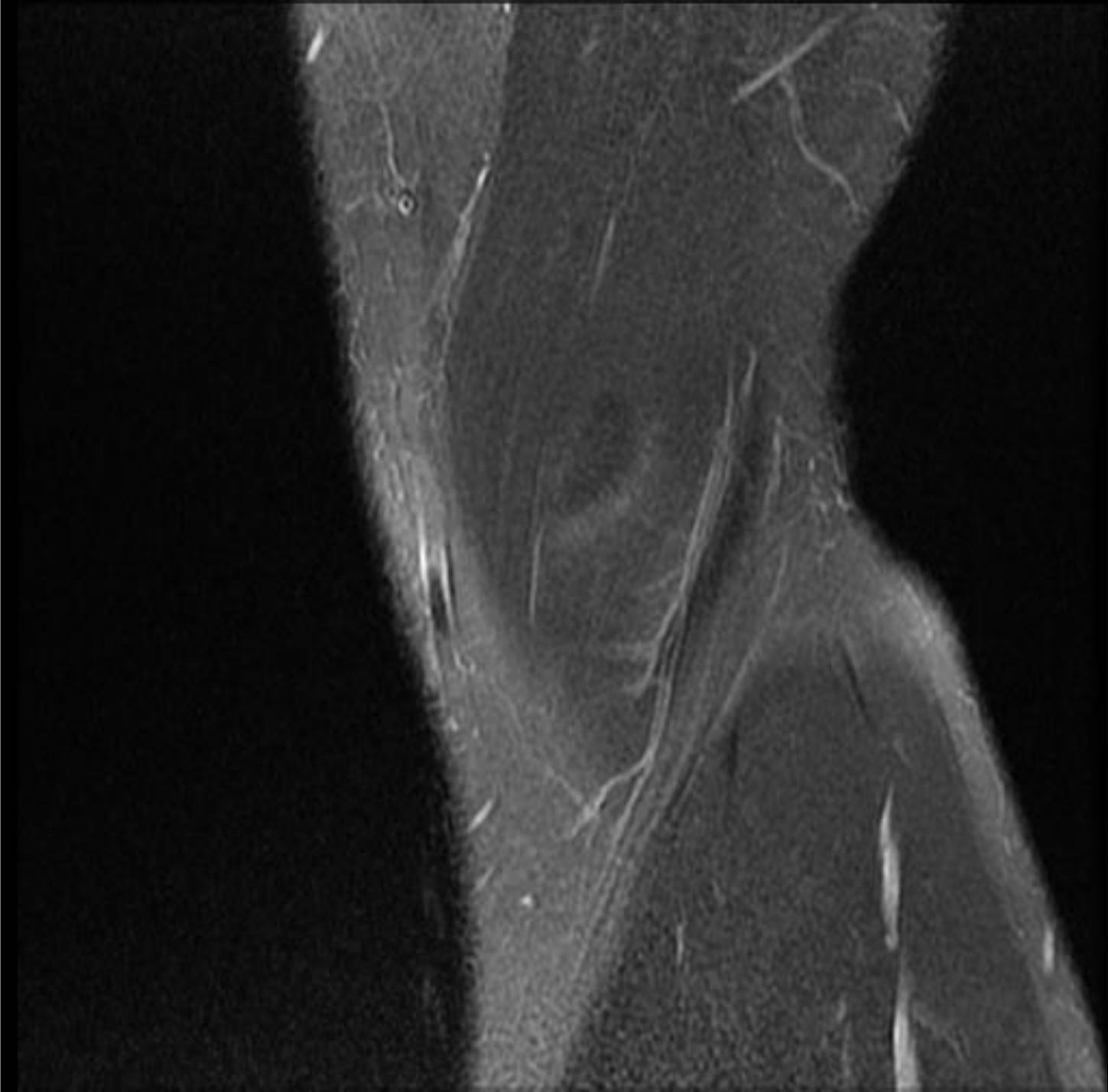


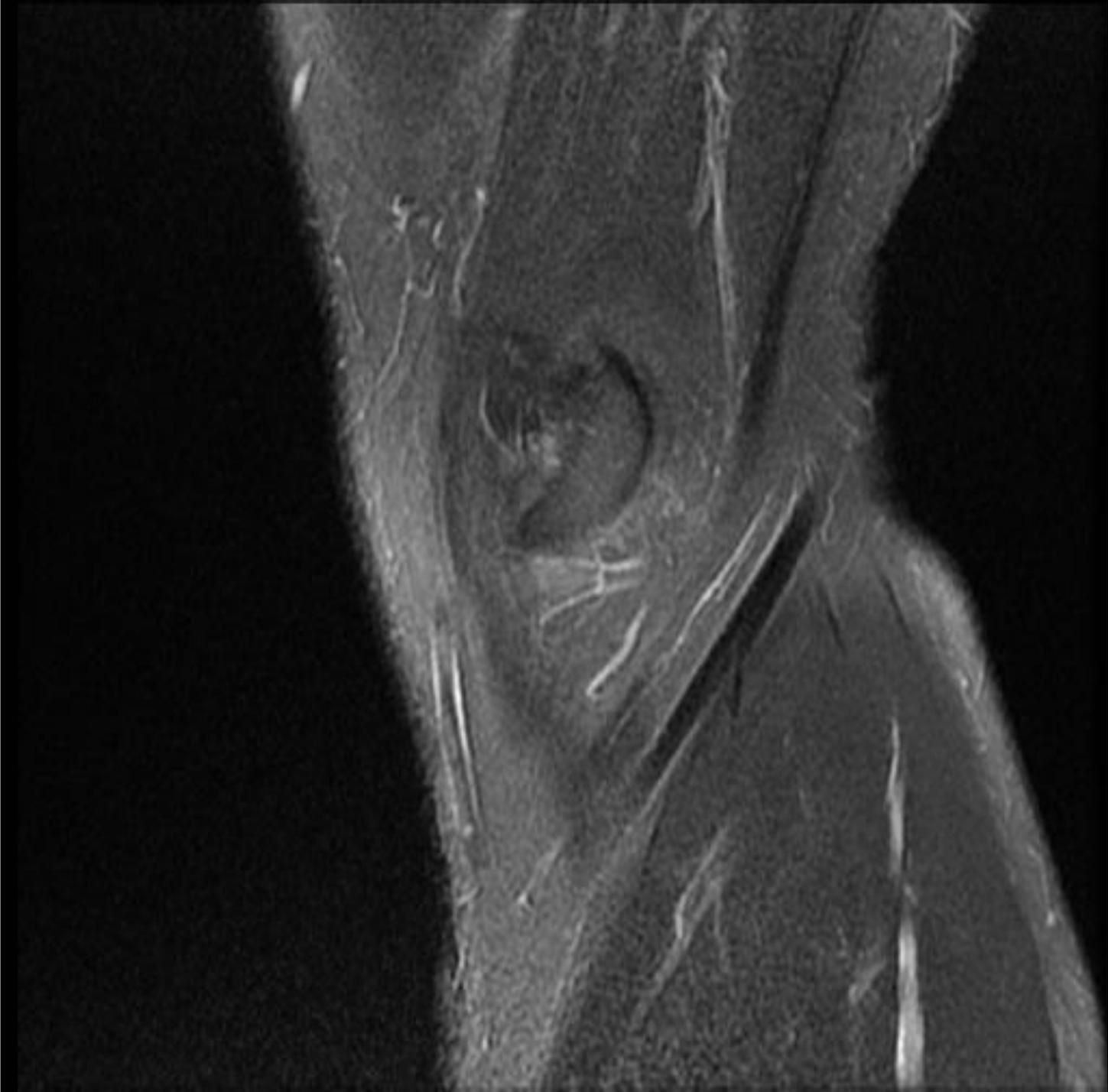


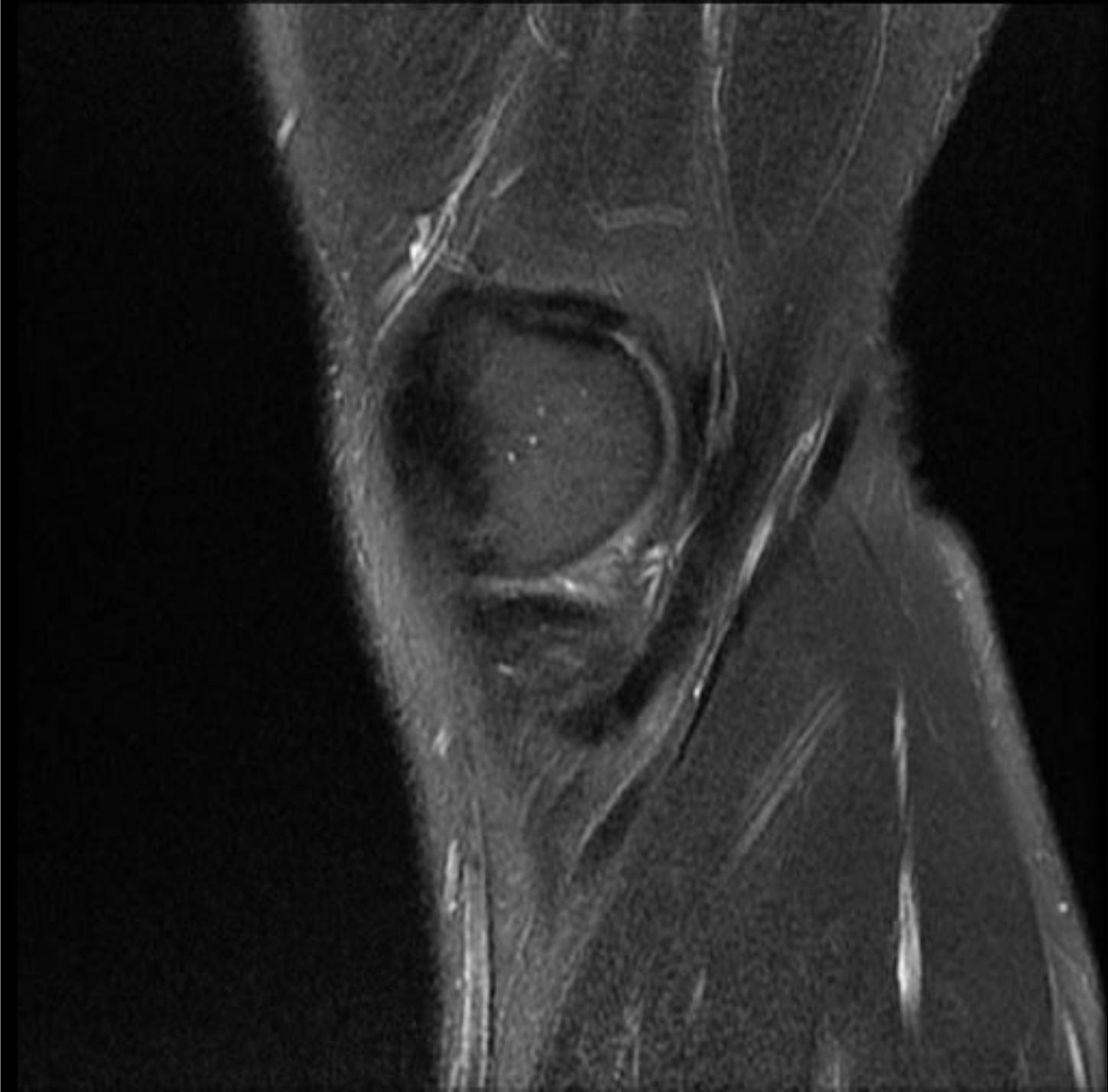


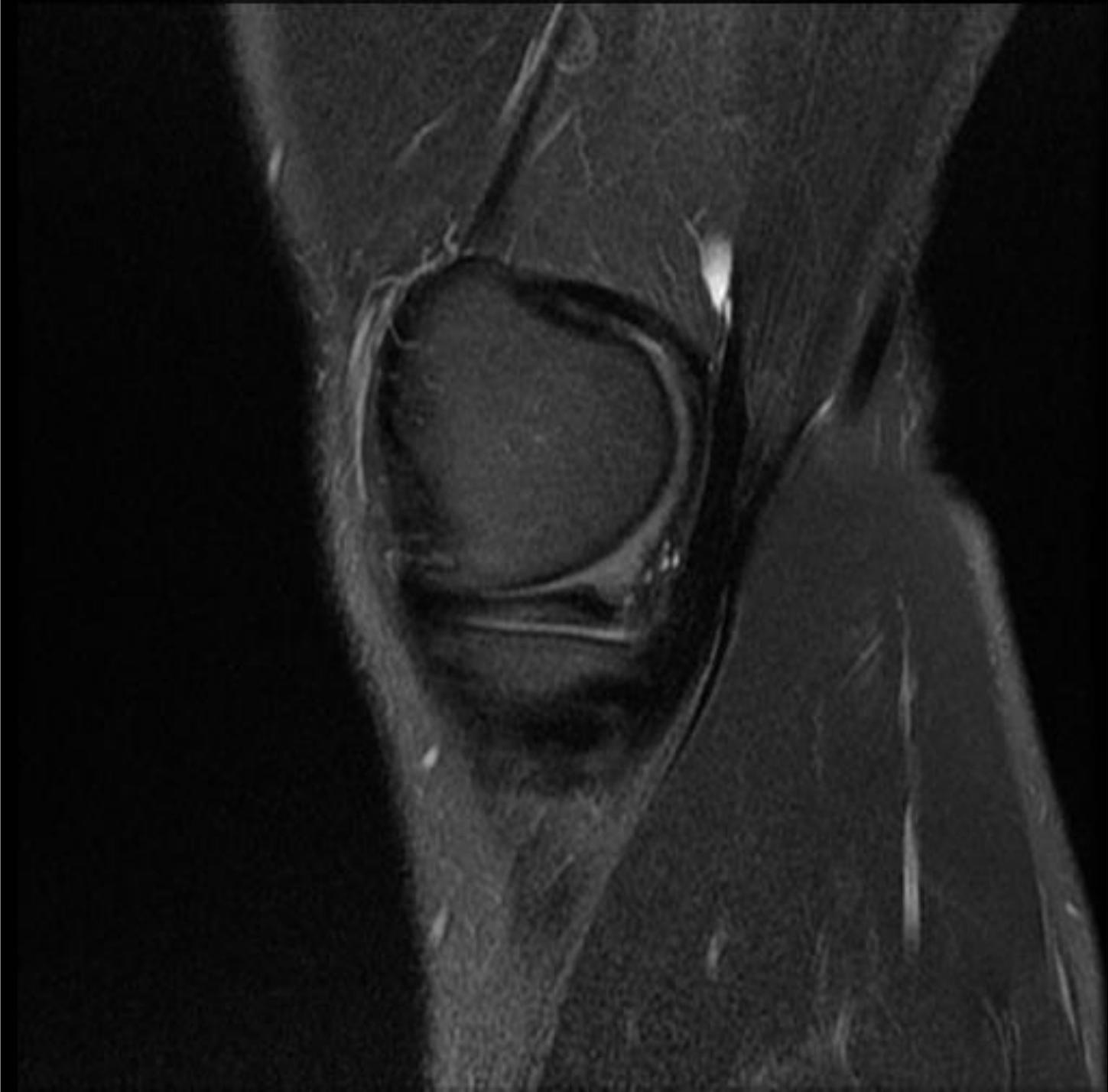


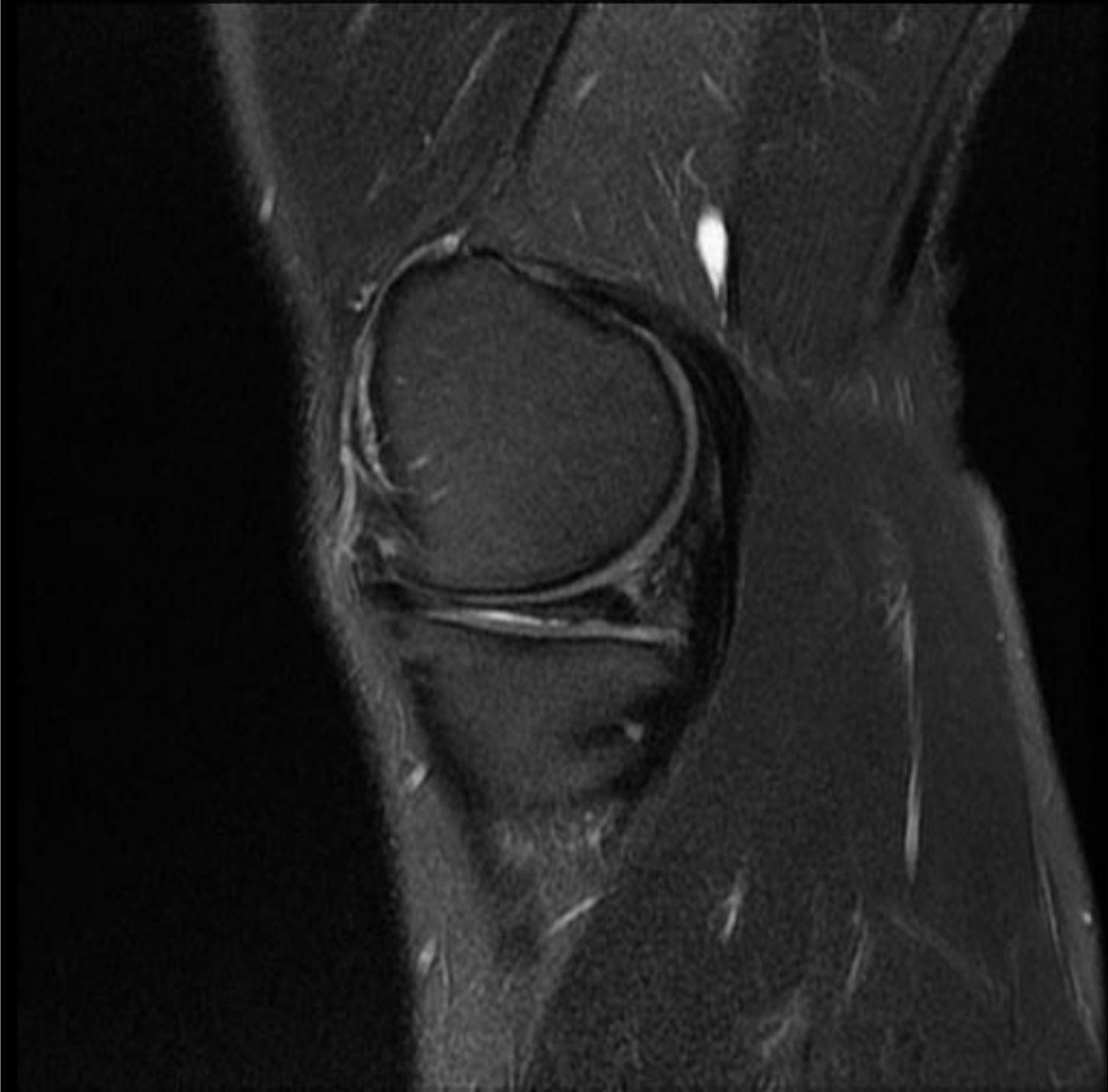


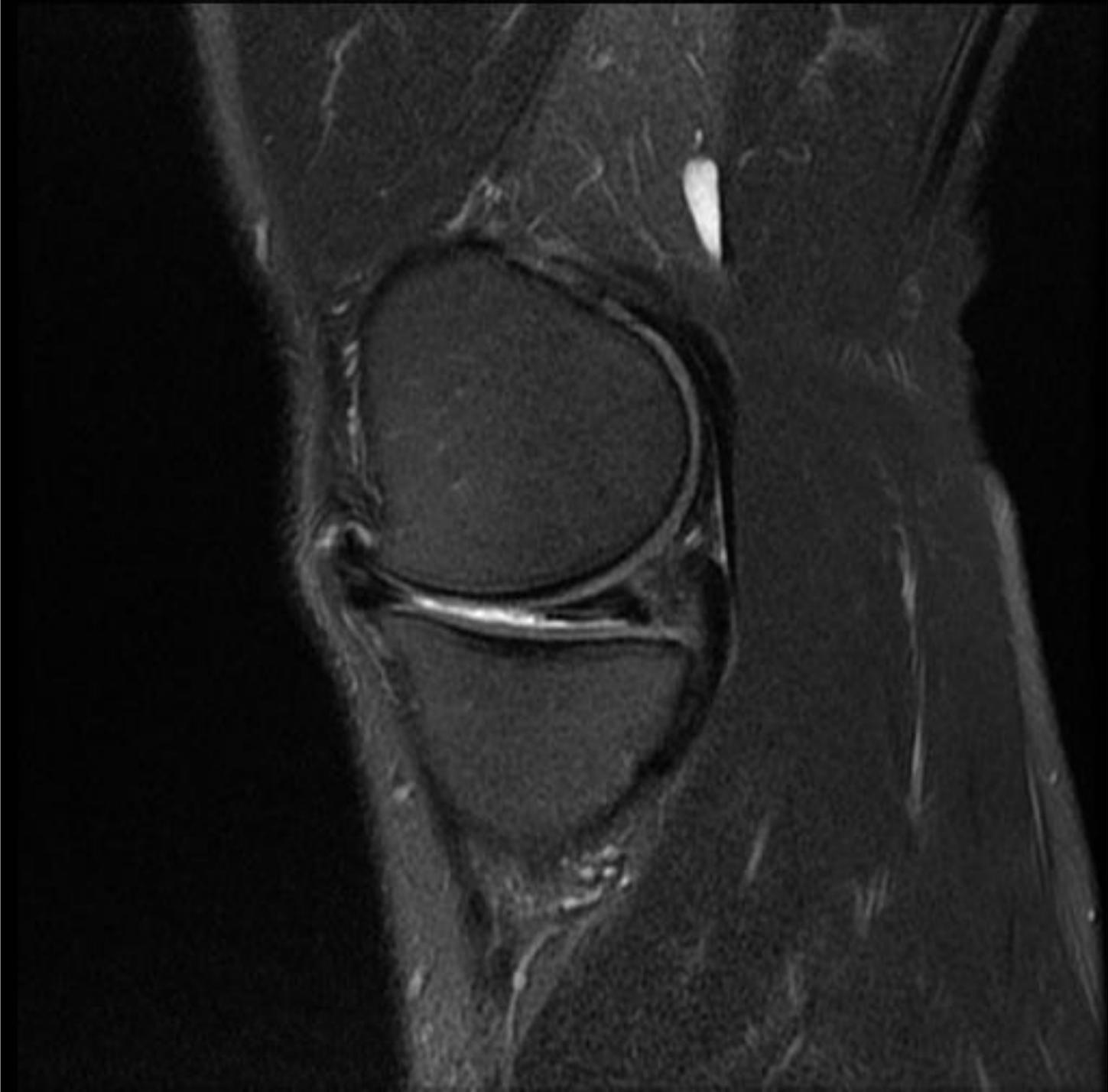




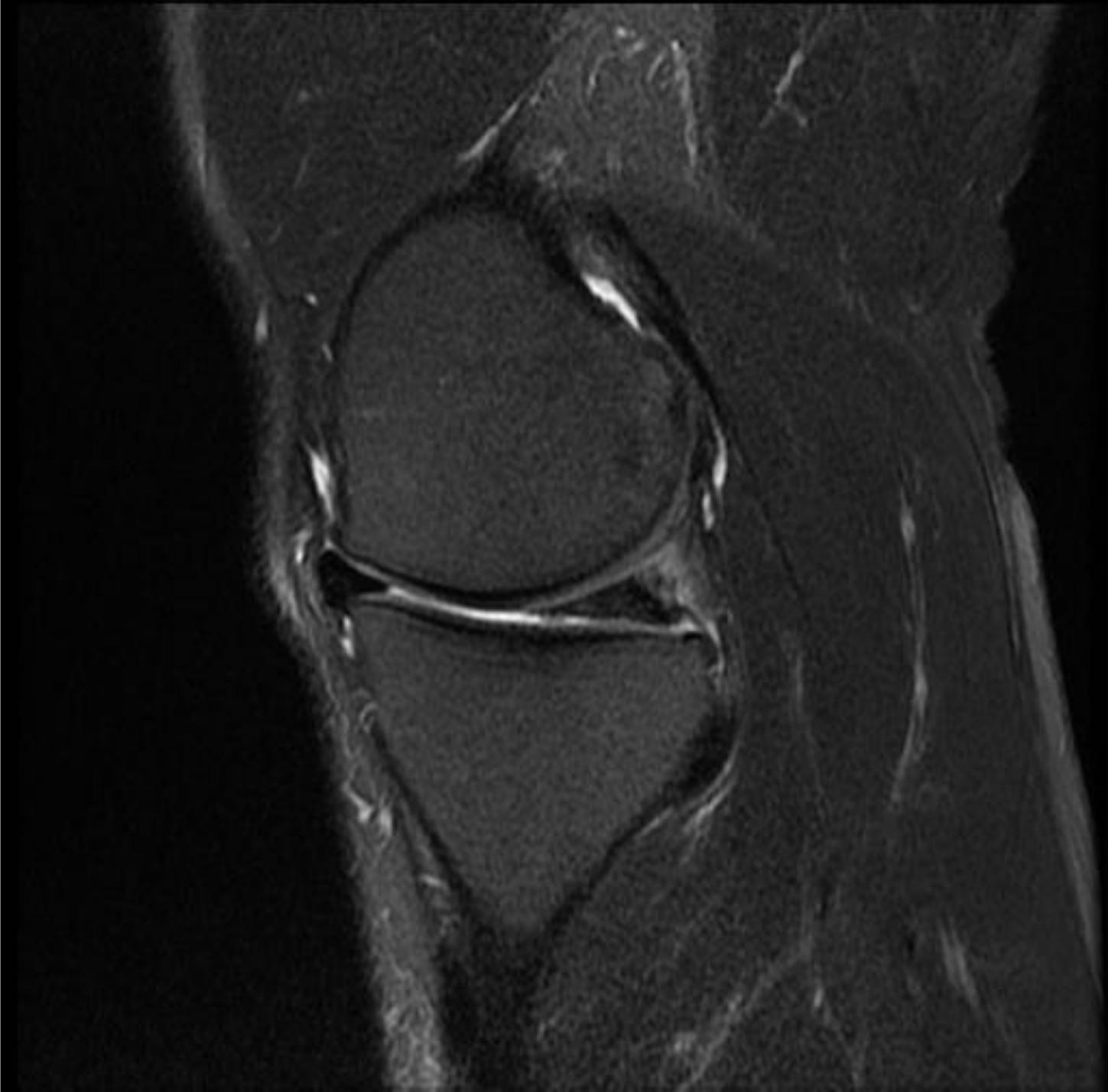












