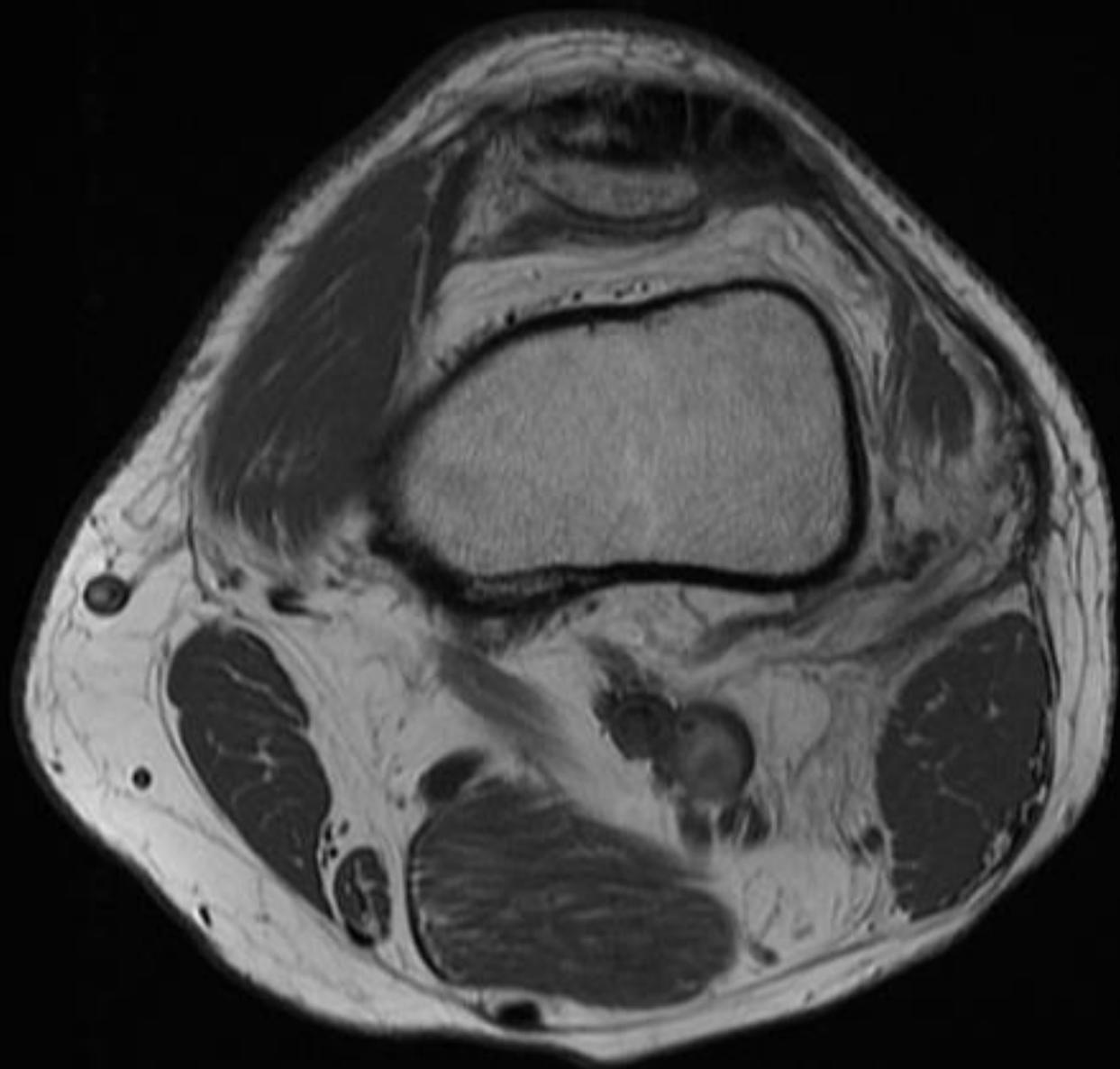
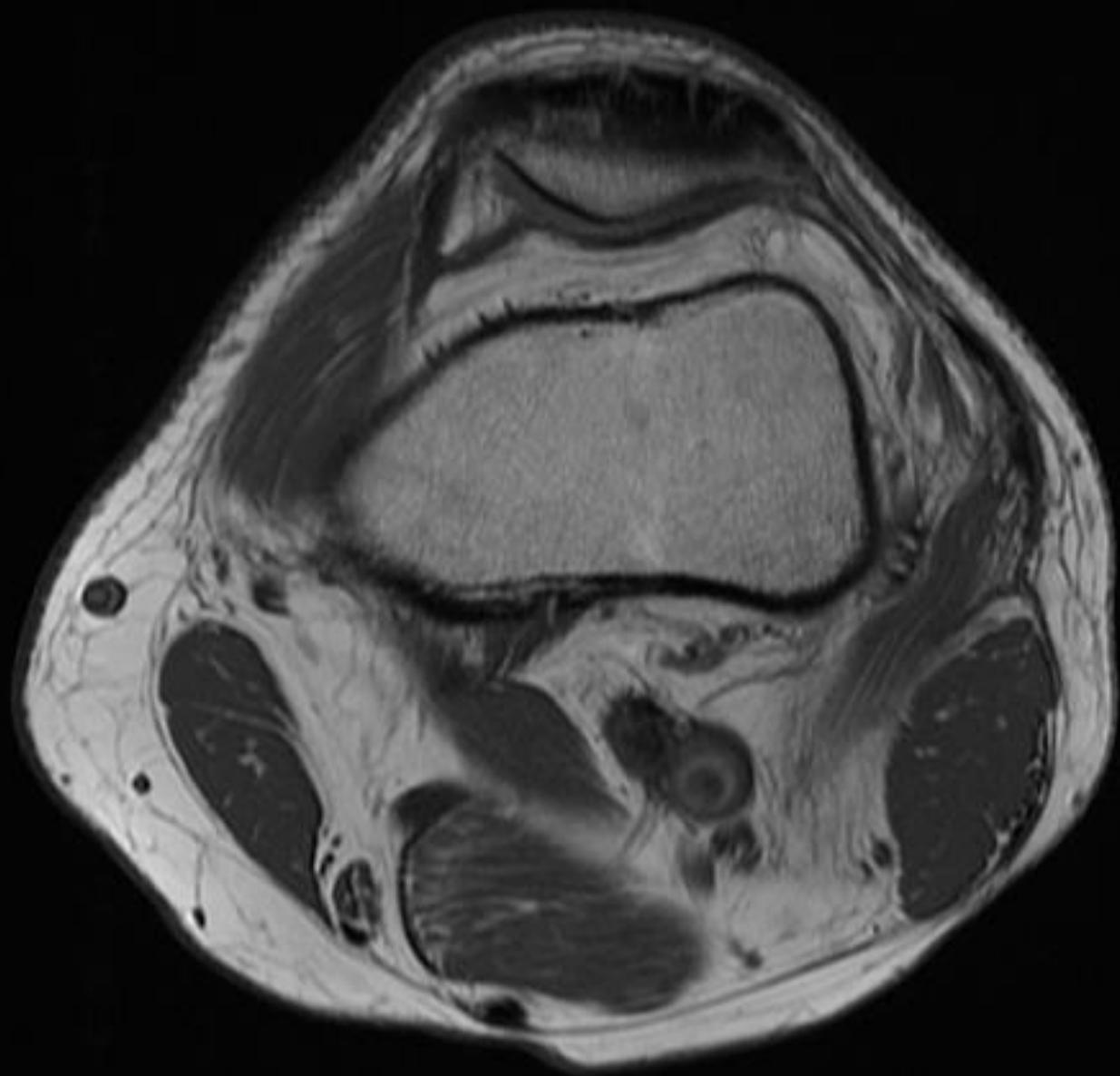


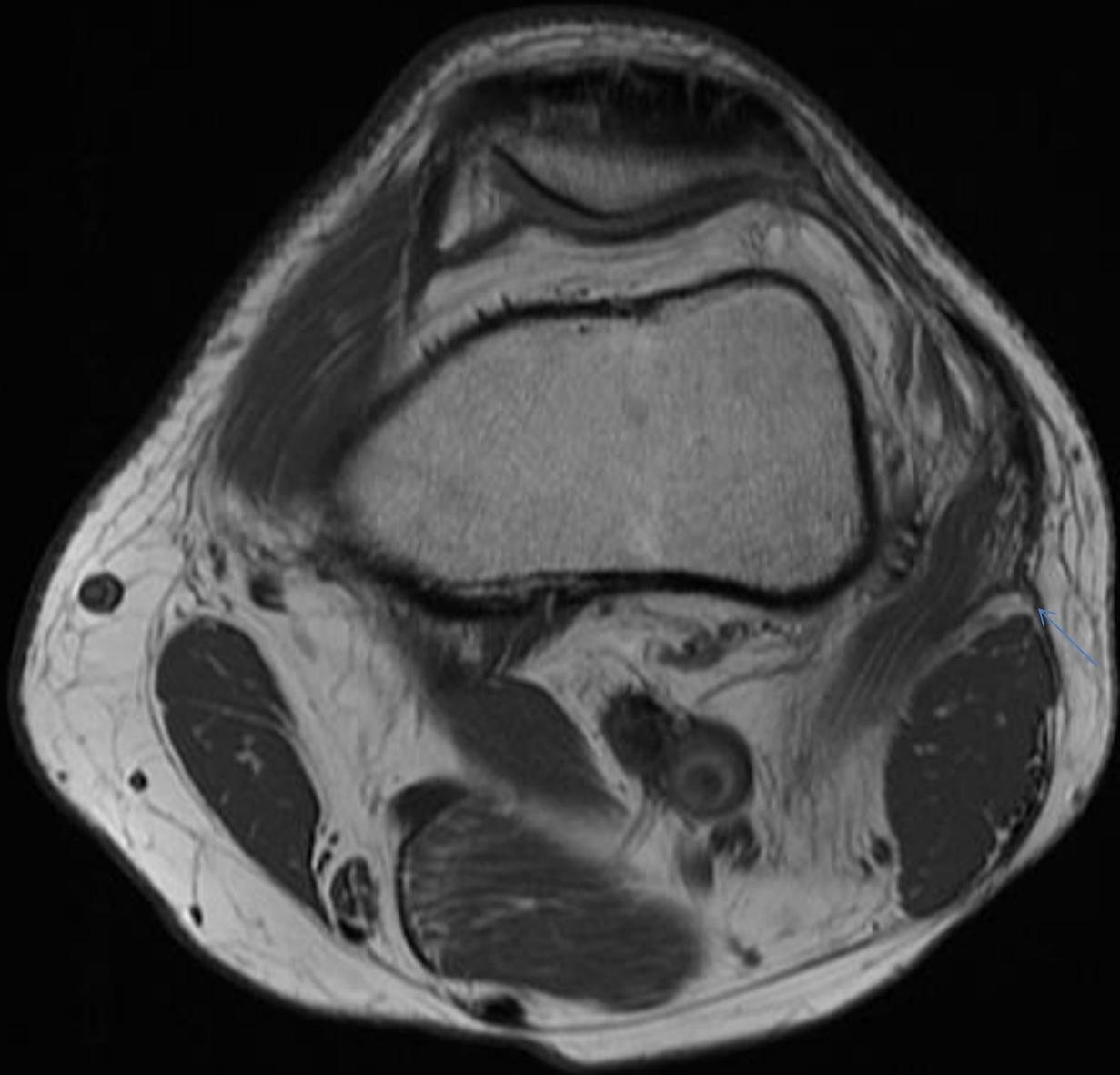


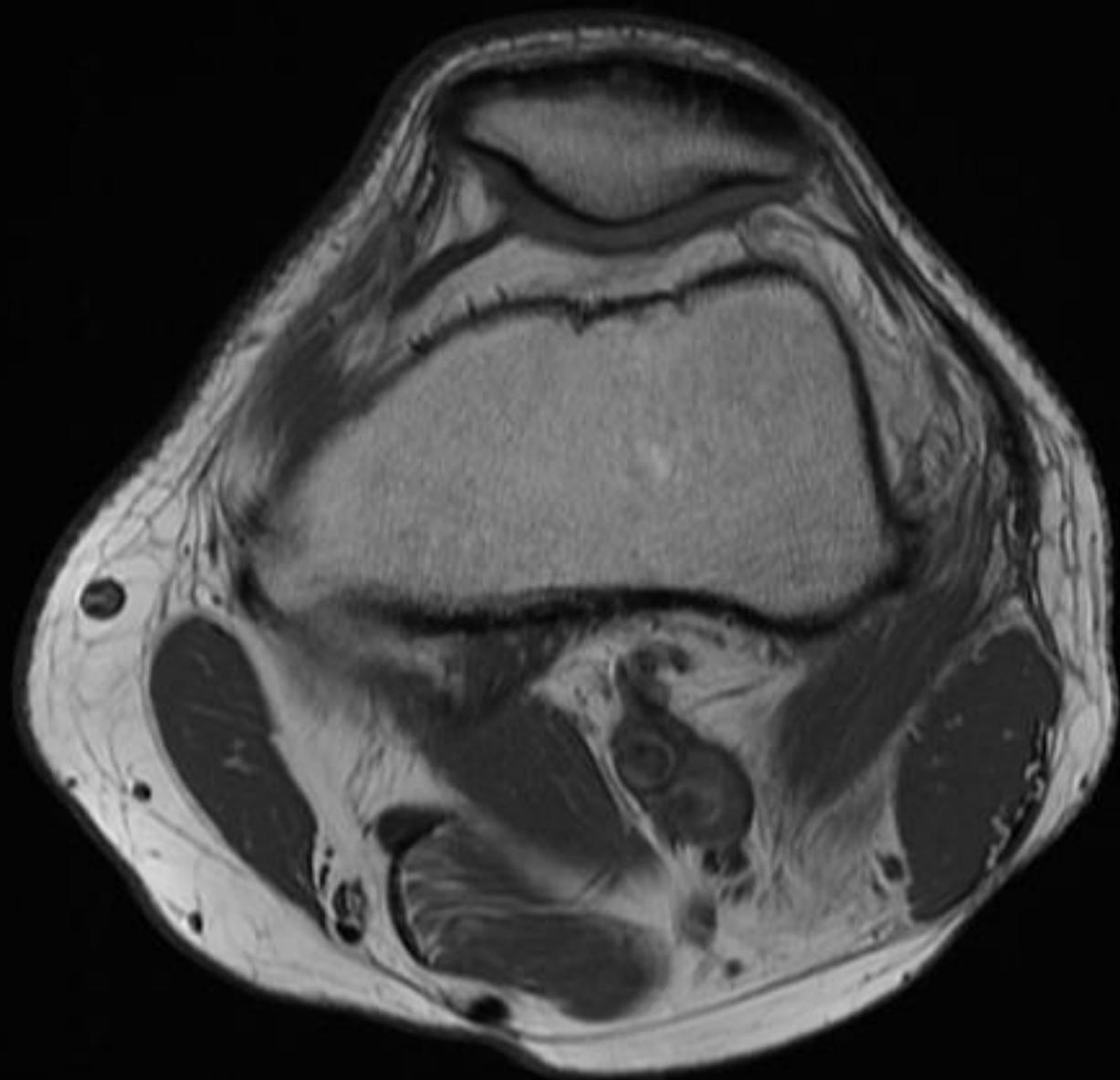
28 year old male. Avid skateboarder.
5 day history of IT band syndrome
type symptoms. No trauma.