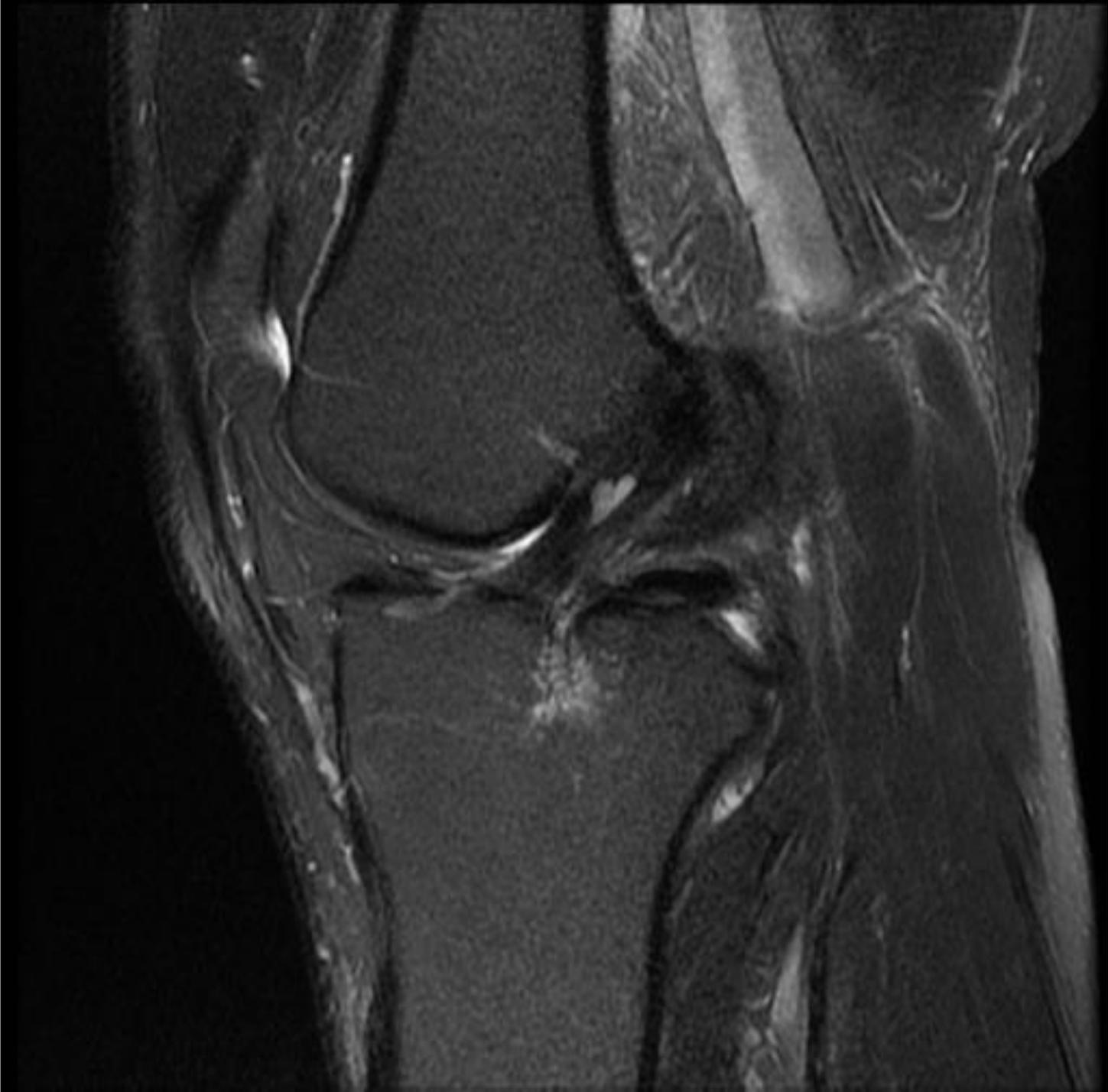


























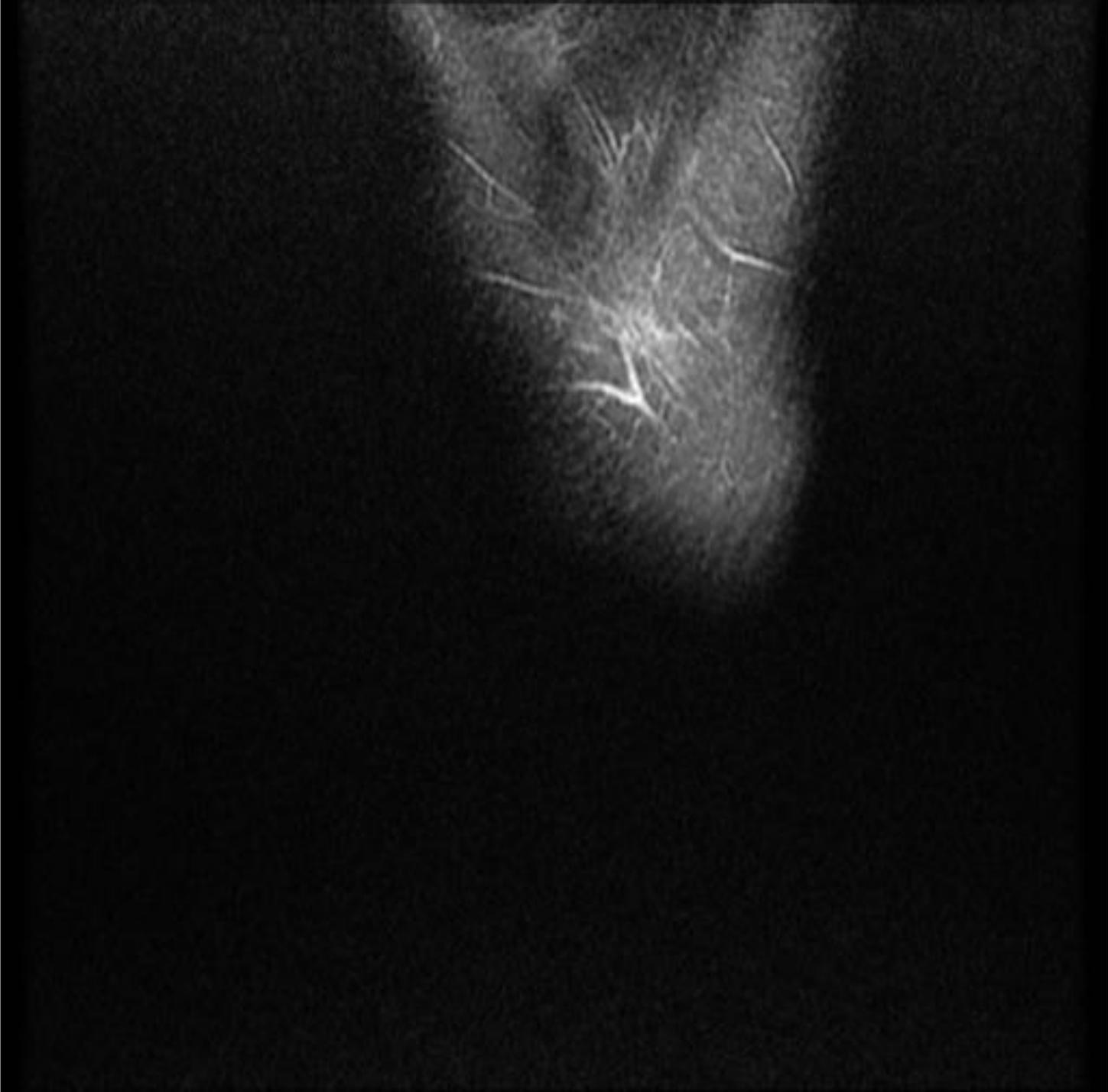




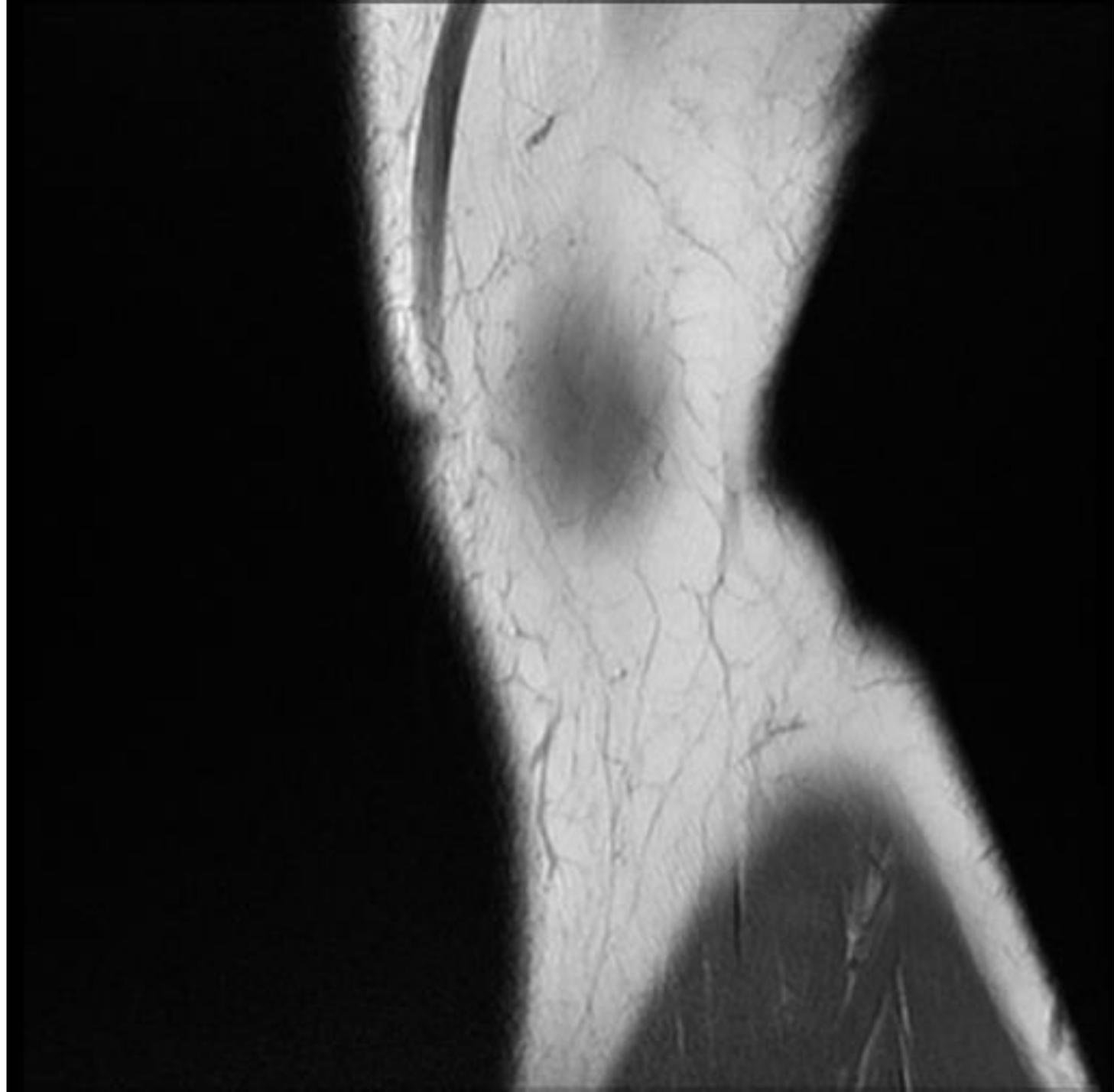


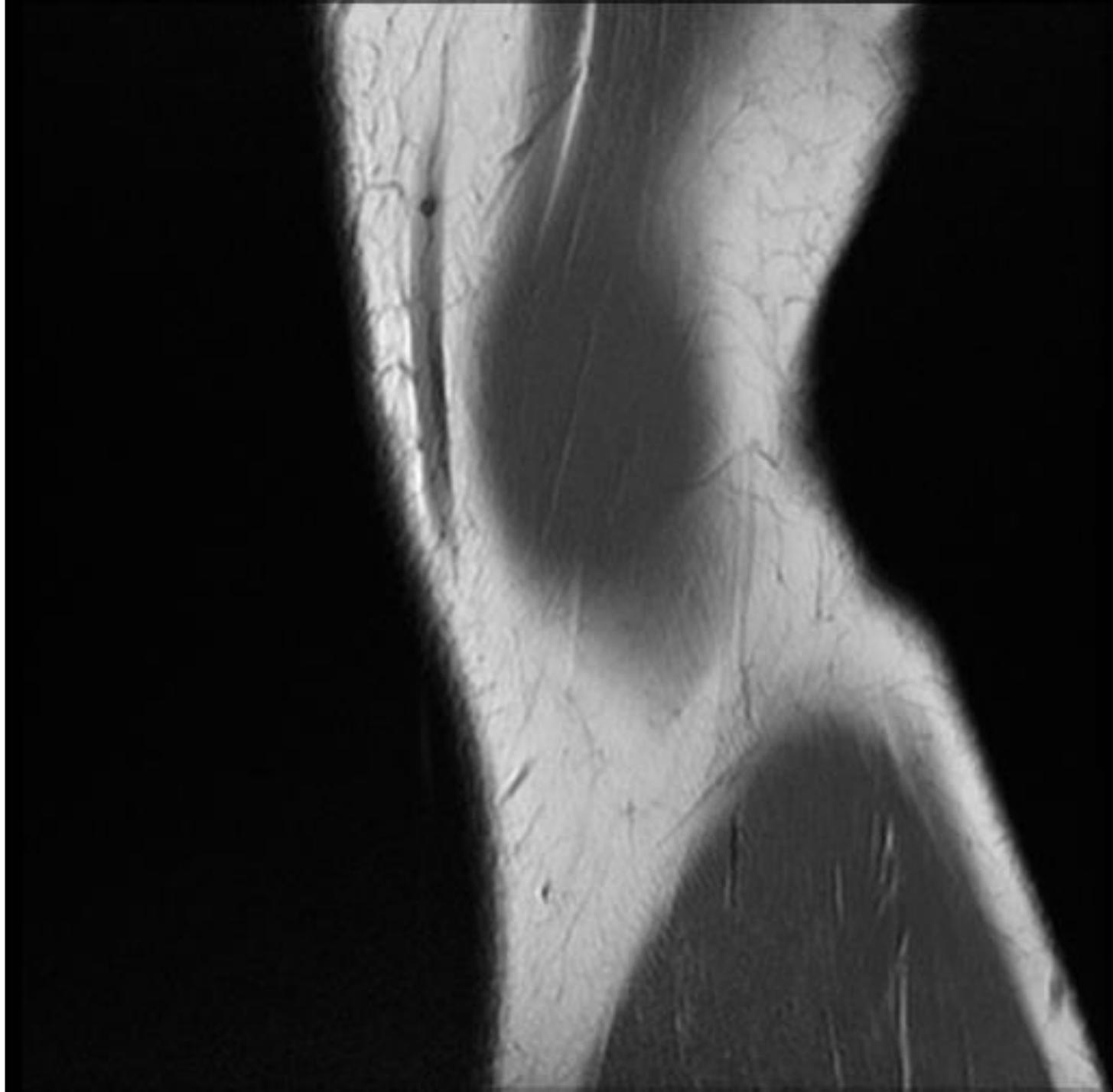


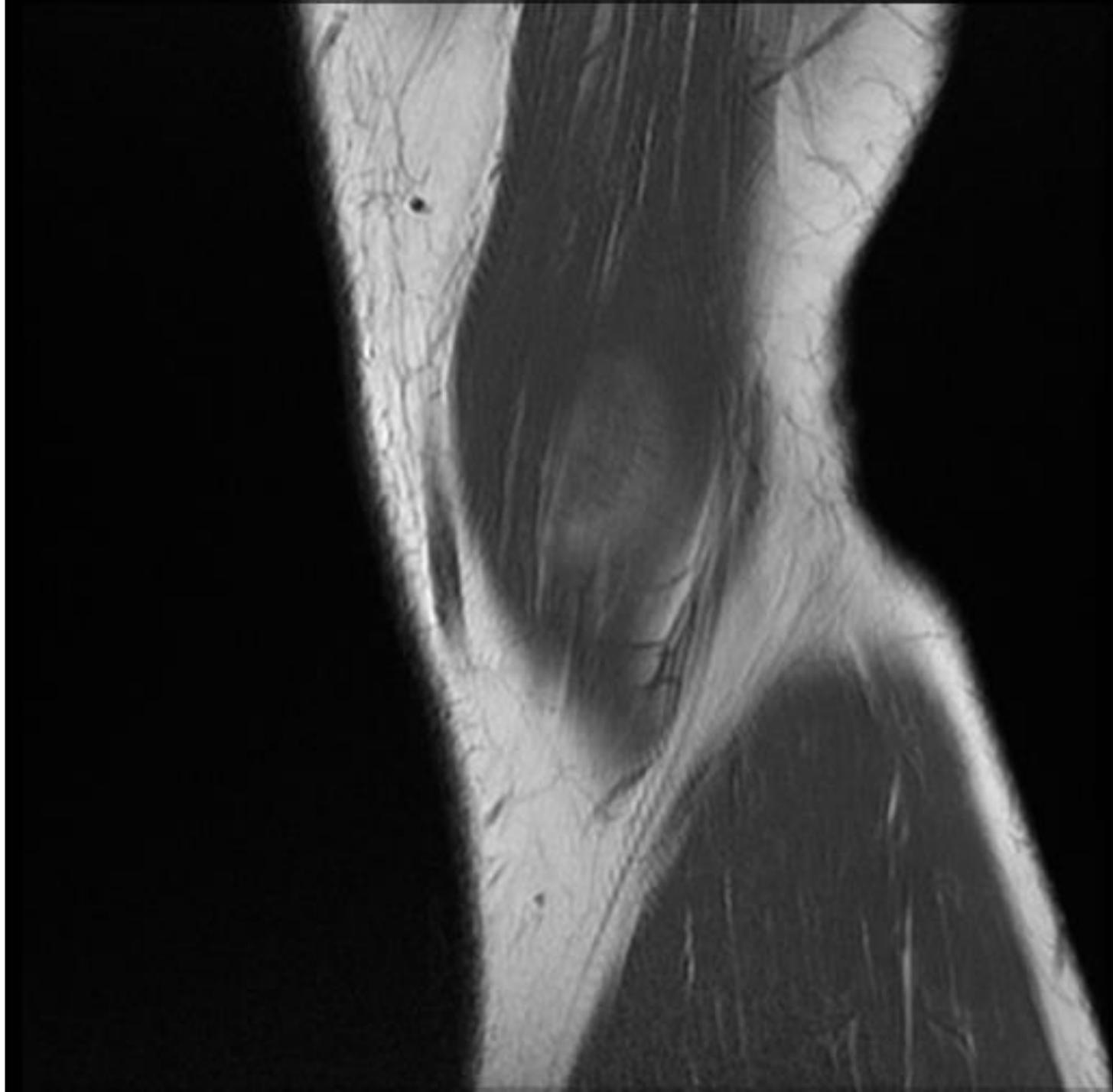






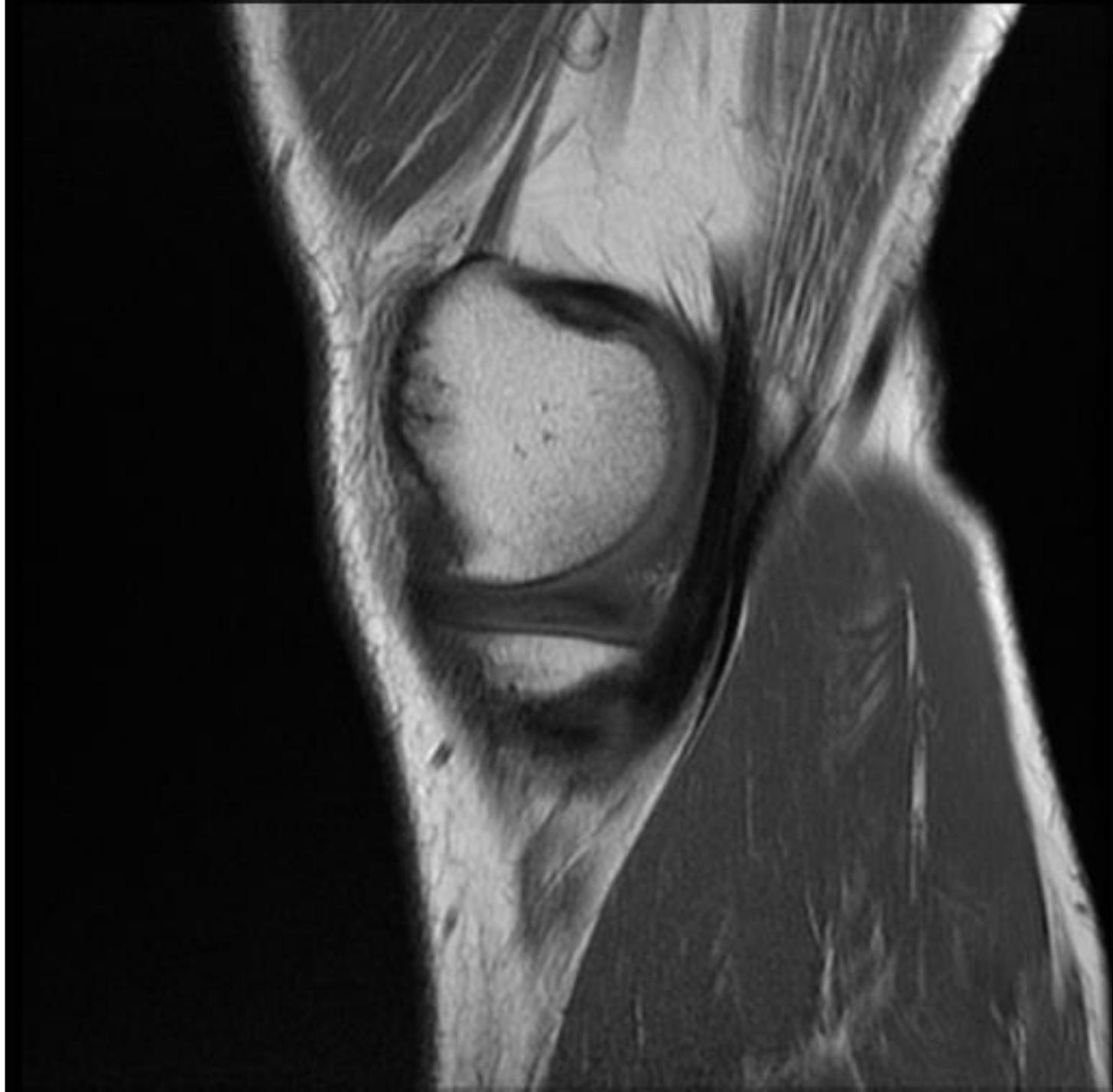






