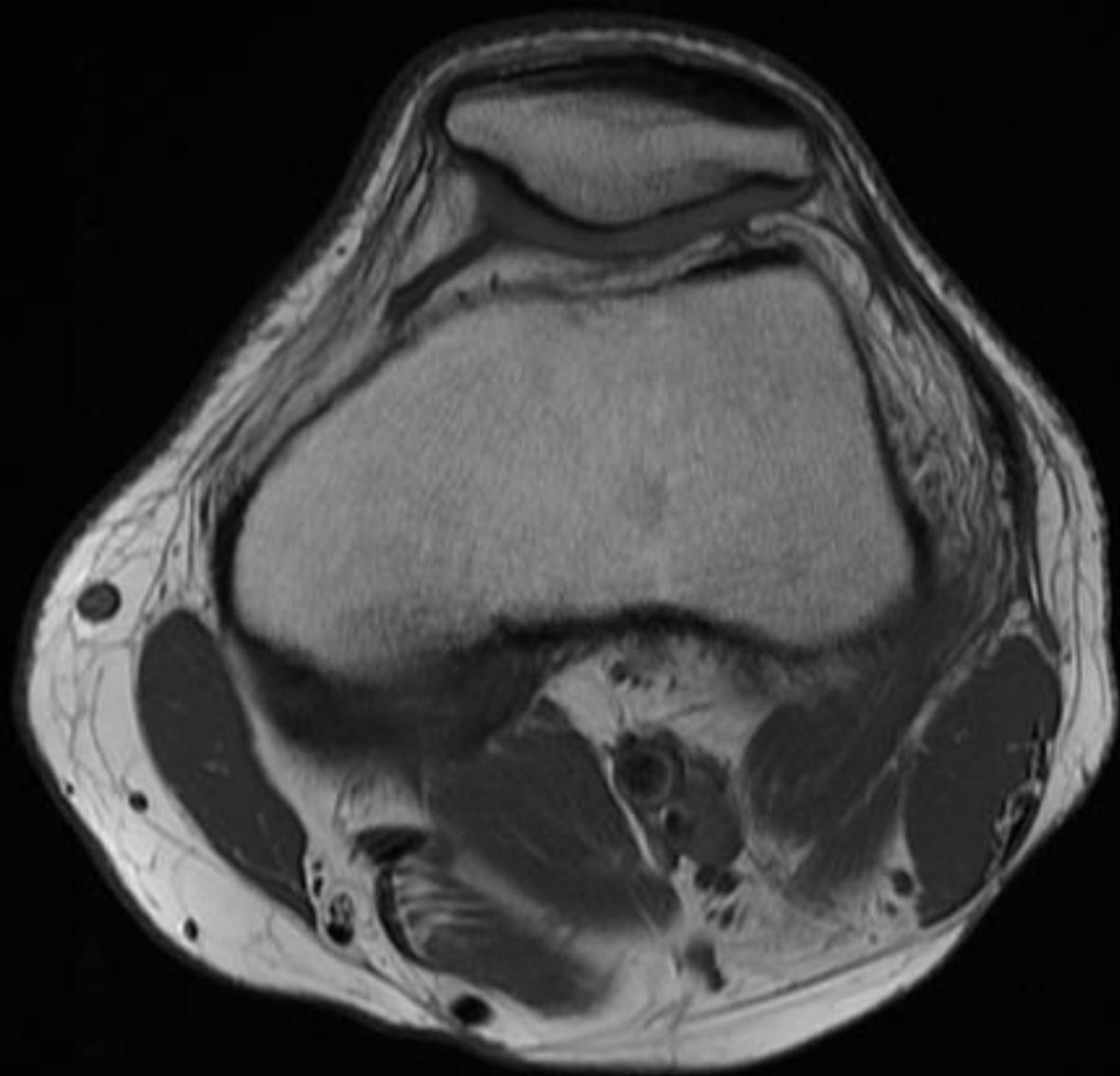
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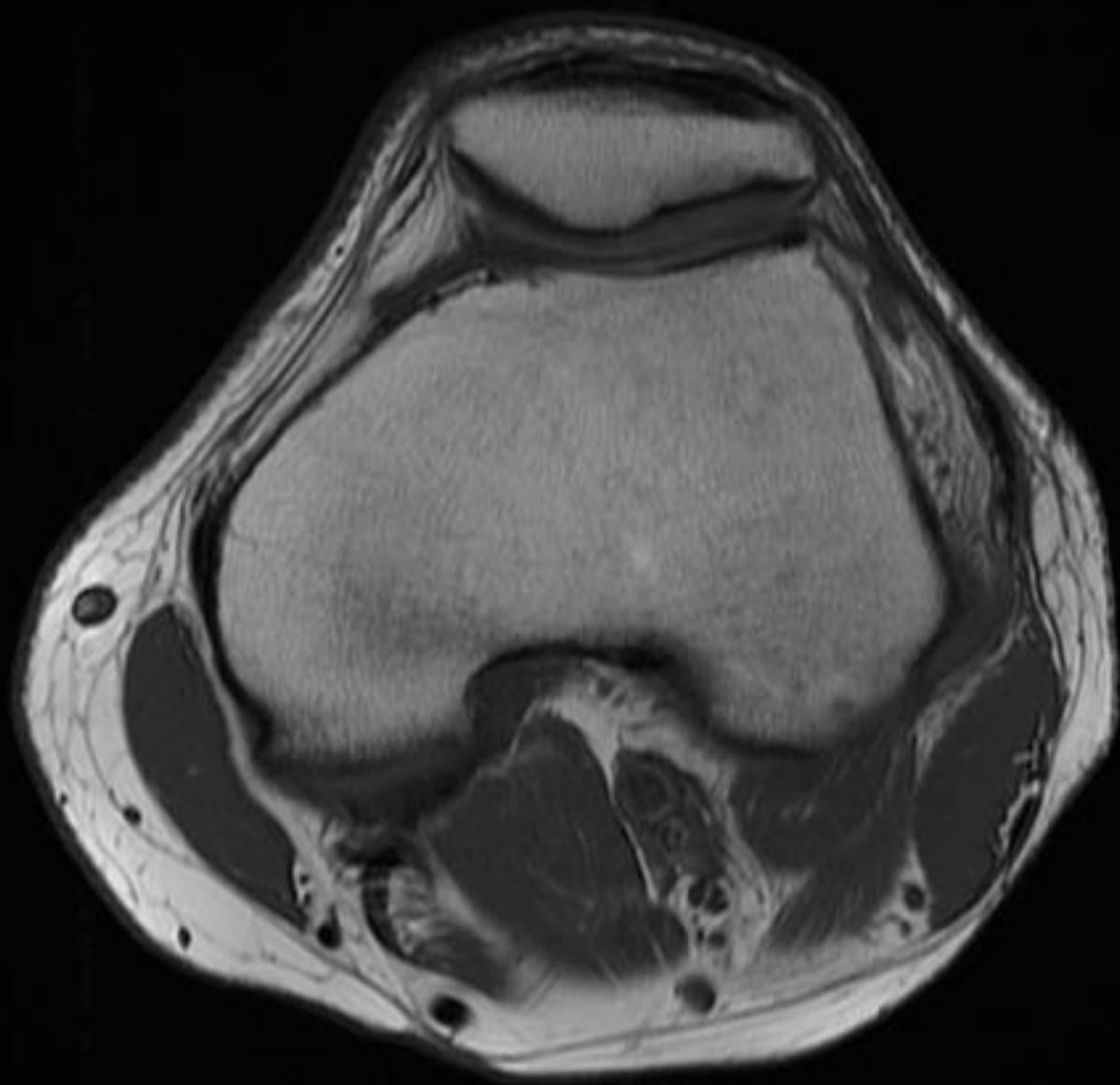


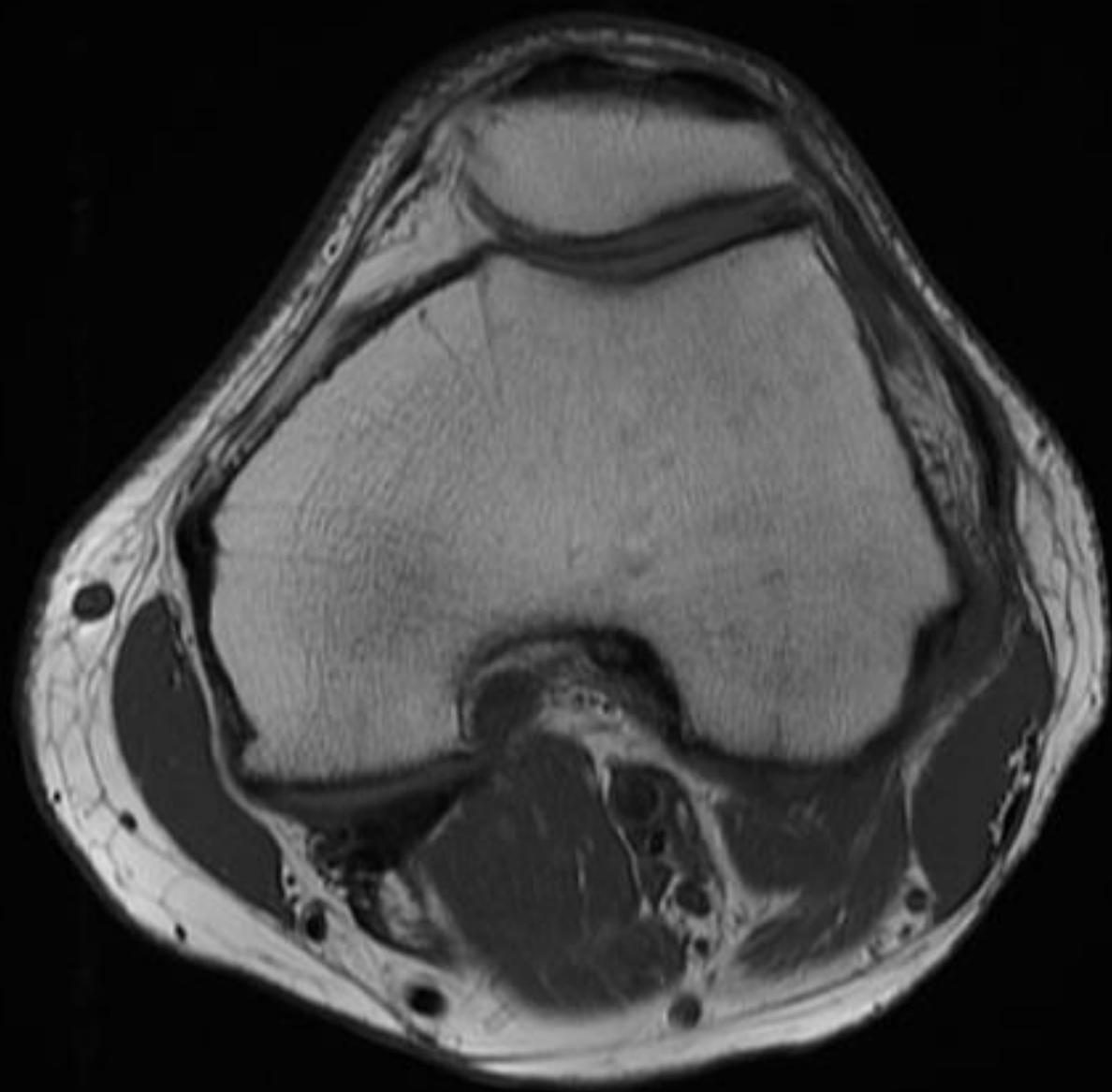


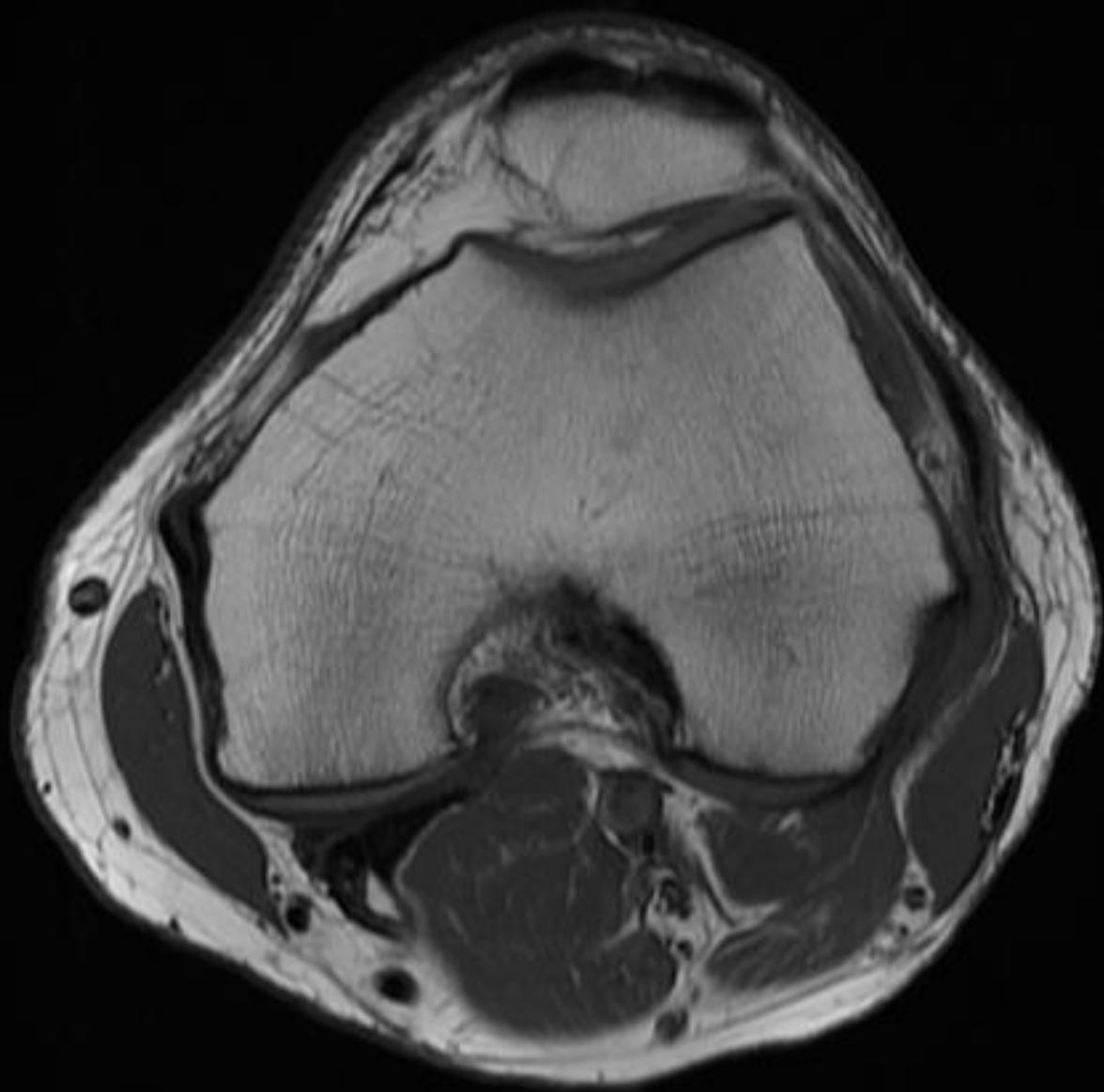


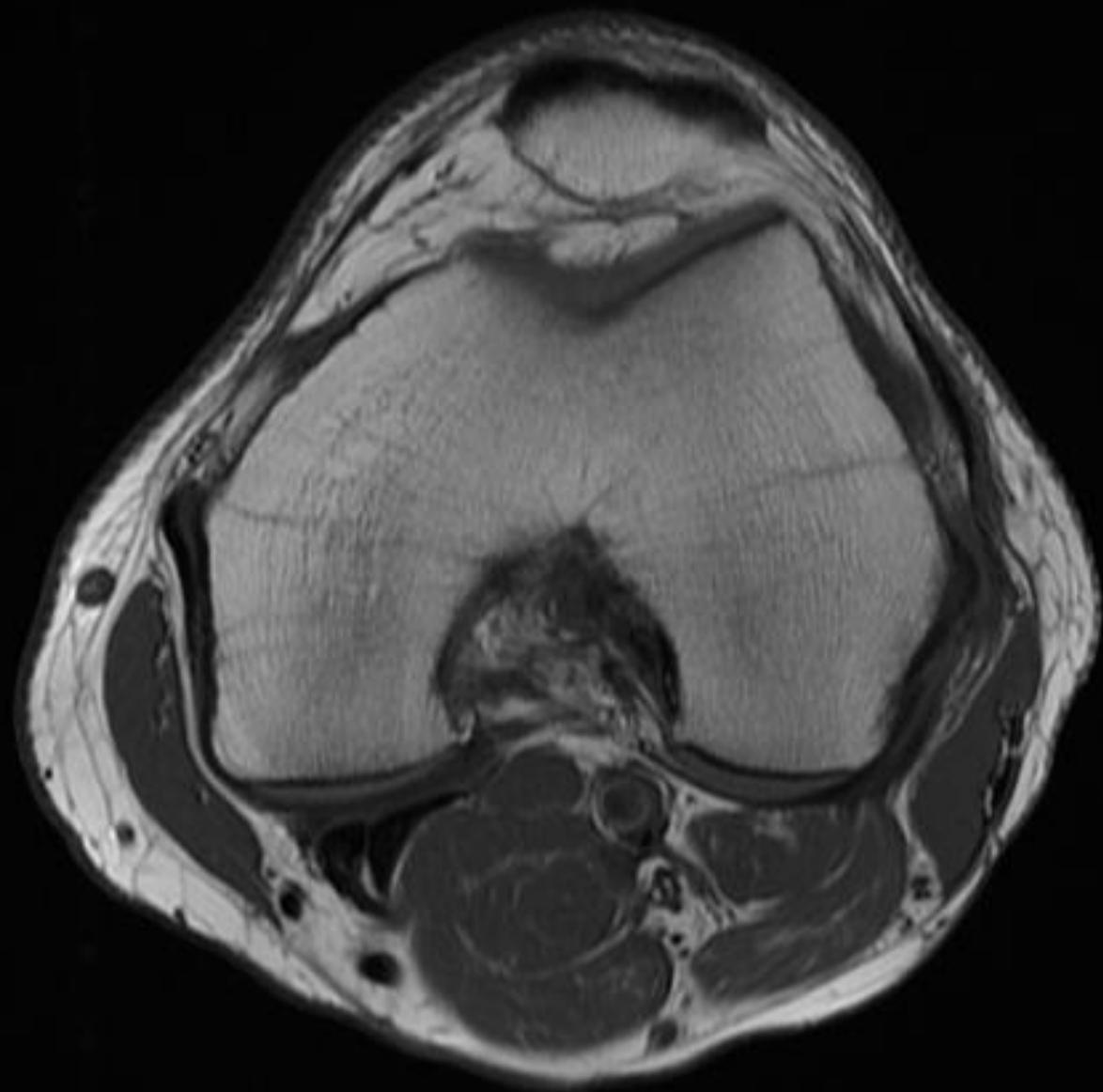






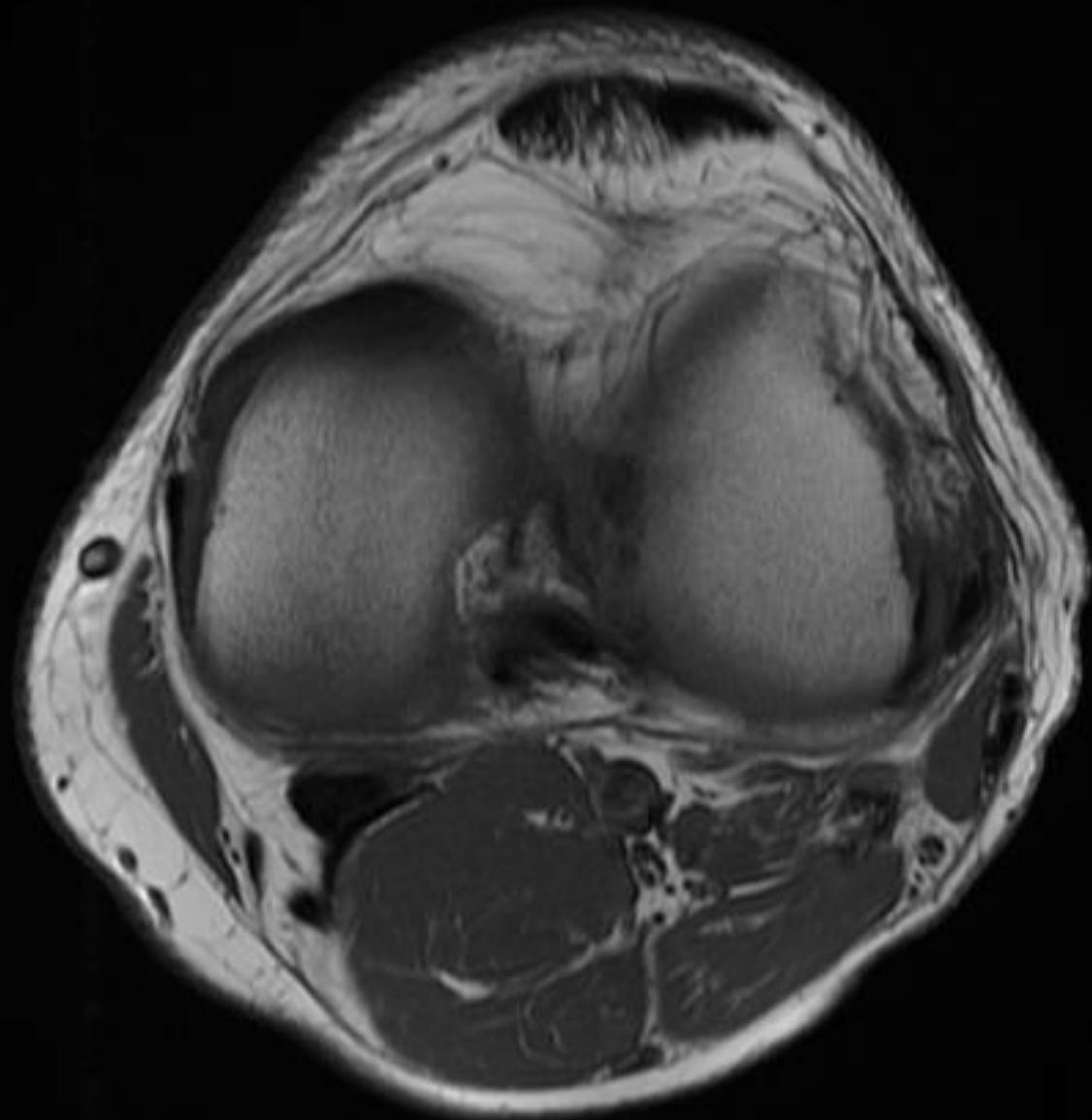