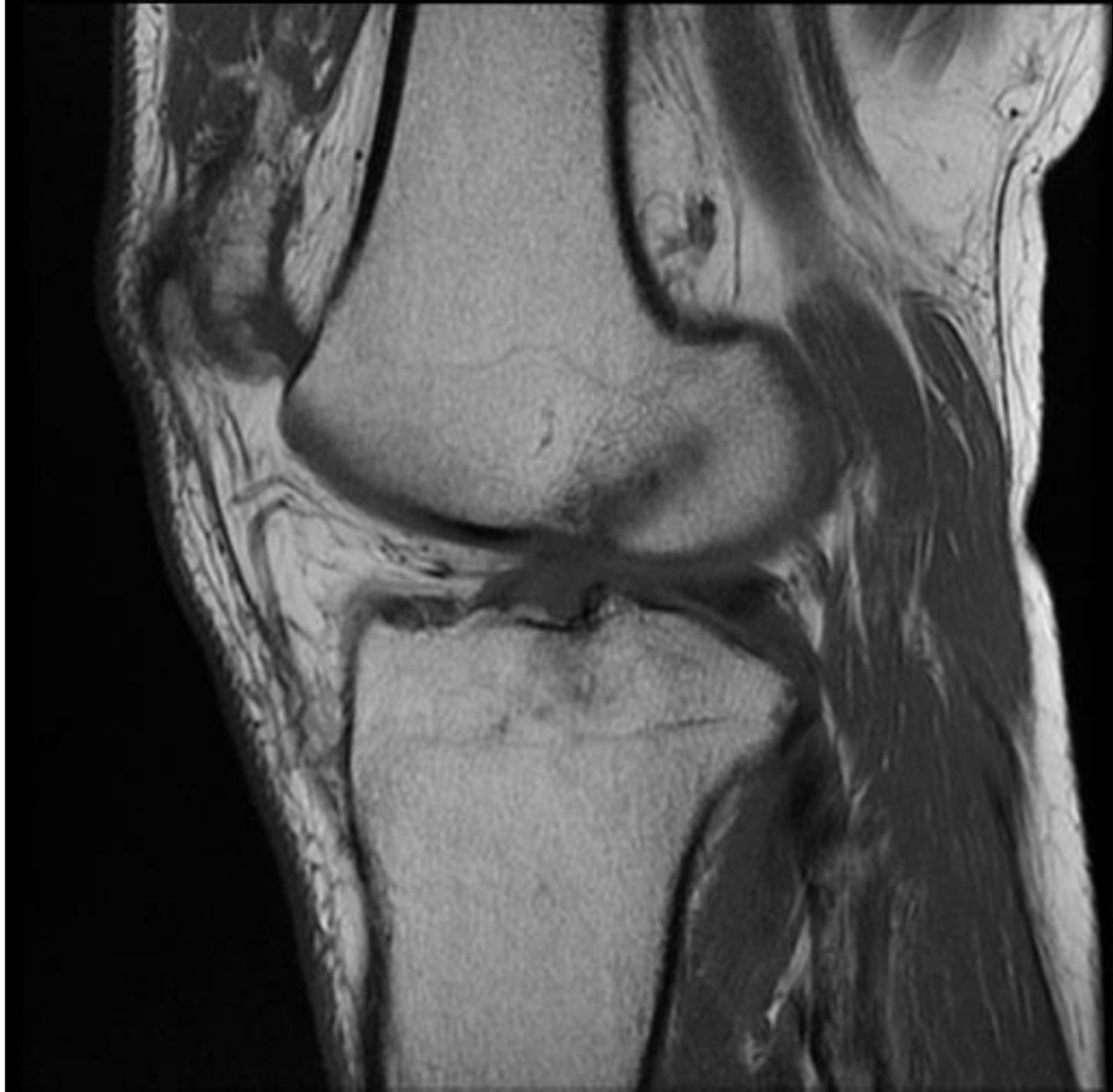


















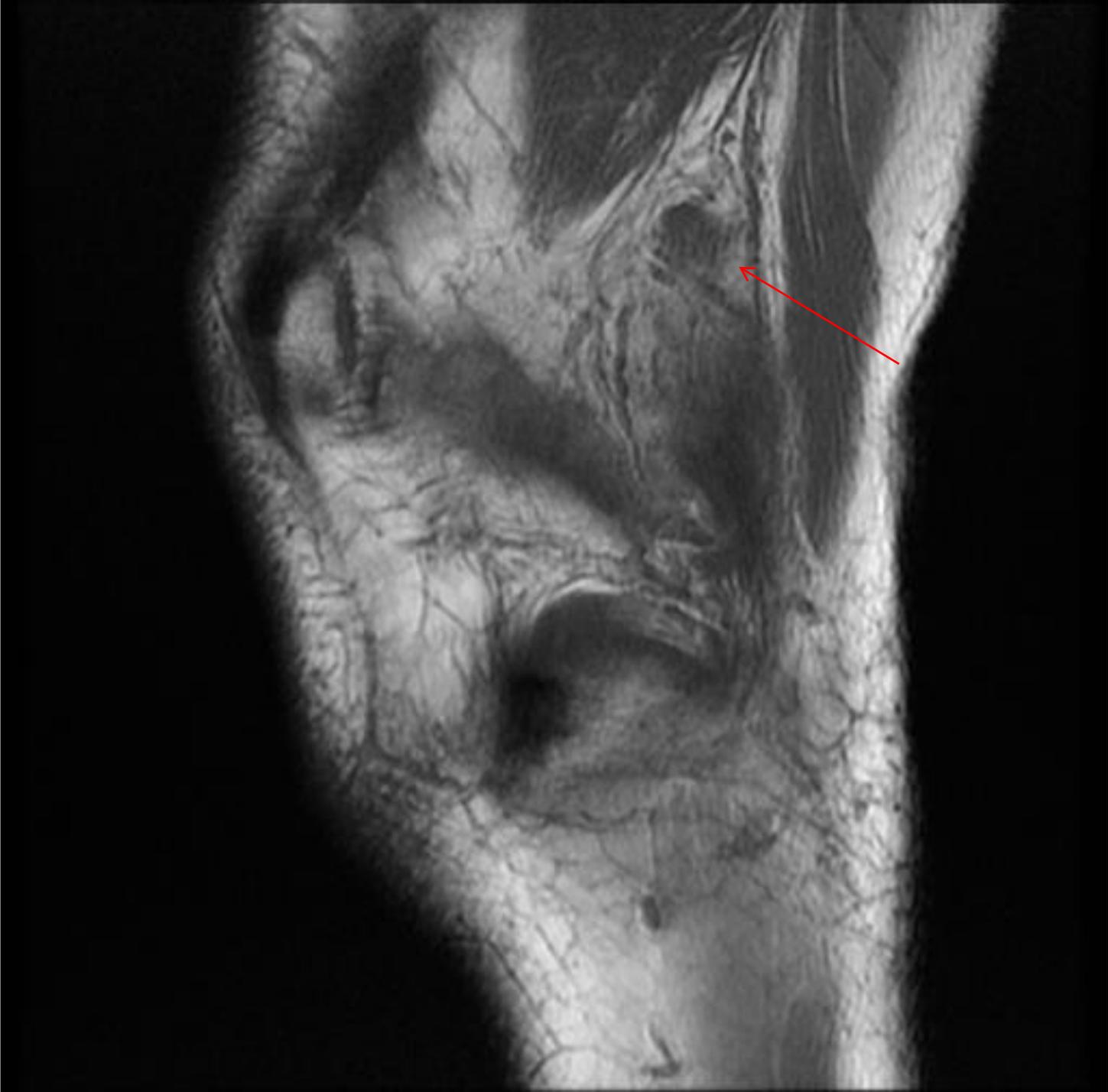






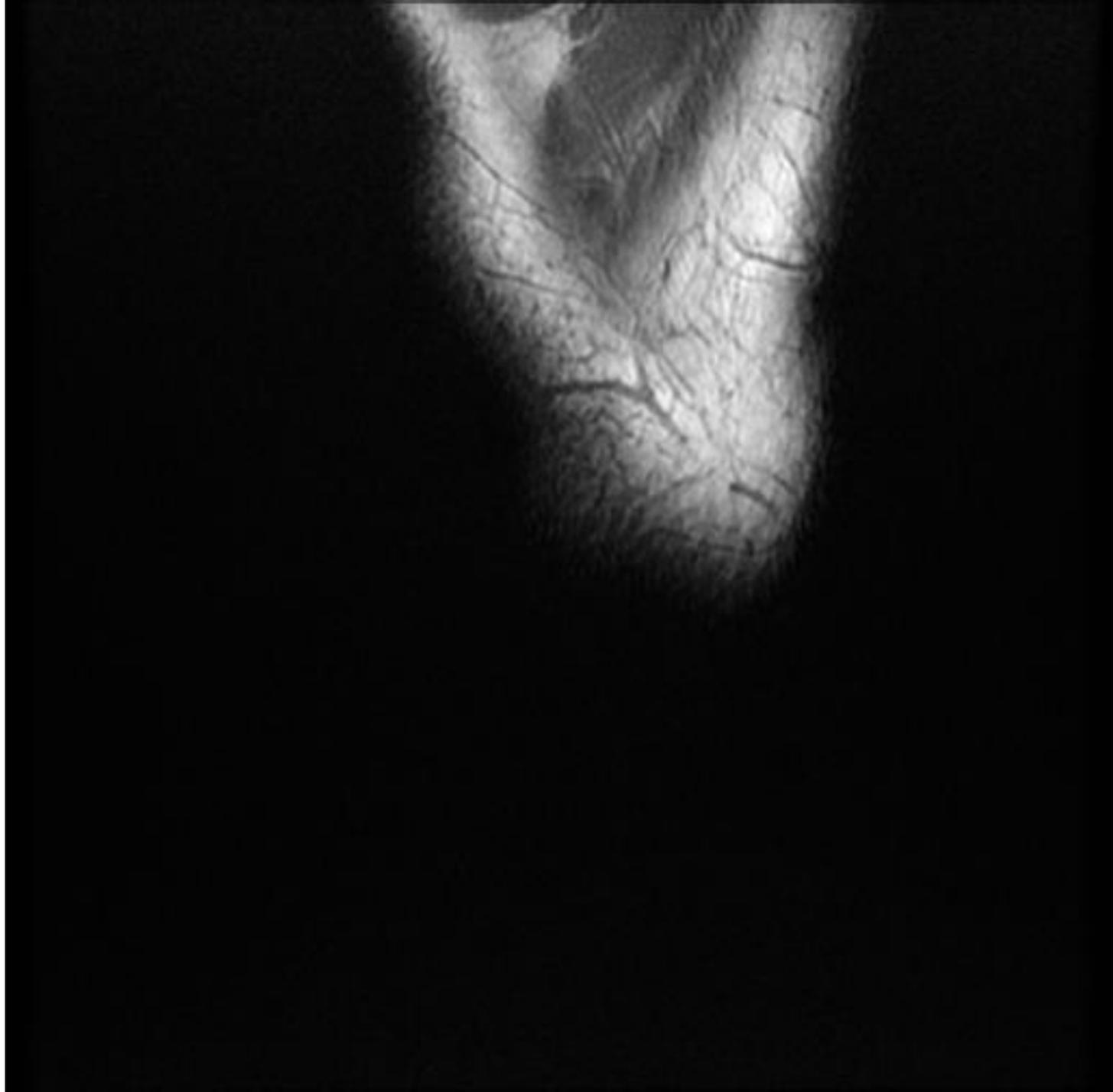




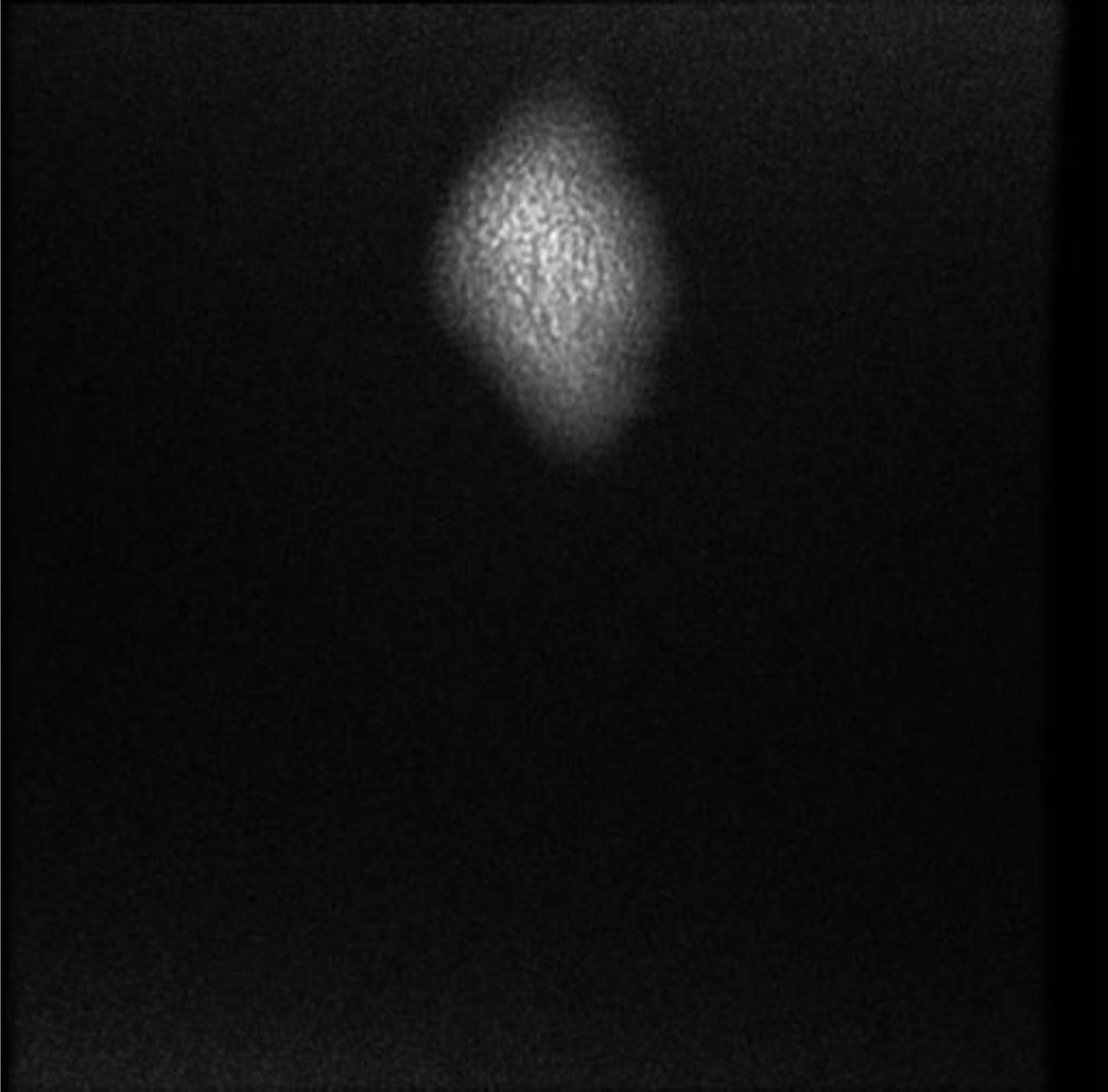


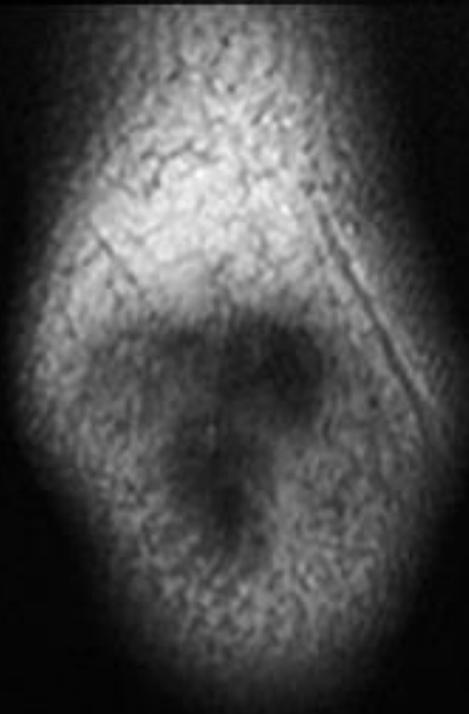




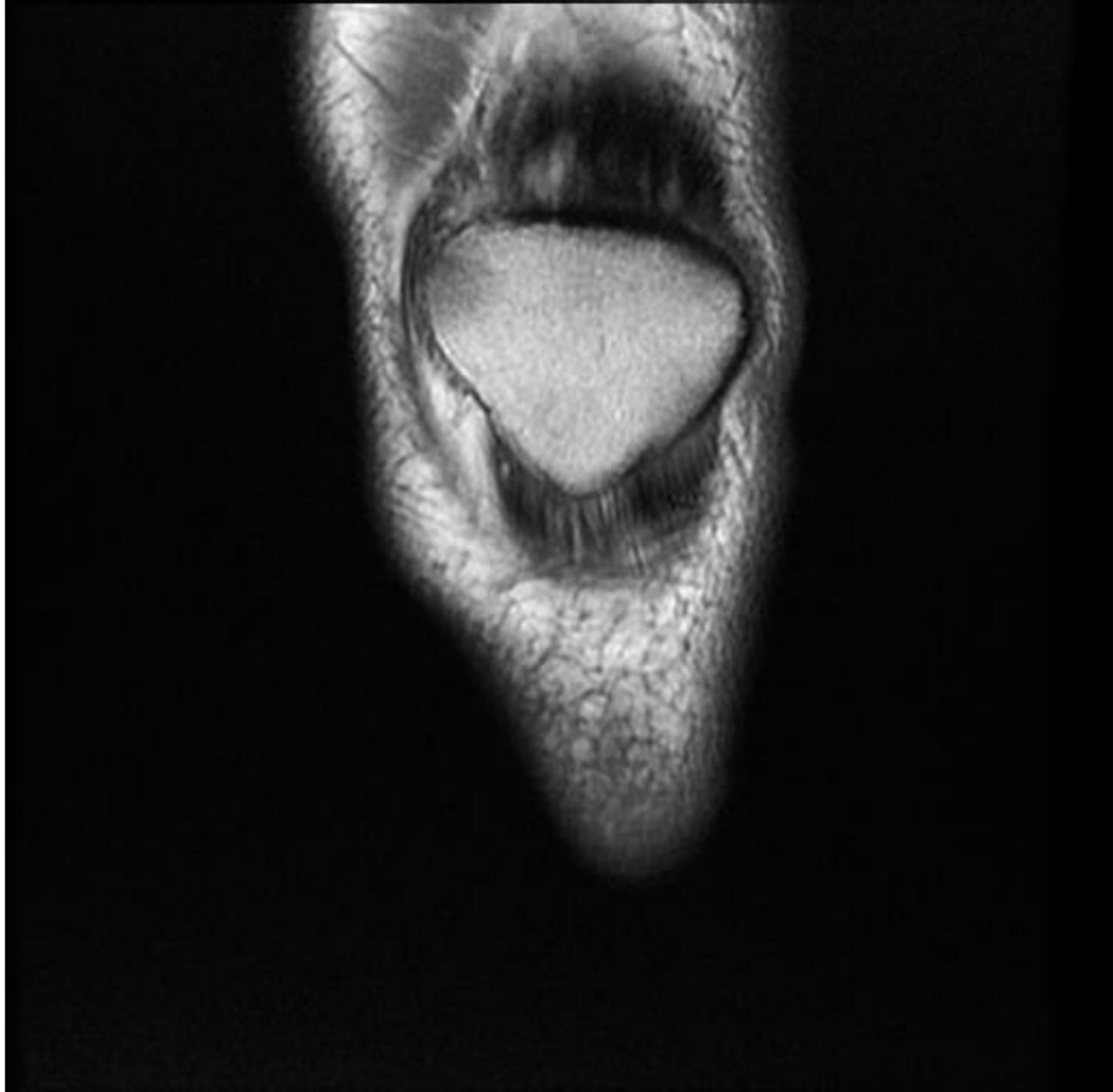


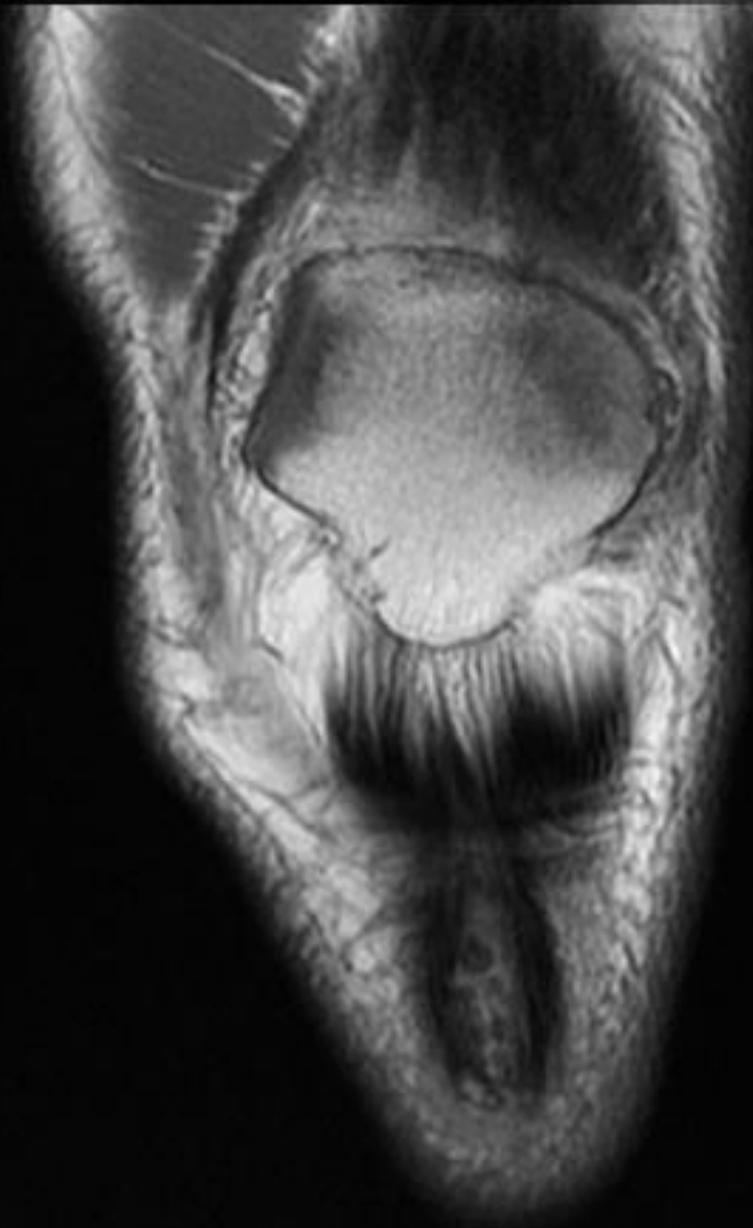




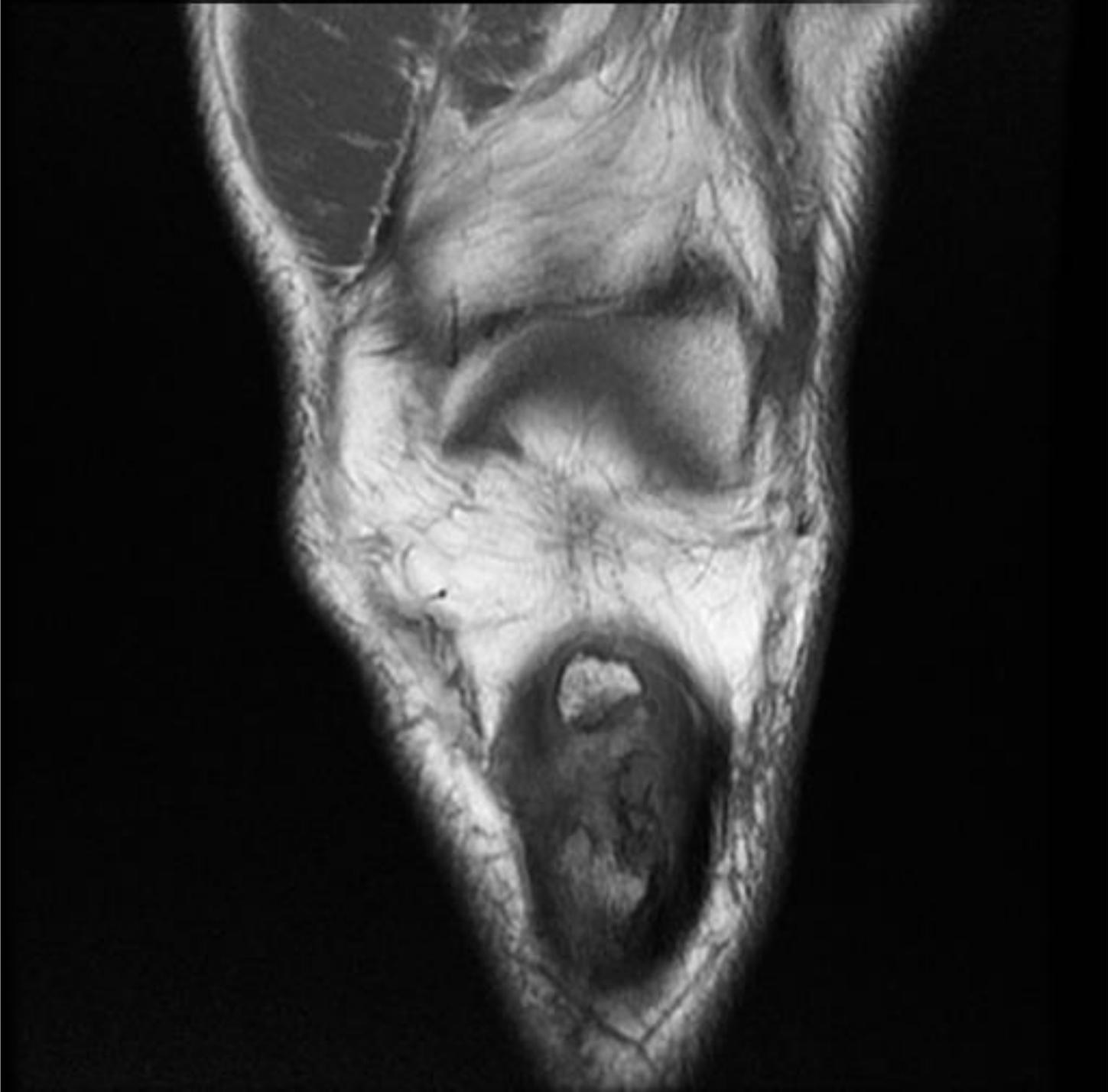


























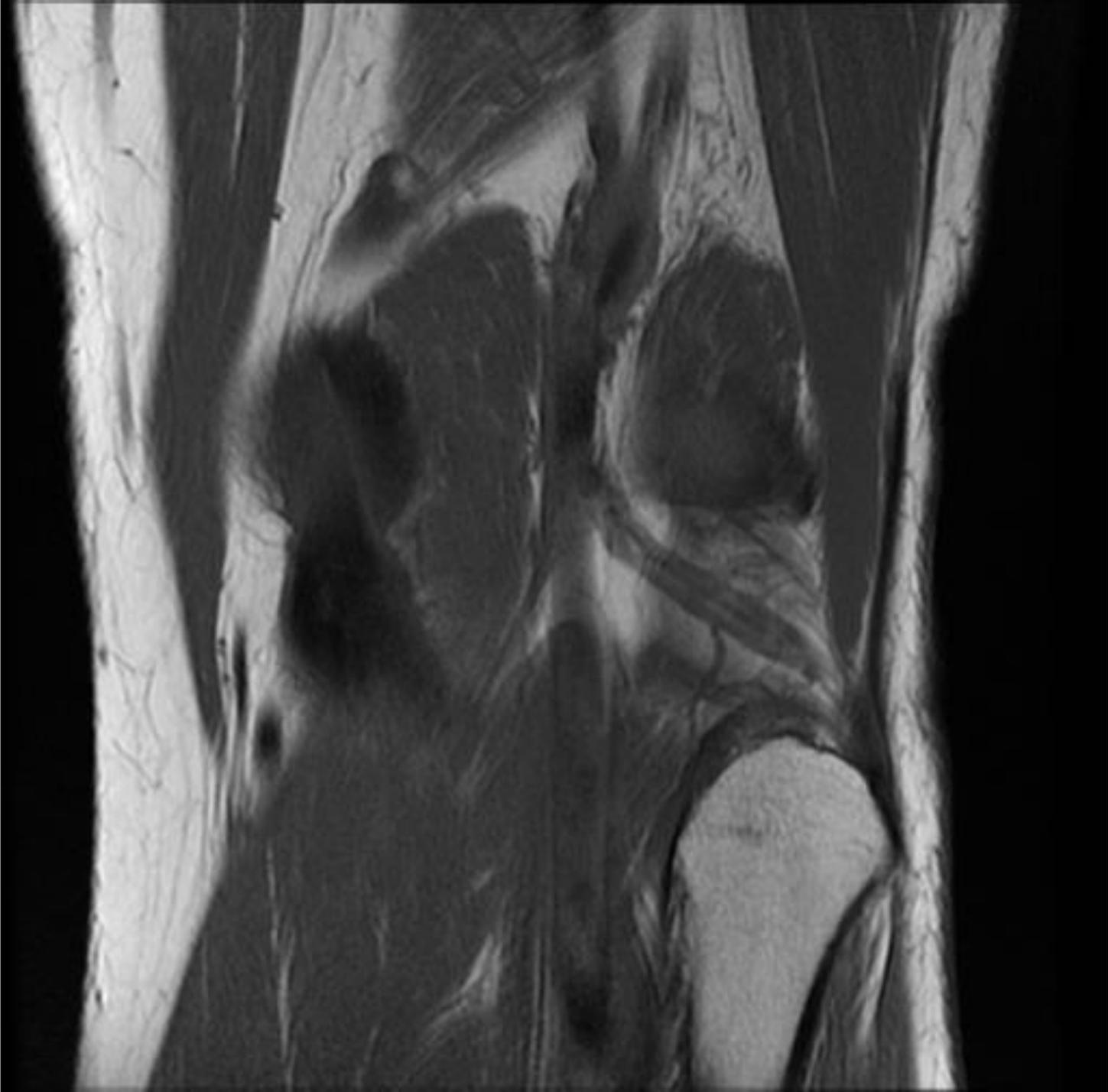


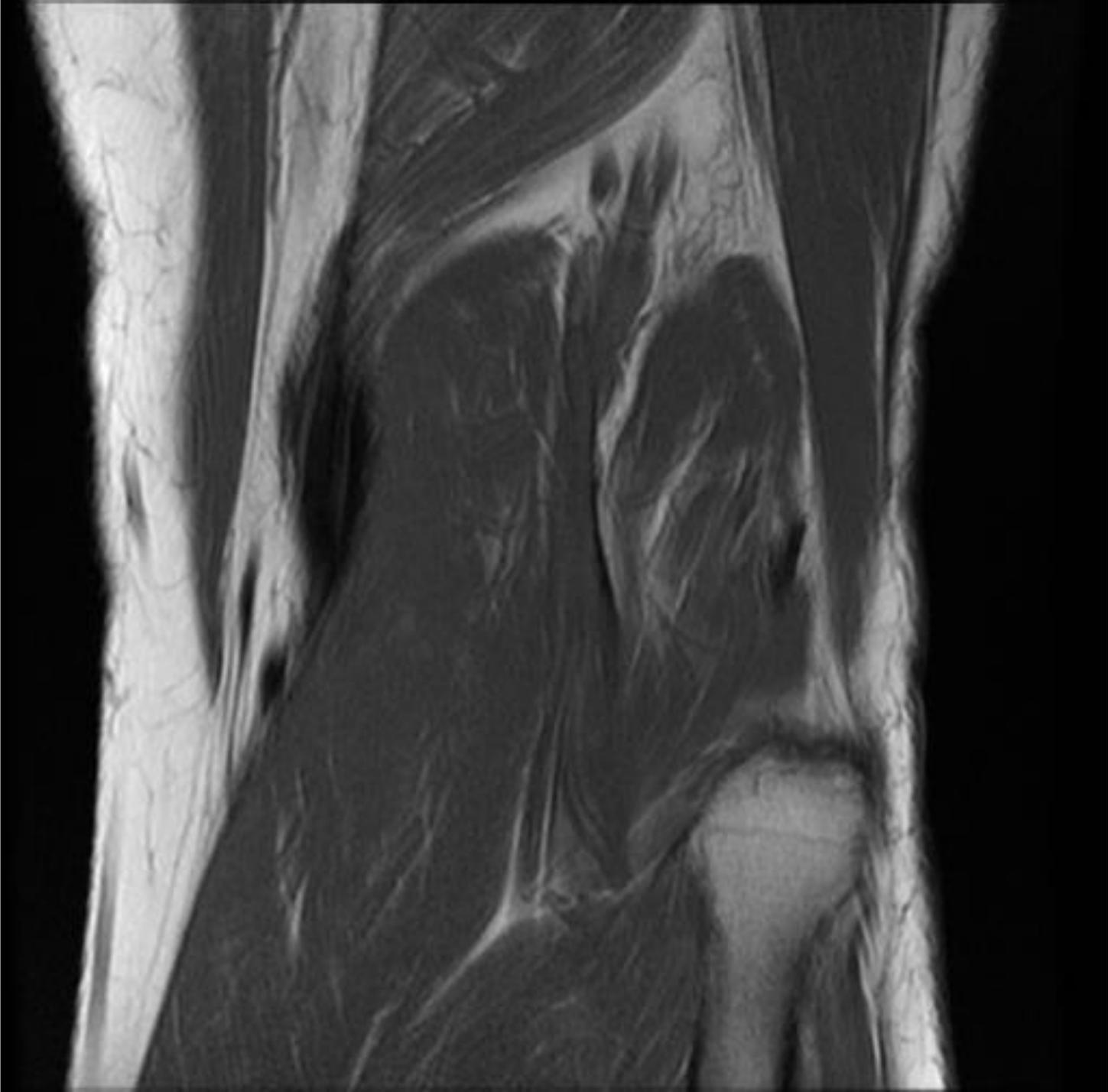


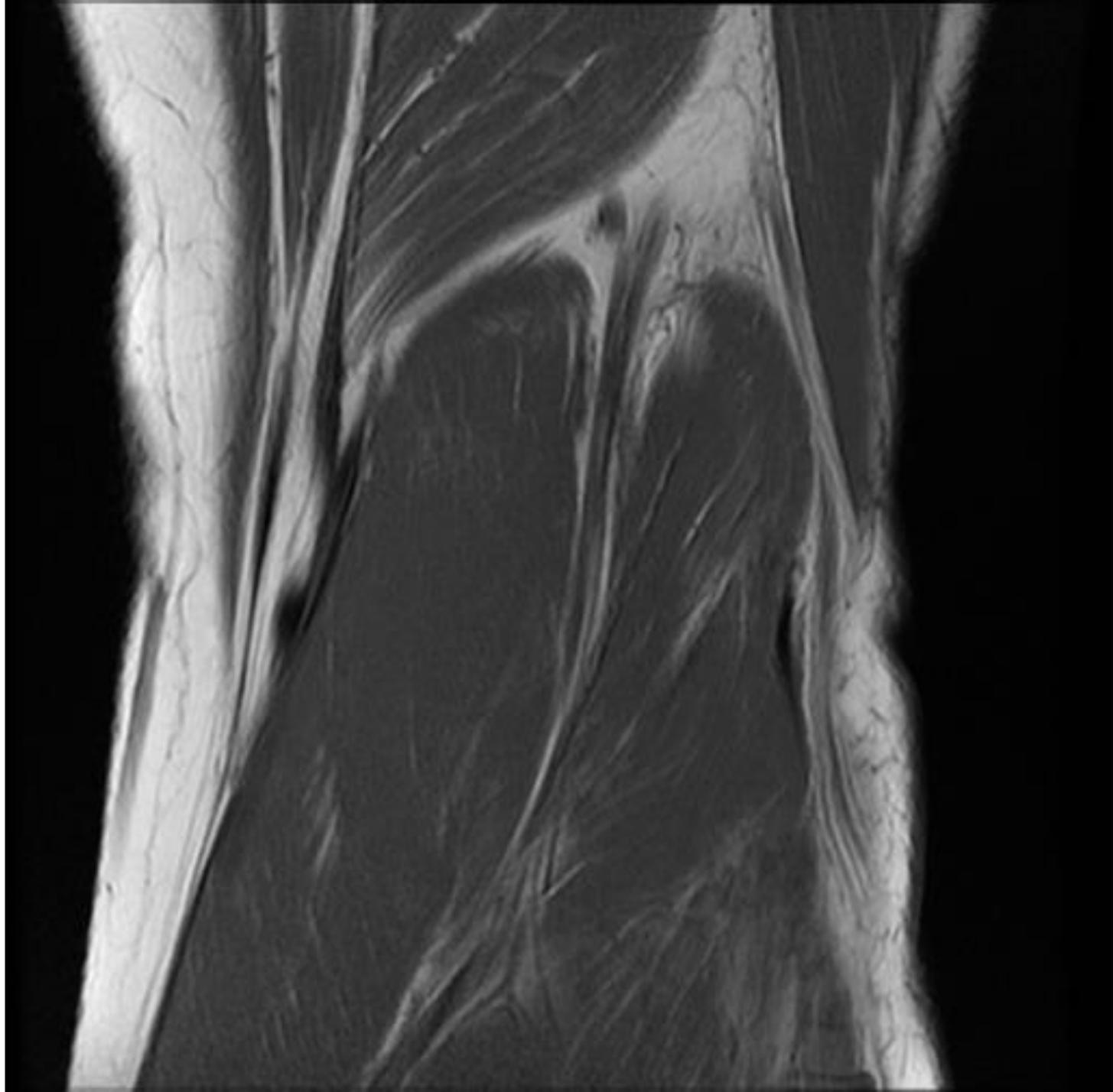
















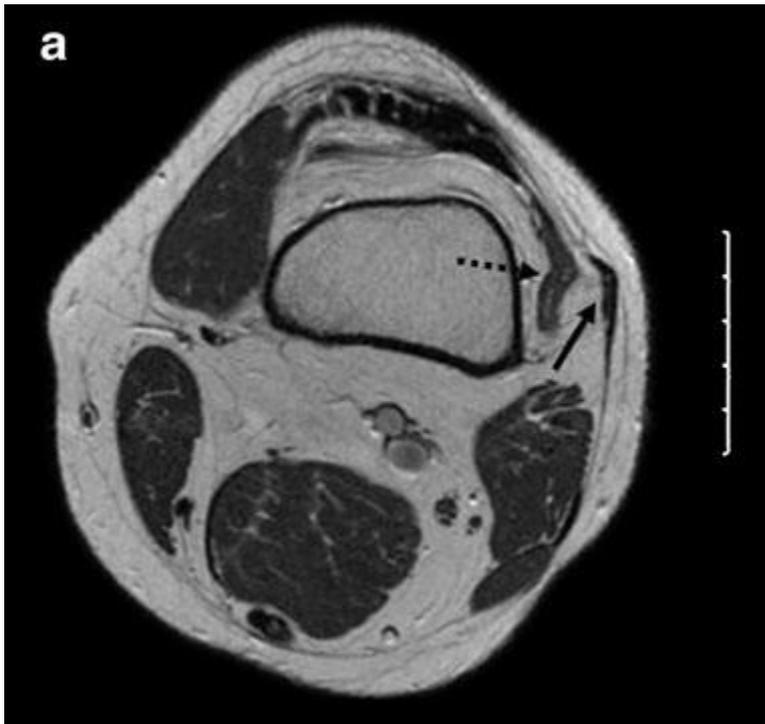
Accessory Plantaris Muscle

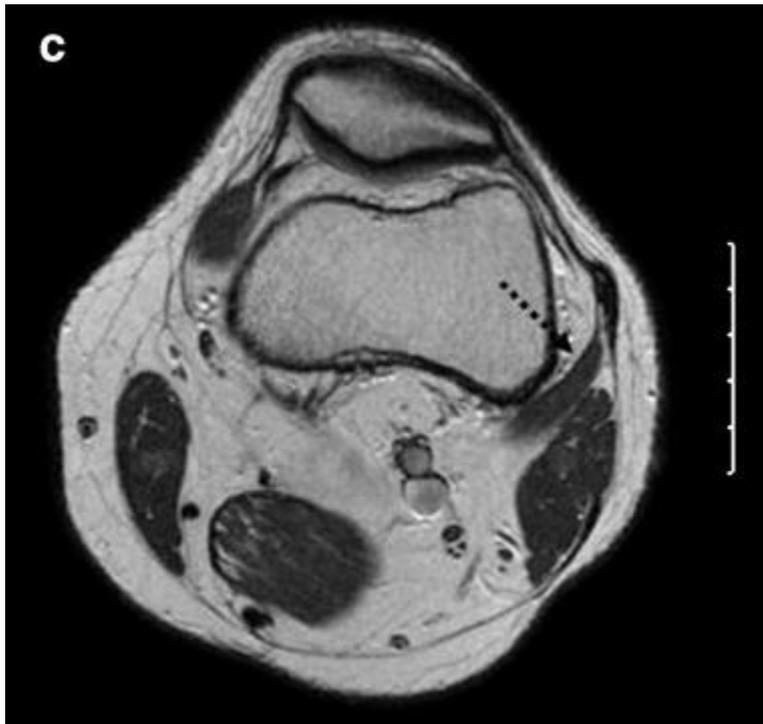