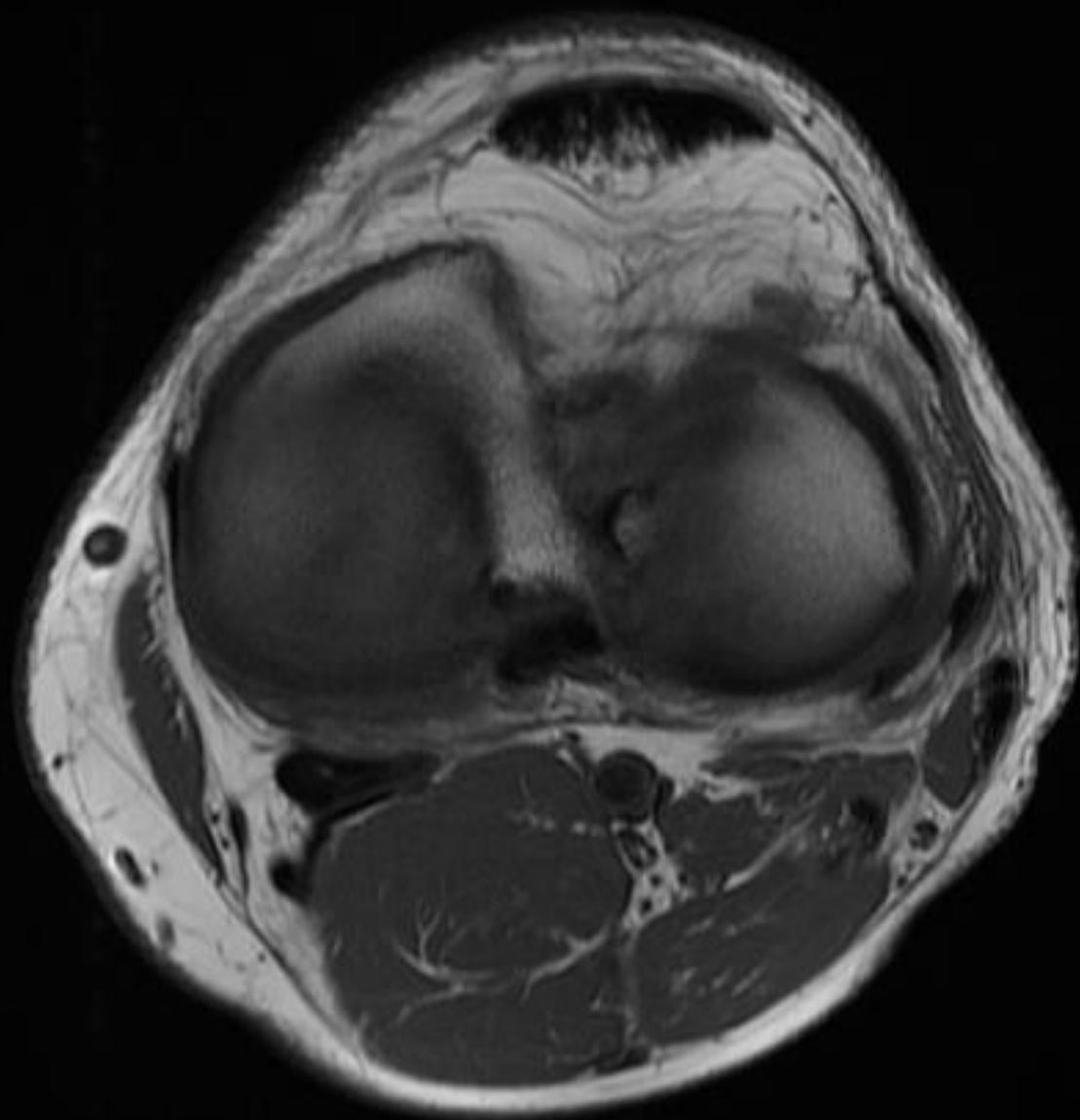


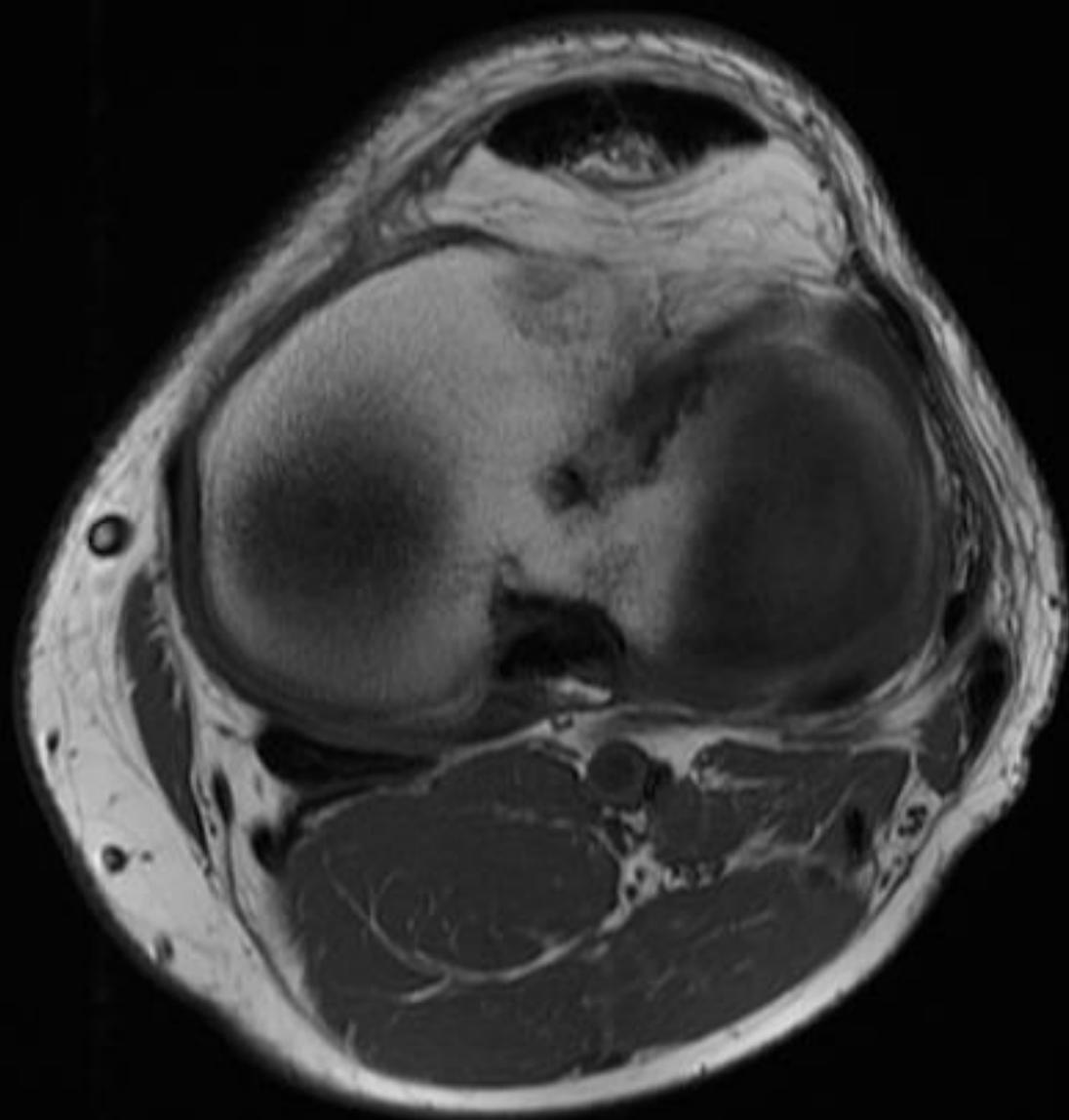


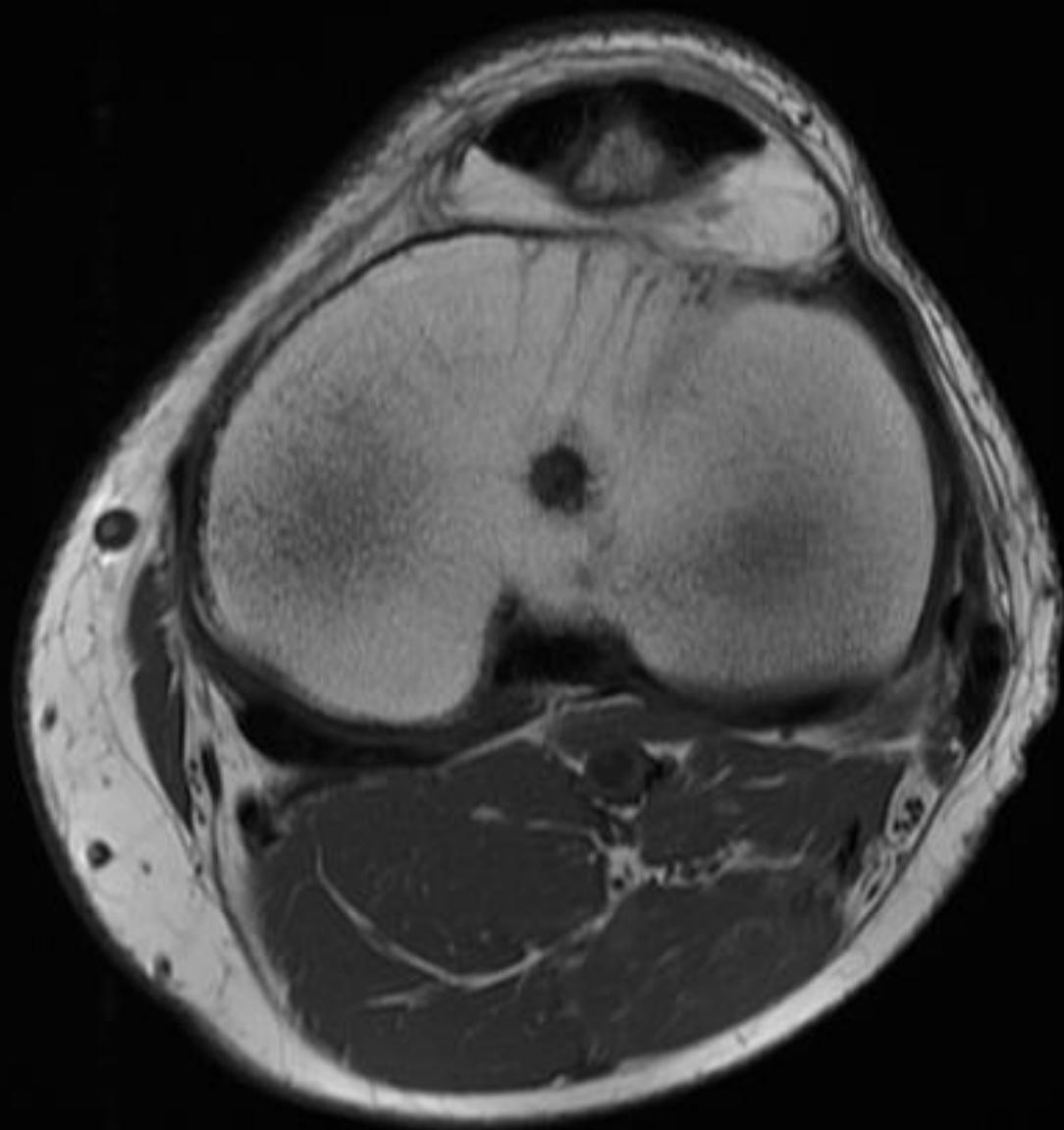


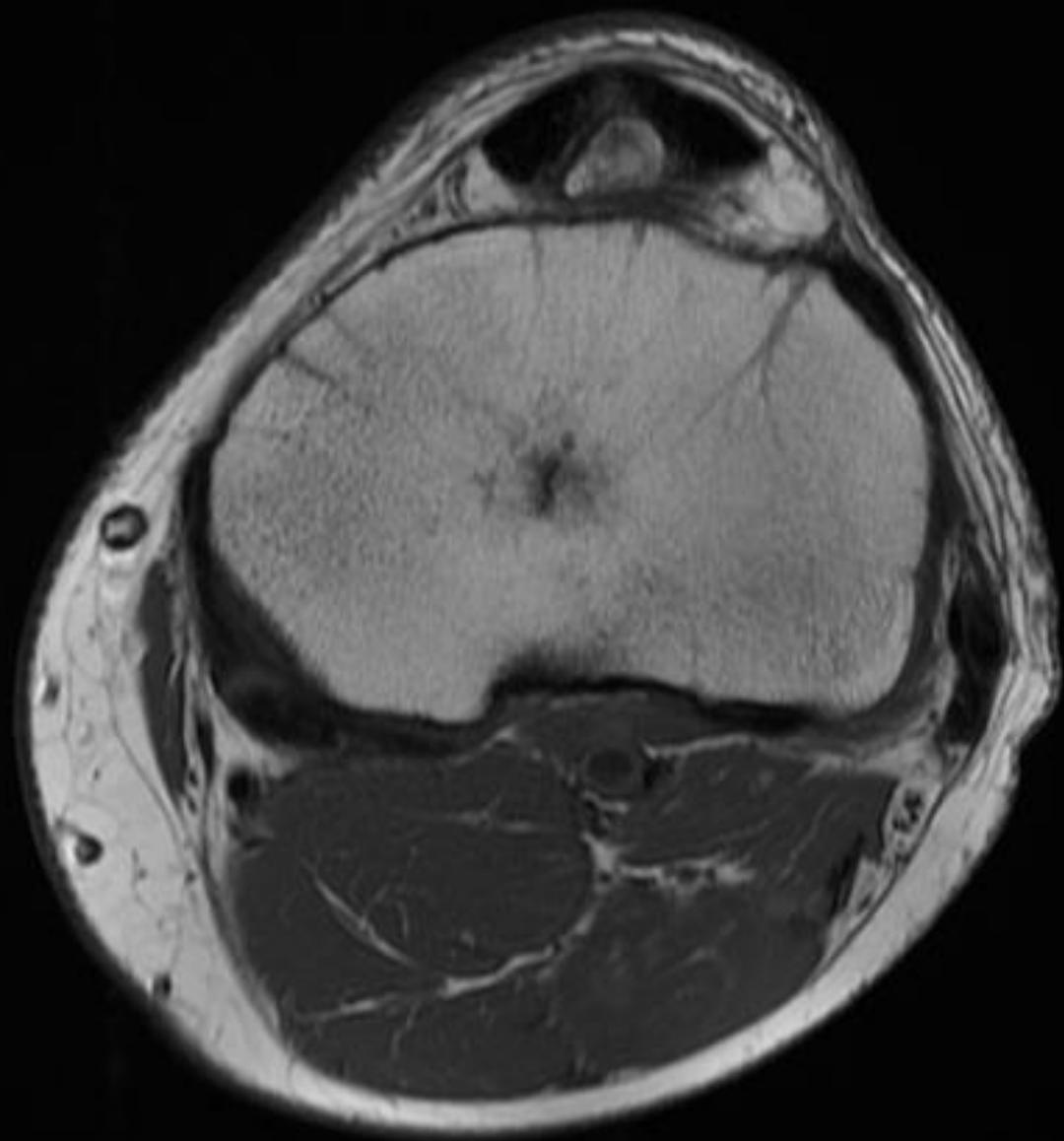


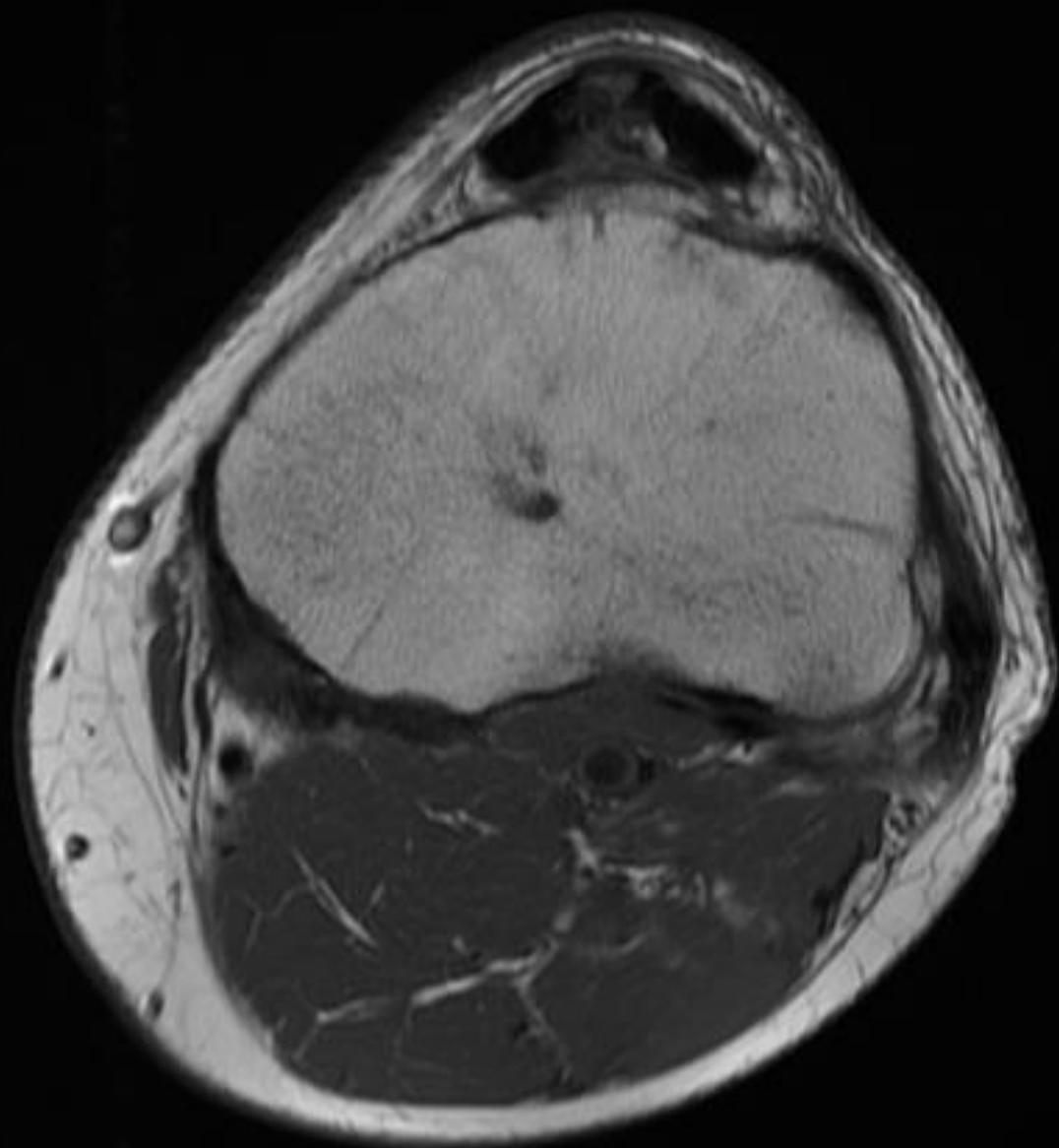


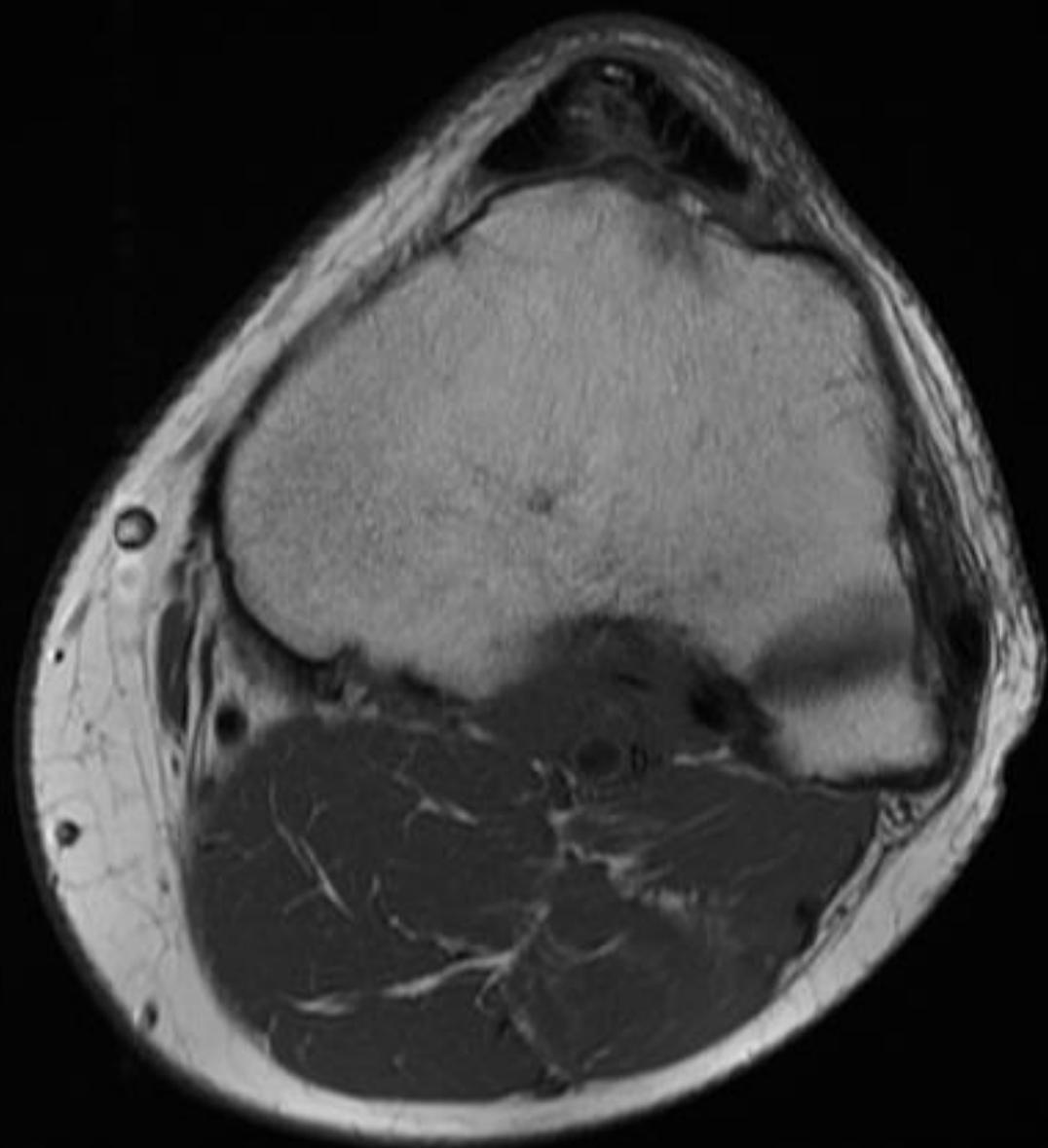


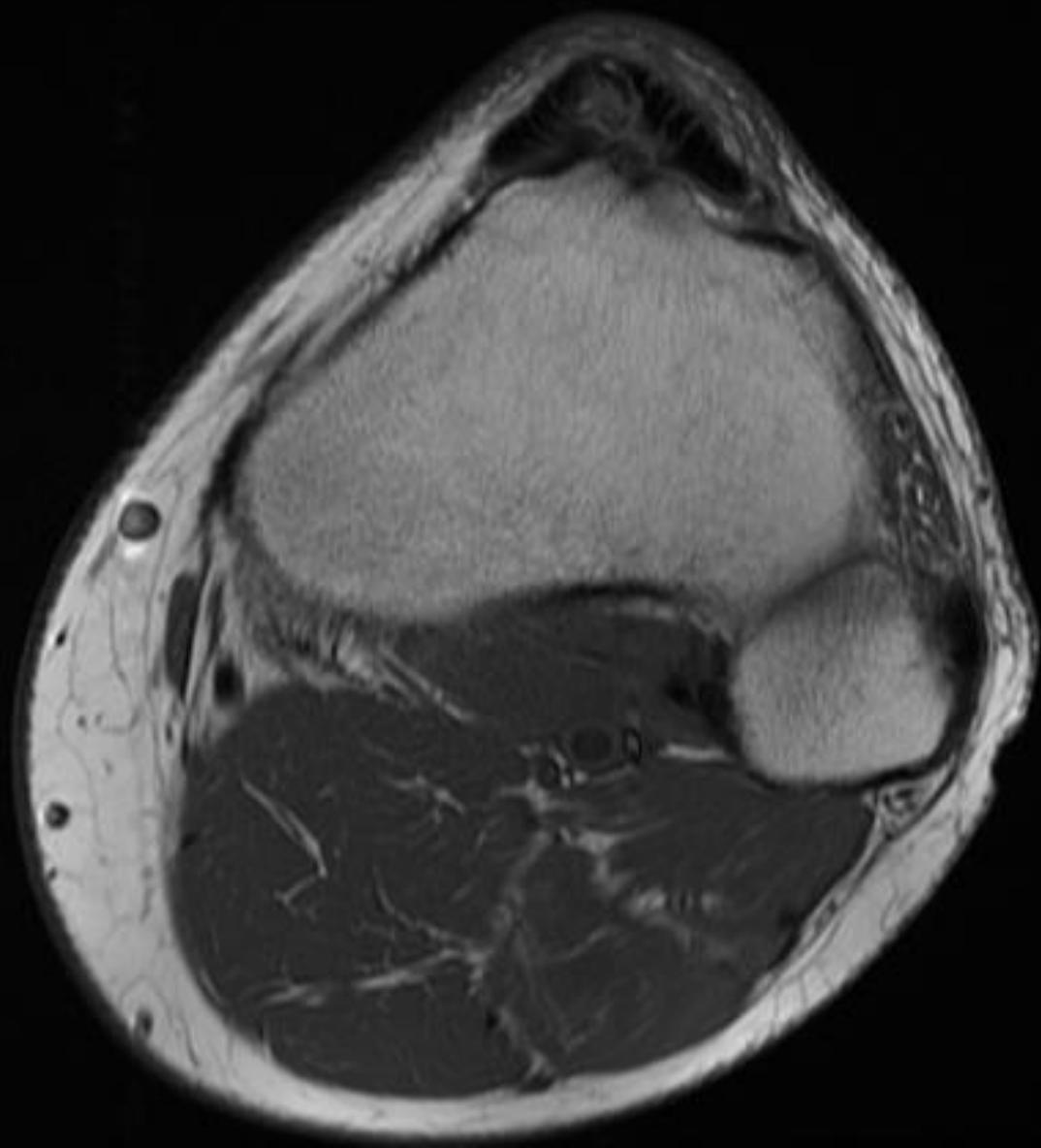


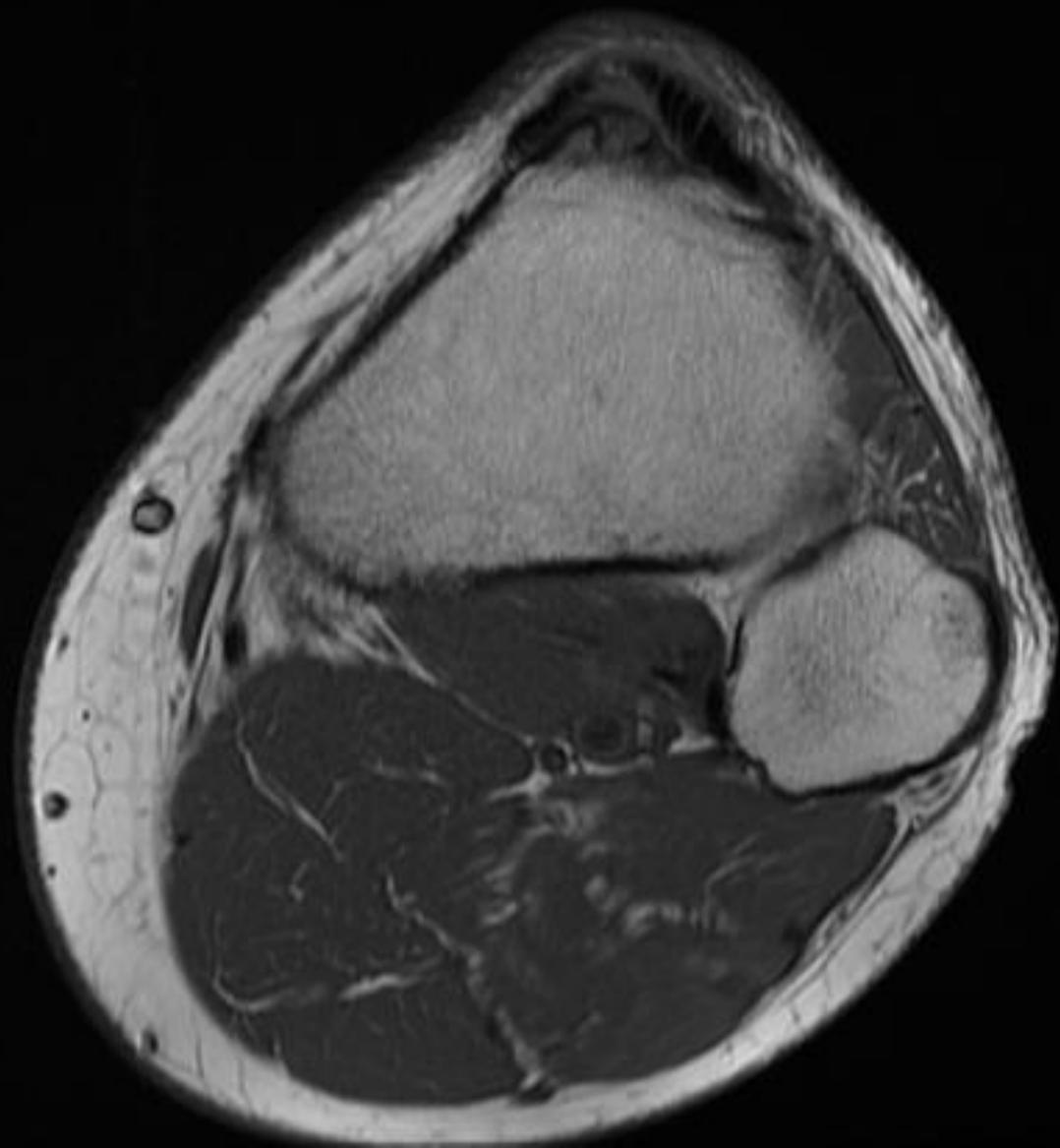