ORIGINAL ARTICLE

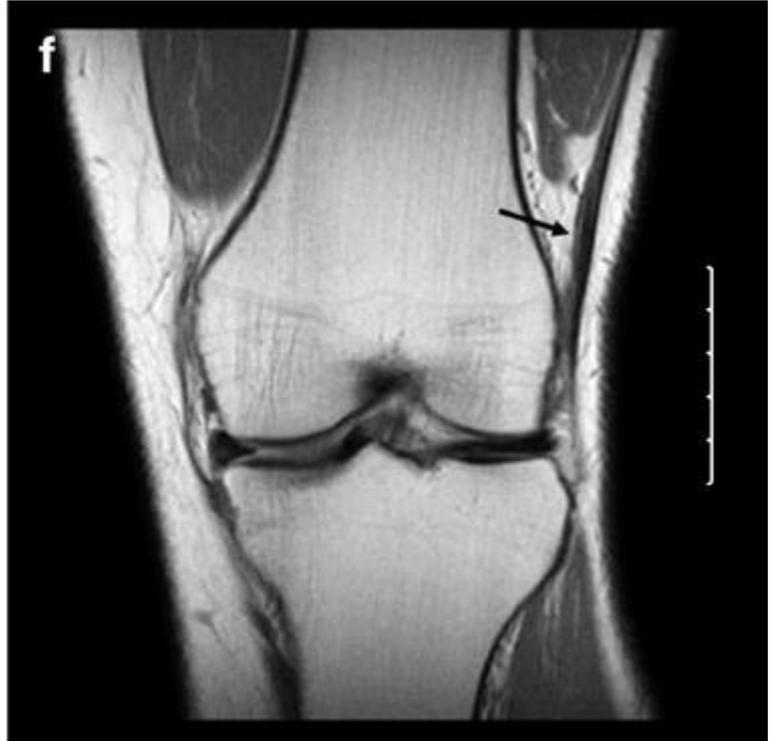
Accessory Plantaris Muscle: Anatomy and Prevalence

Richard Joseph Herzog, MD, FACR

Received: 17 October 2009/Accepted: 17 June 2010/Published online: 14 July 2010
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Accessory plantaris

- 6.3% of knees (63/1000)