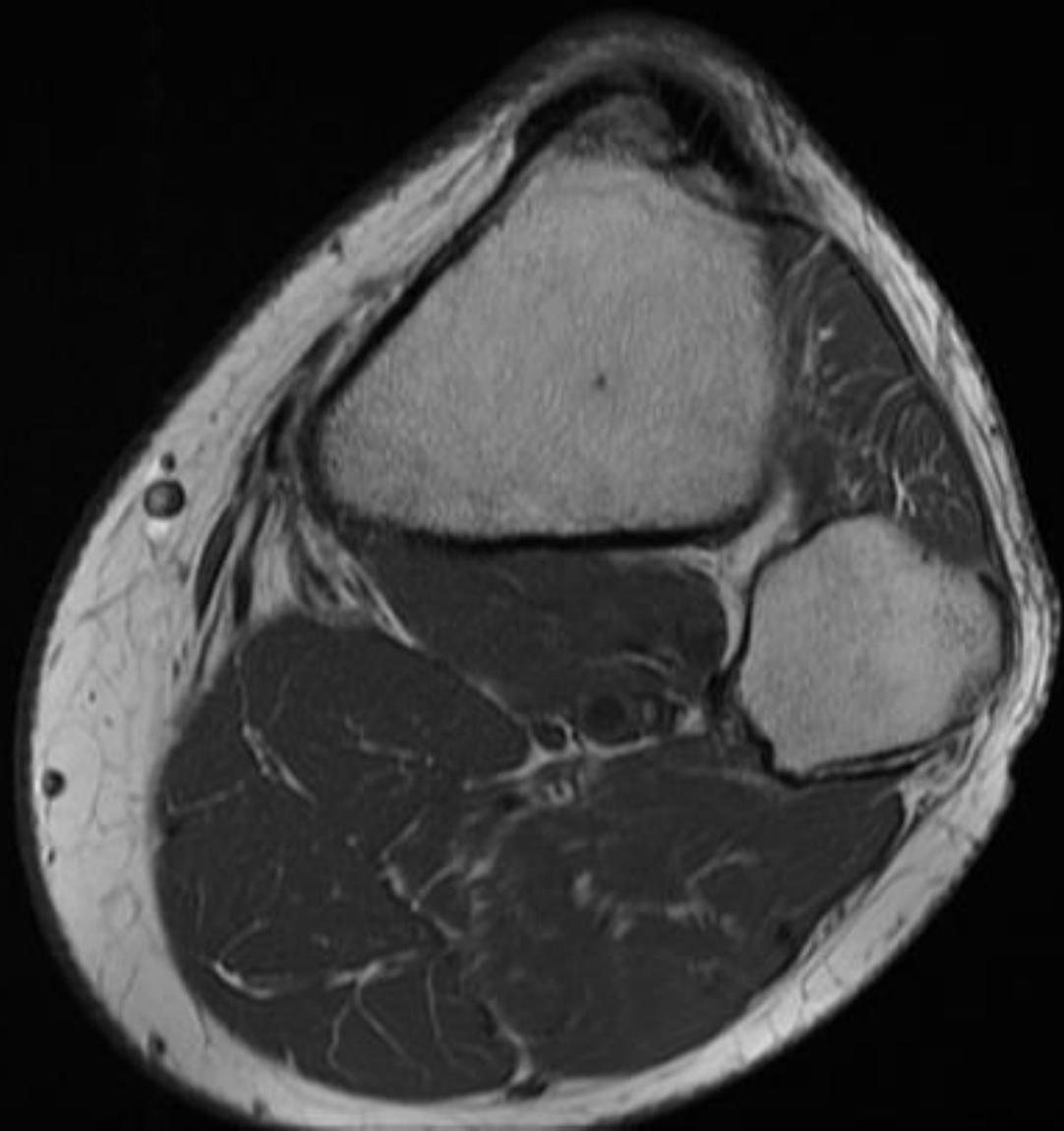


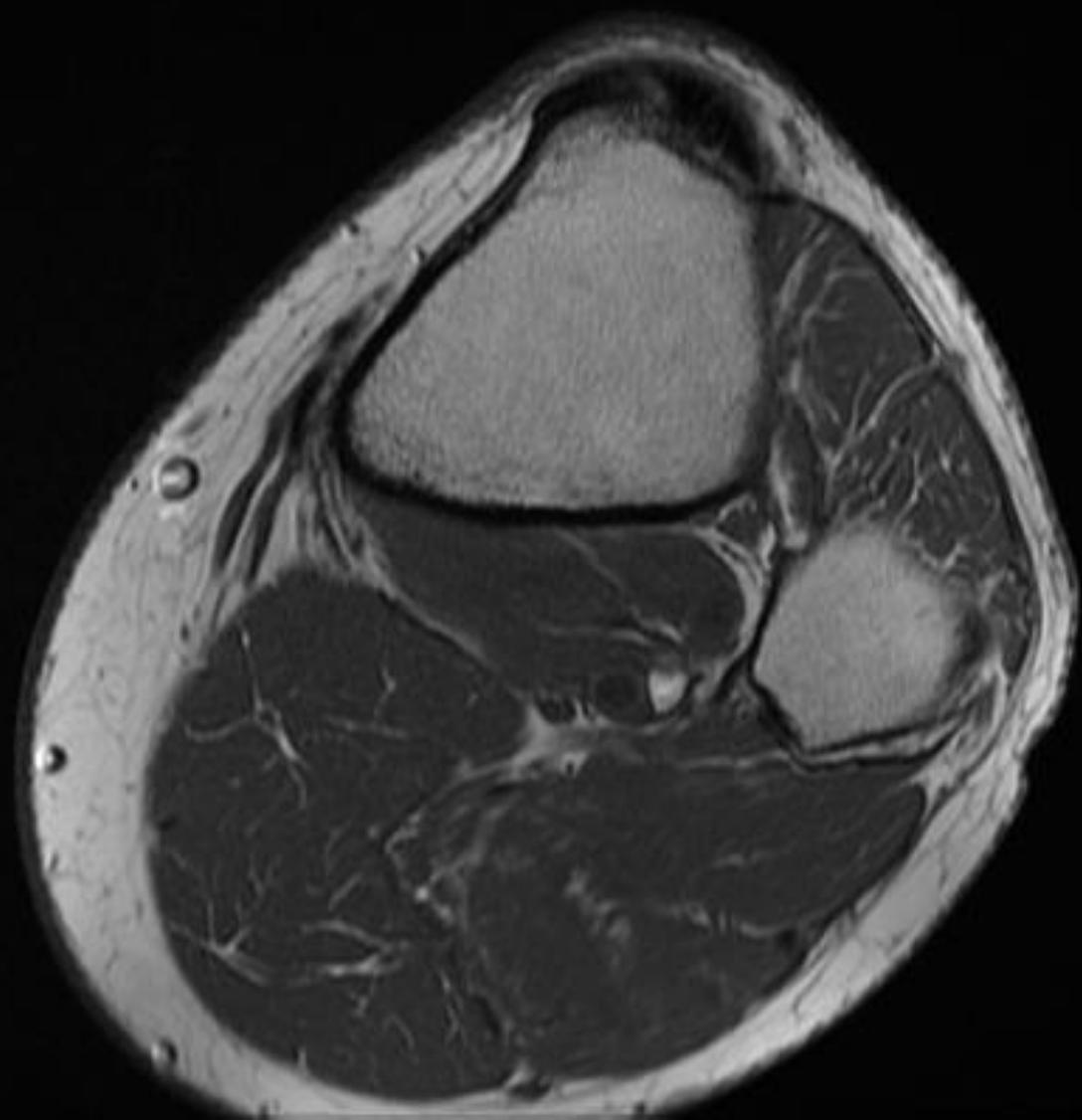


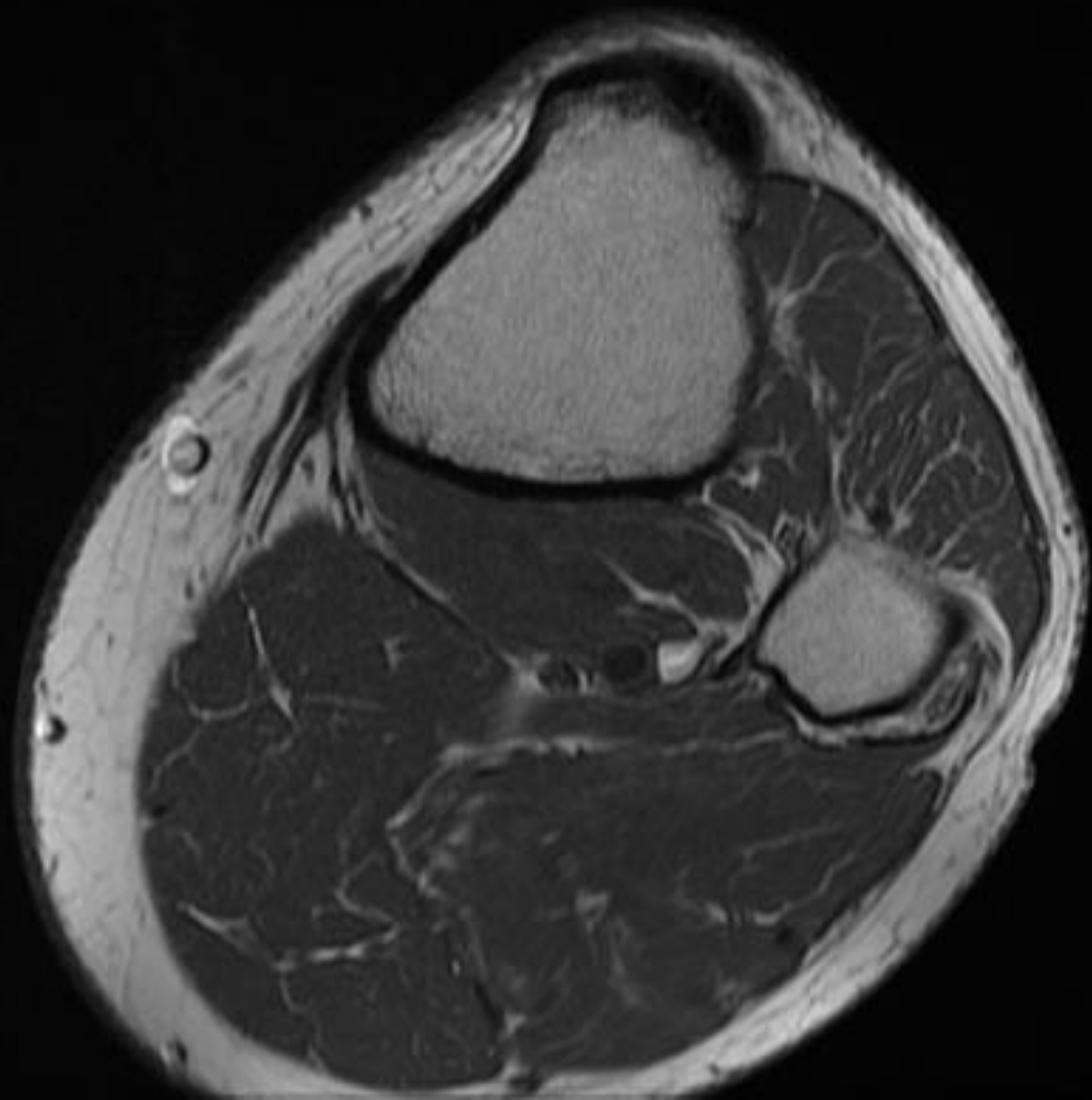


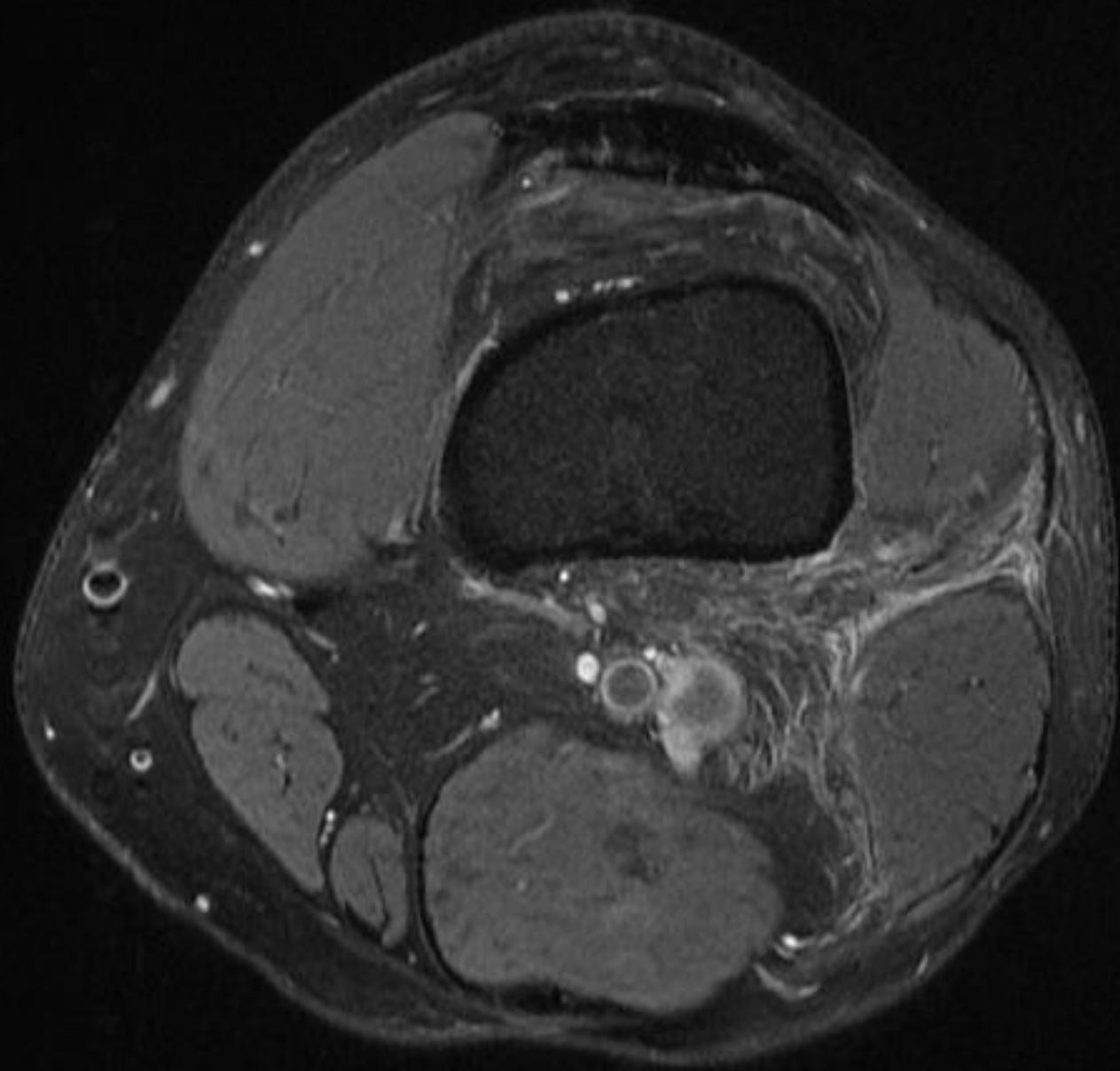


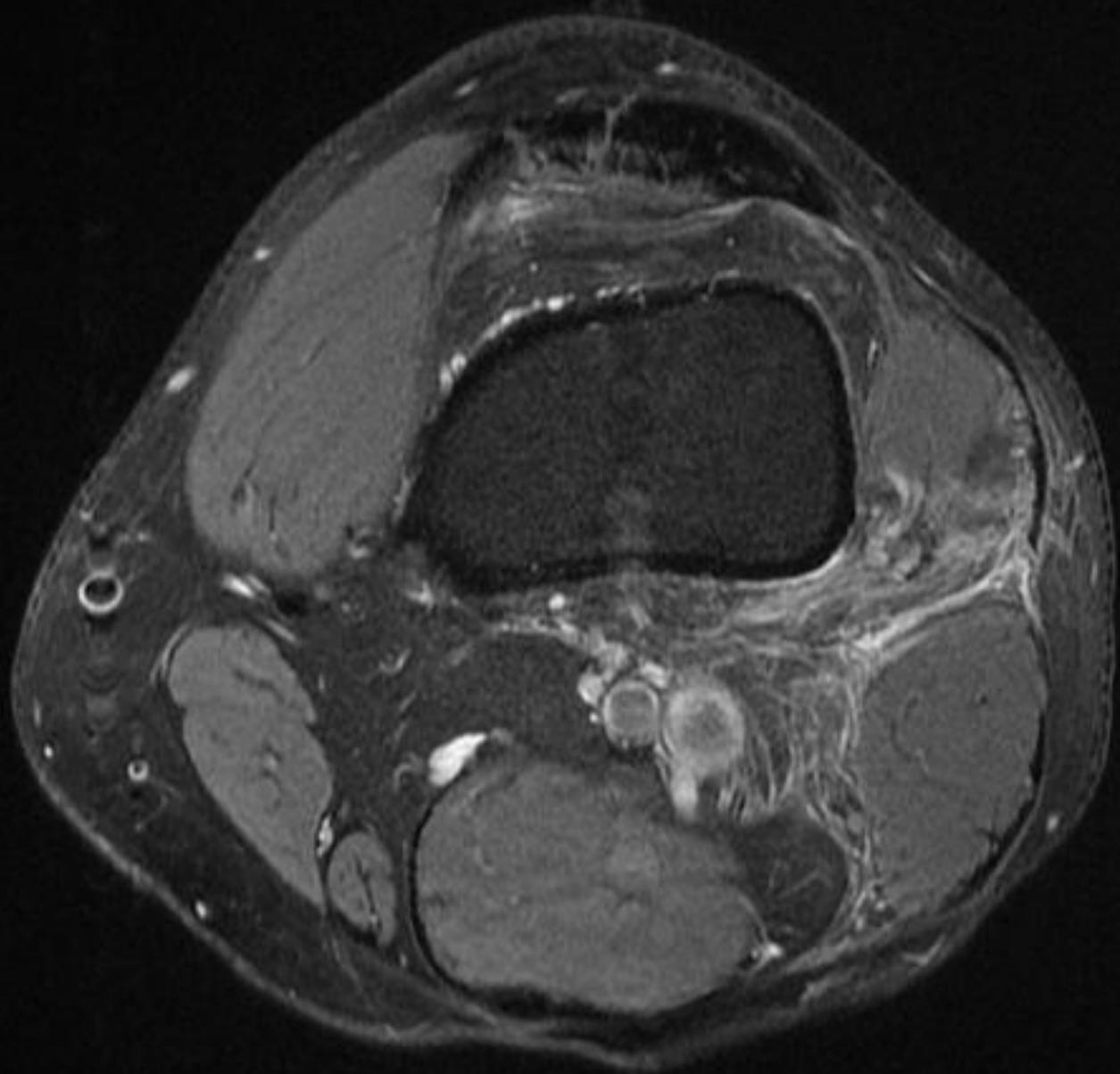