- 43 inserted into the iliotibial band,
- 15 inserted into the lateral patellar retinaculum, and
- 5 inserted into the iliotibial tract.
- thin muscle with a linear band-like insertion to a thick
- fusiform muscle with a wide insertion
- Almost all inserted immediately distal to the termination of the vastus lateralis muscle, and the level of the insertion of the
- accessory plantaris muscle was located slightly proximal to its origin.

- causative role in pathologic conditions of the knee, such as patellar tracking disorders or iliotibial band friction syndrome.



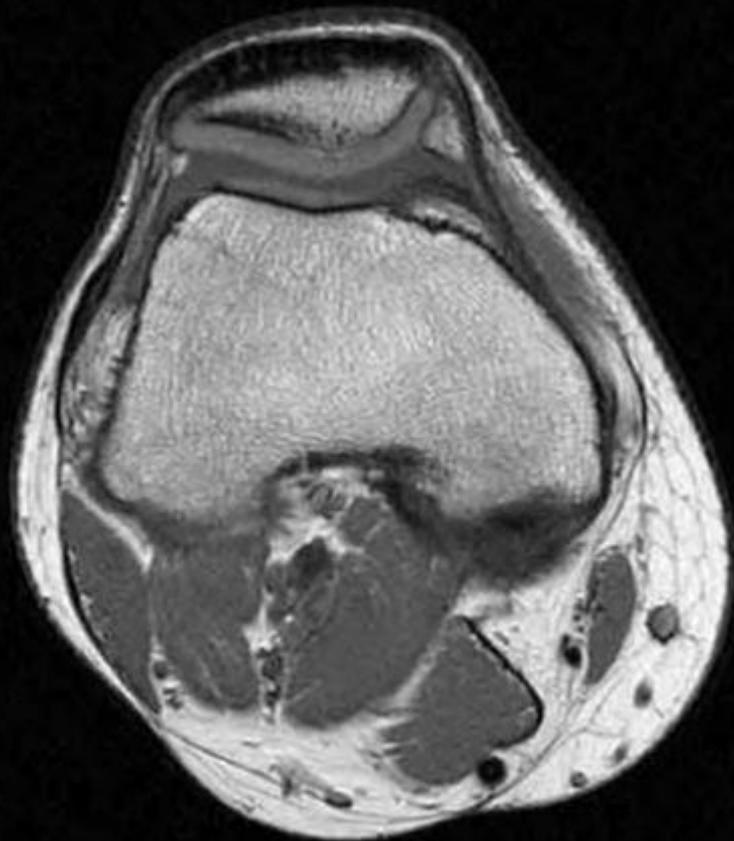
Figure 11:

Accessory Plantaris Muscle. (11a) axial fat-suppressed proton density, (11b) coronal fat-suppressed proton density, and (11c) sagittal T1-weighted MR images in a 30 year-old female demonstrate an accessory plantaris muscle (arrow) inserting on the iliotibial band (arrowheads).



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