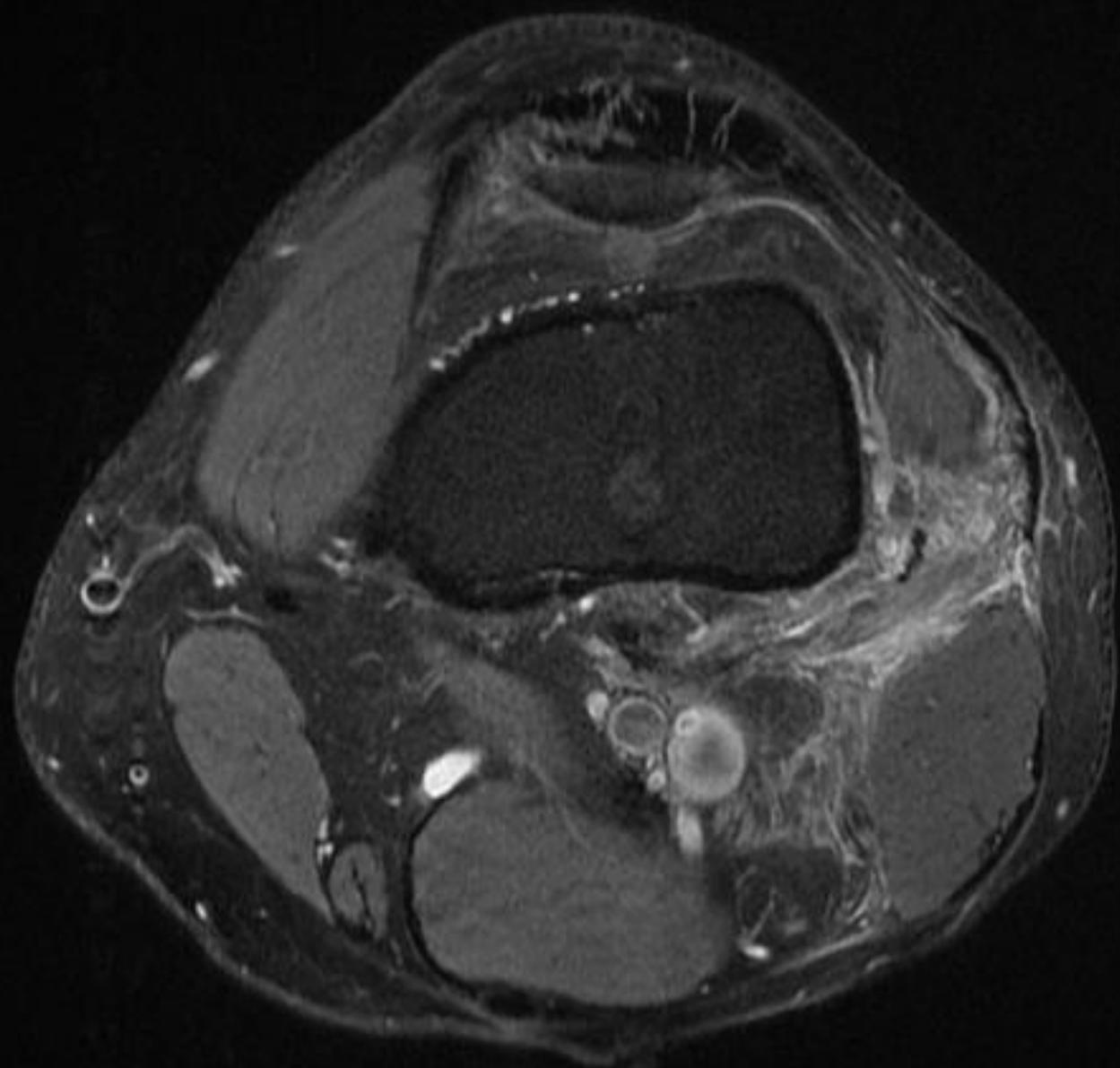


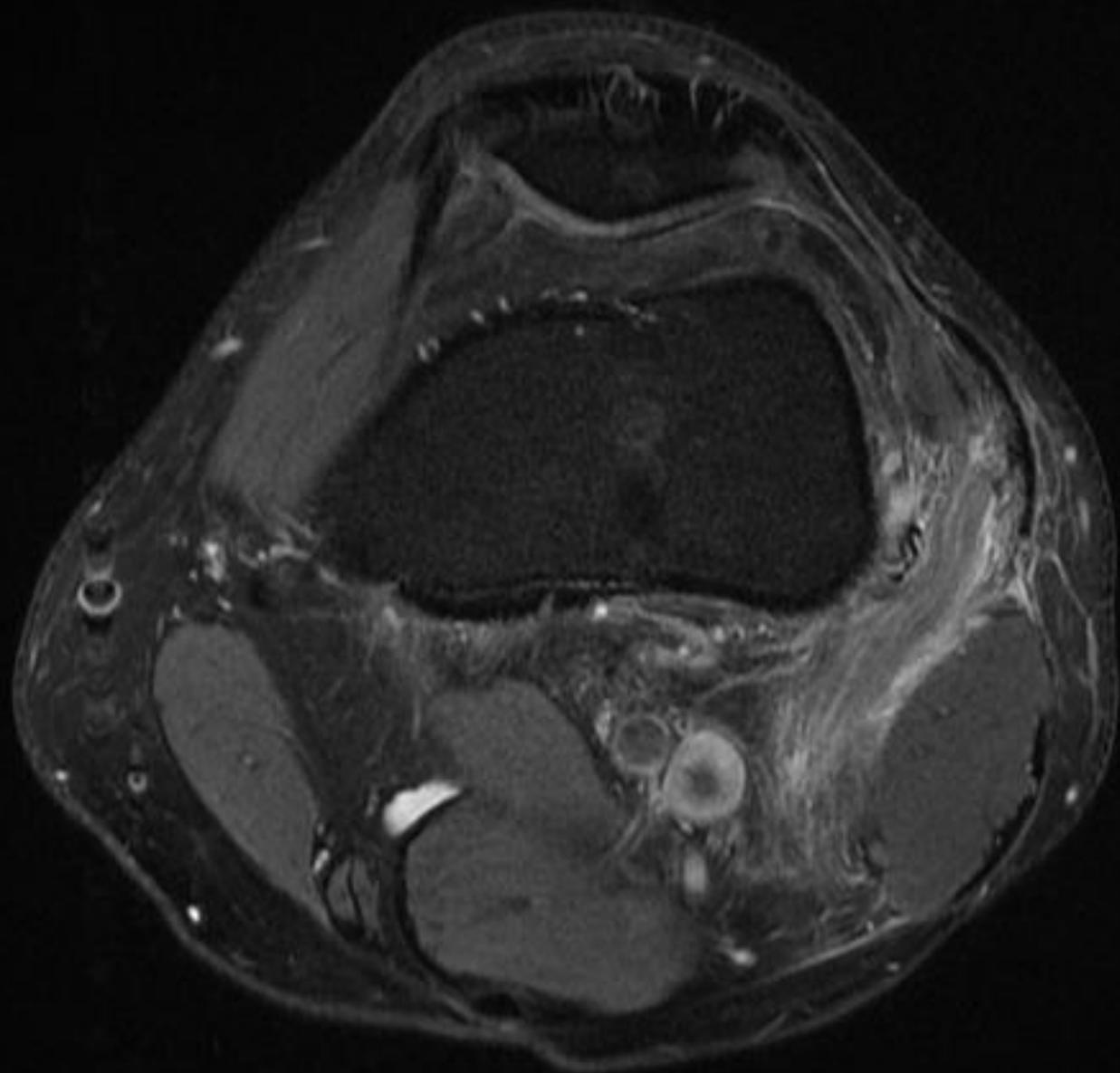


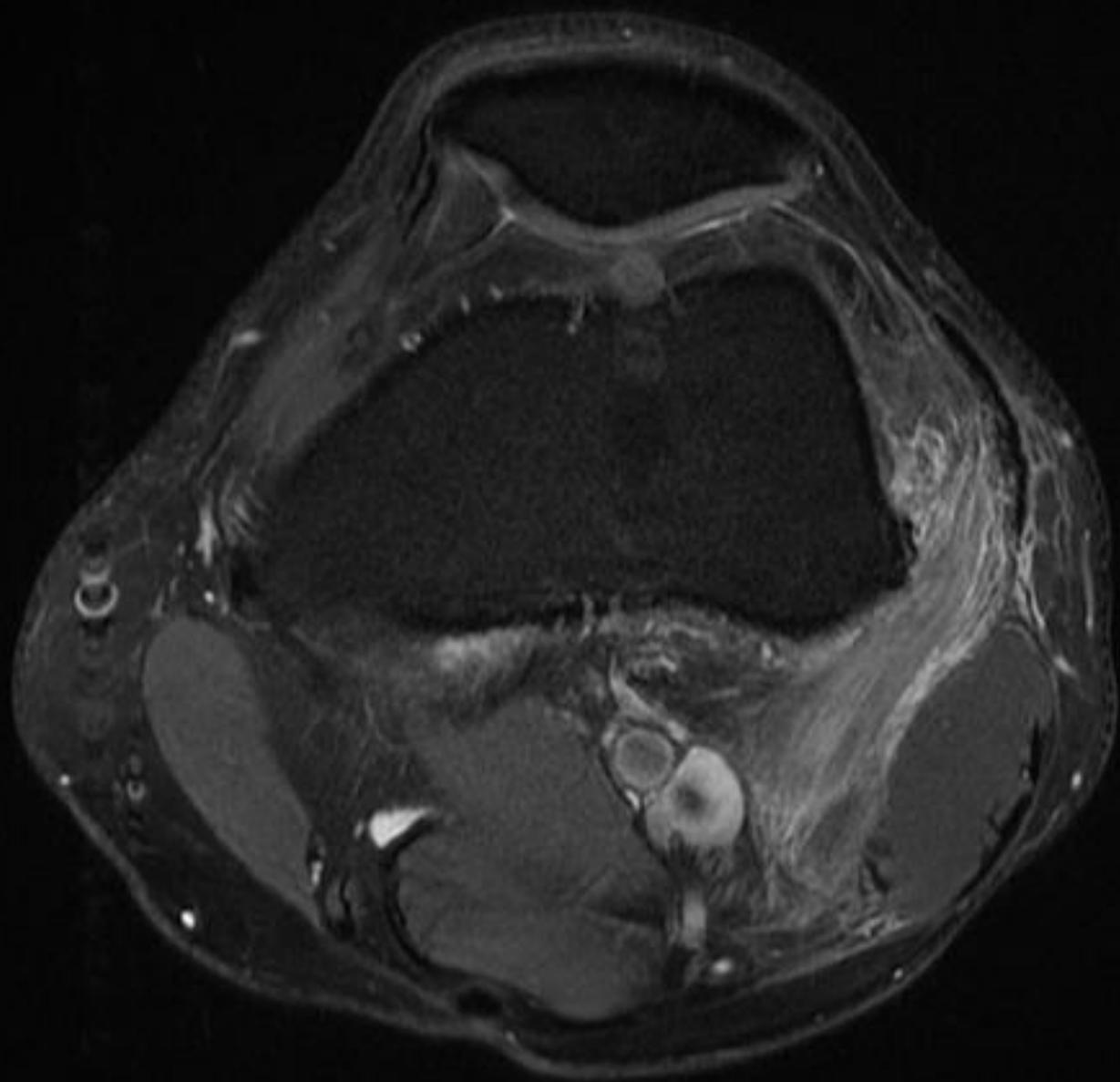


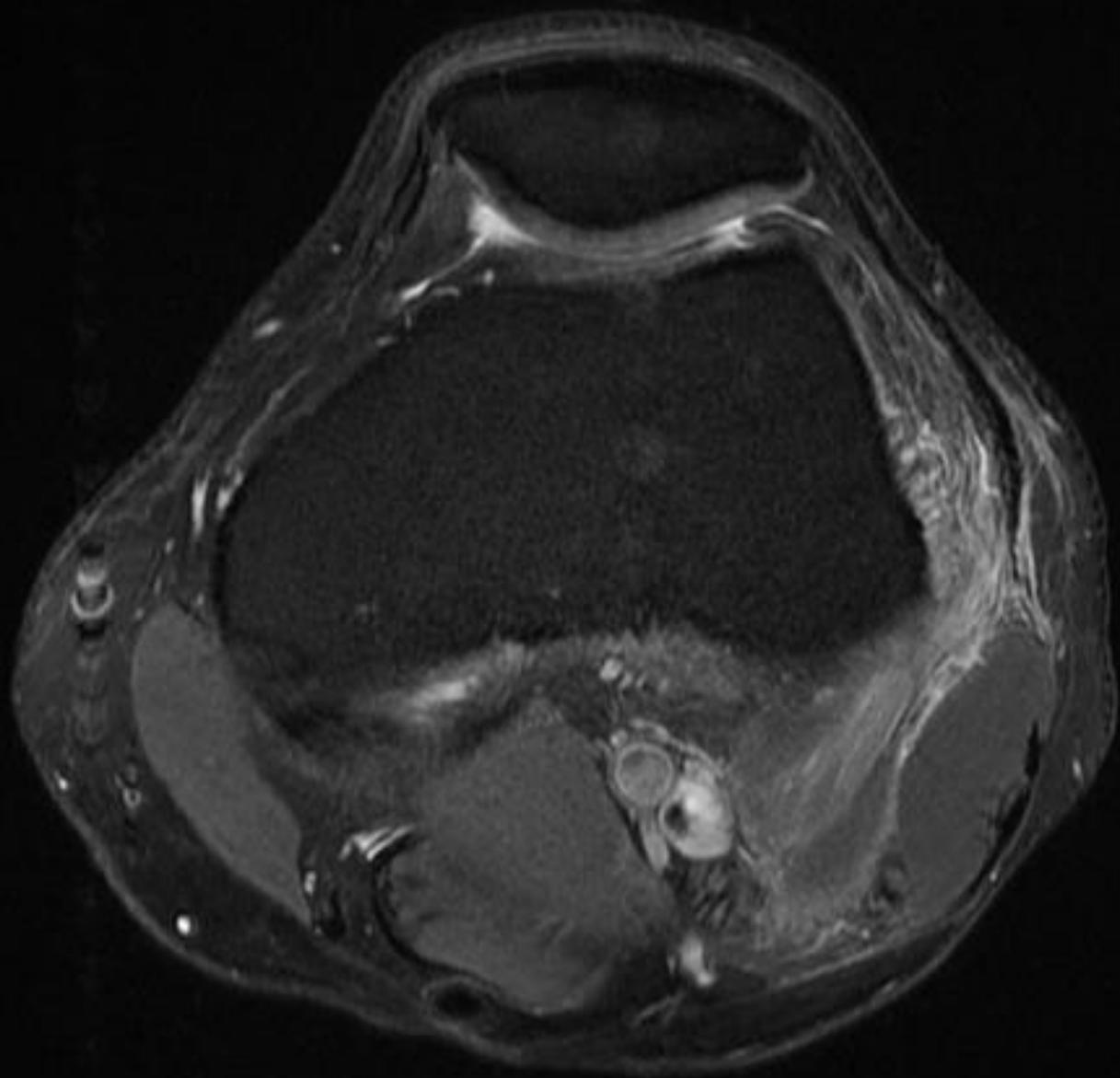


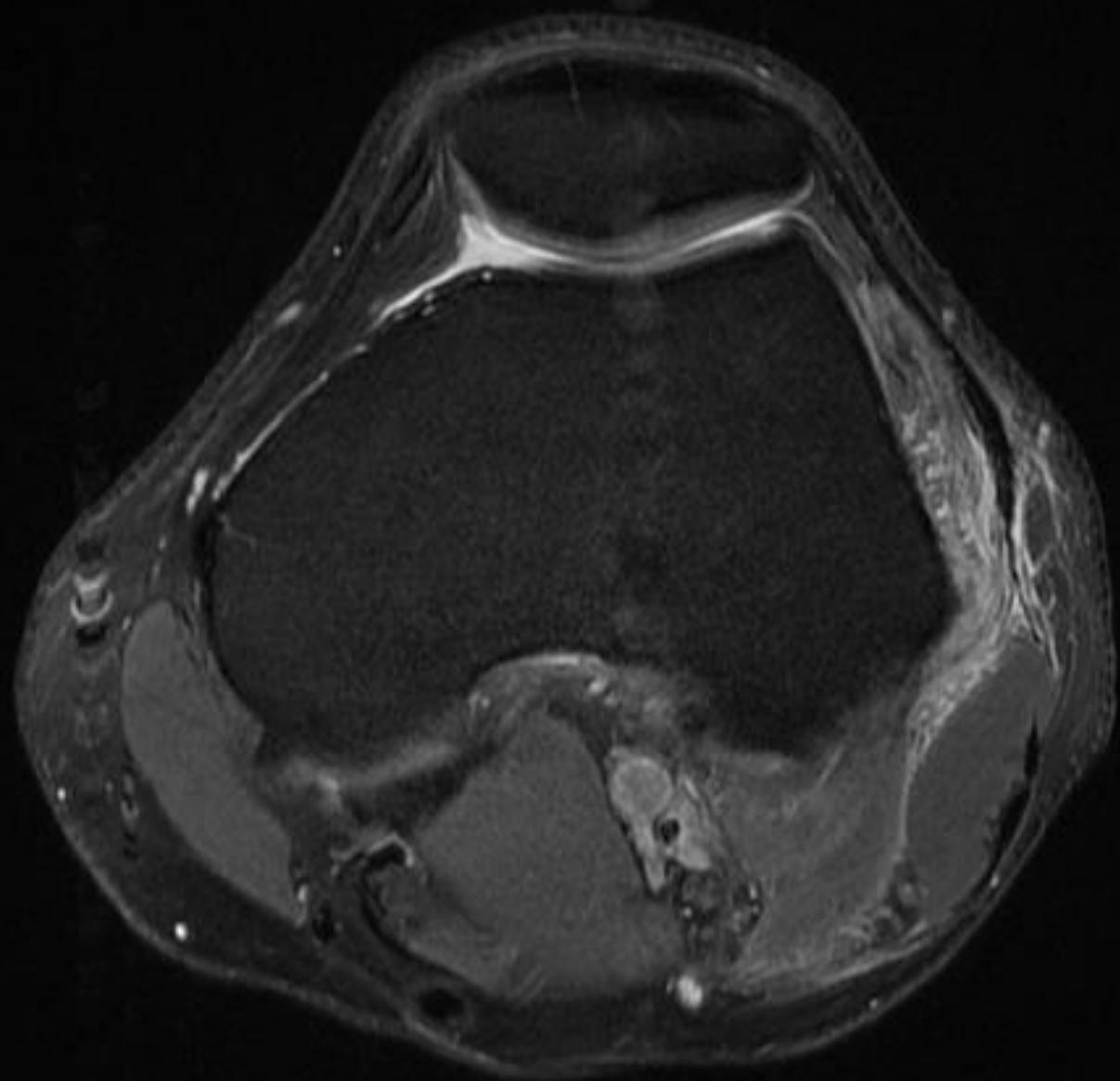


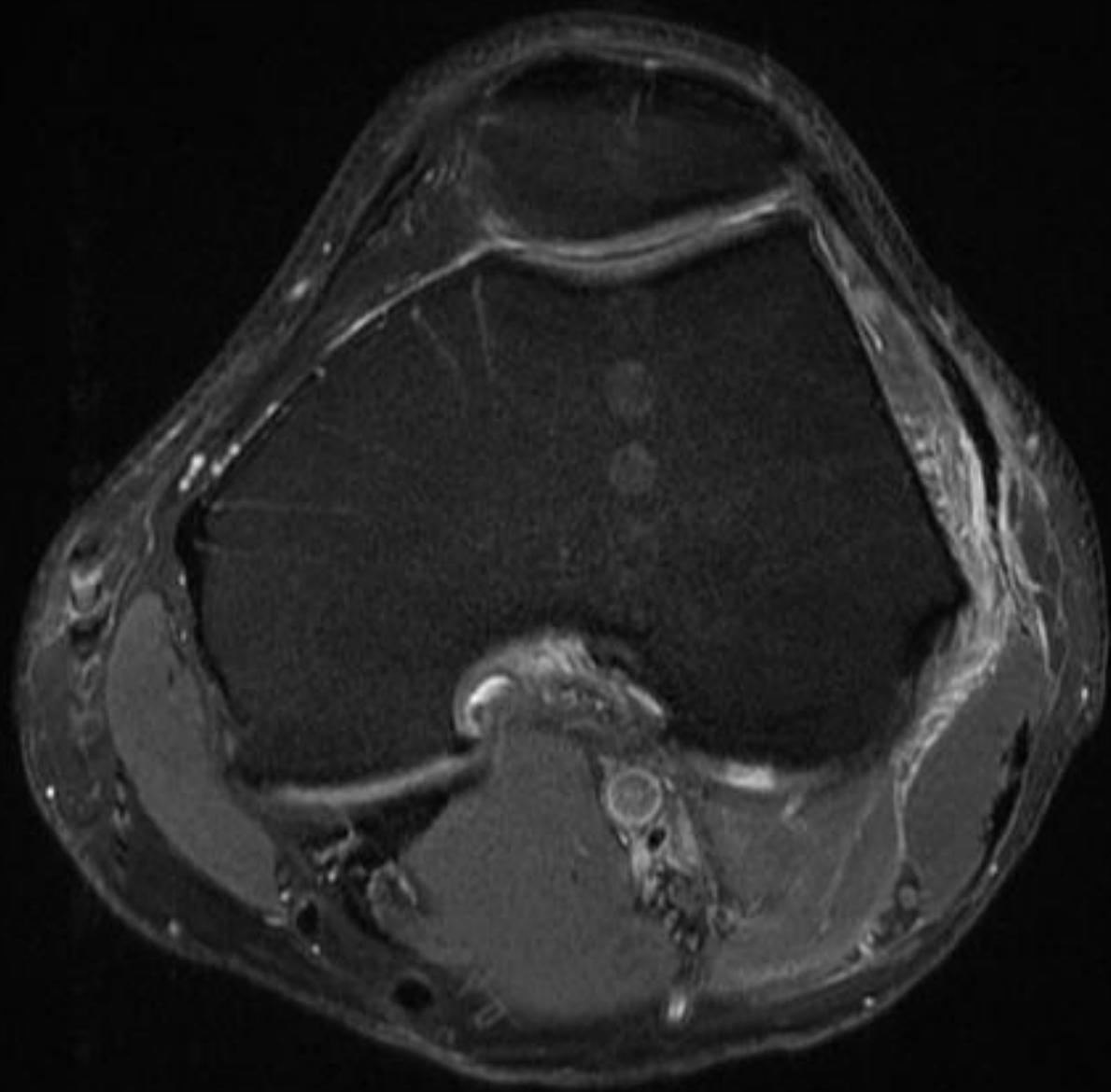


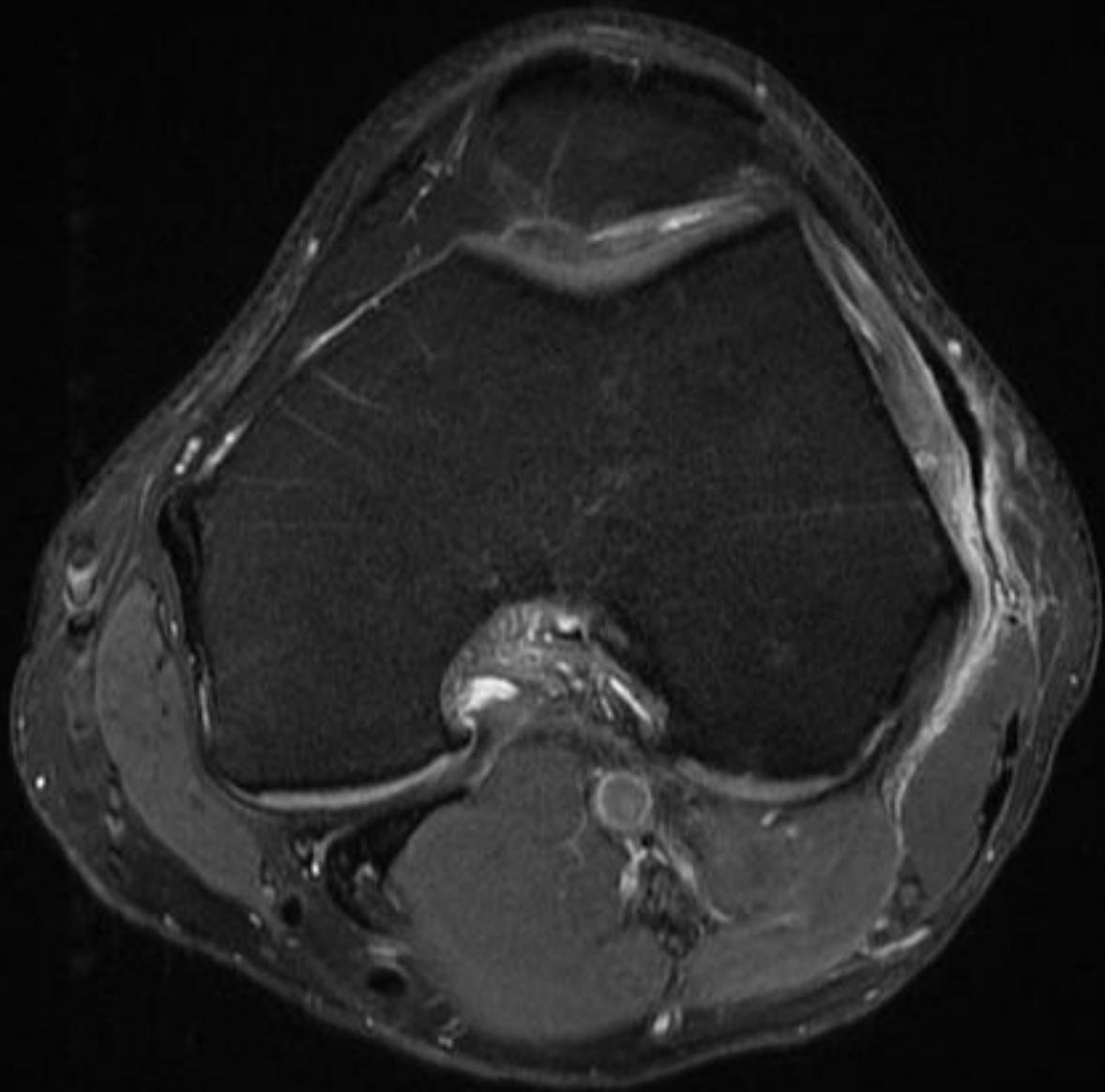


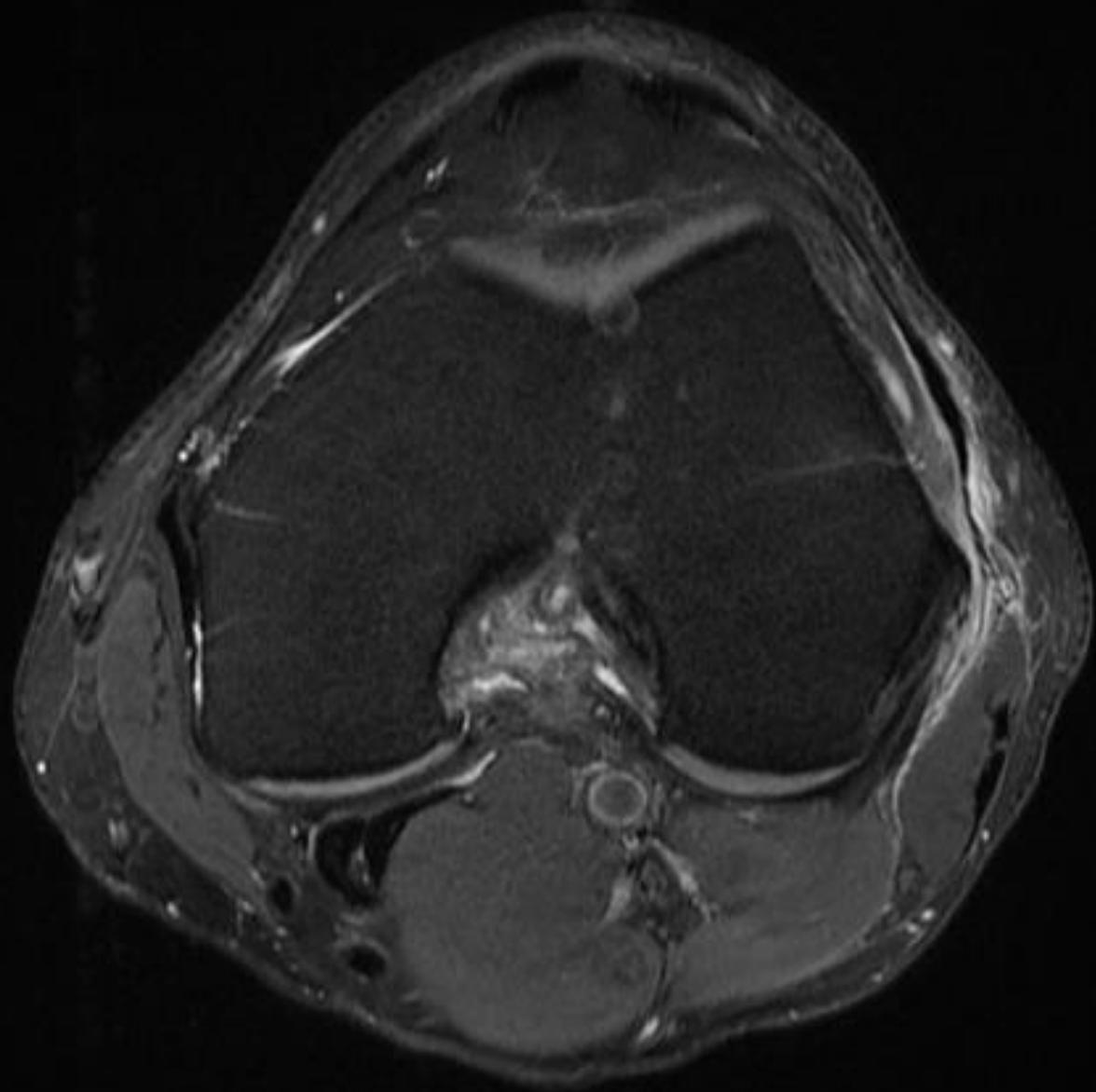


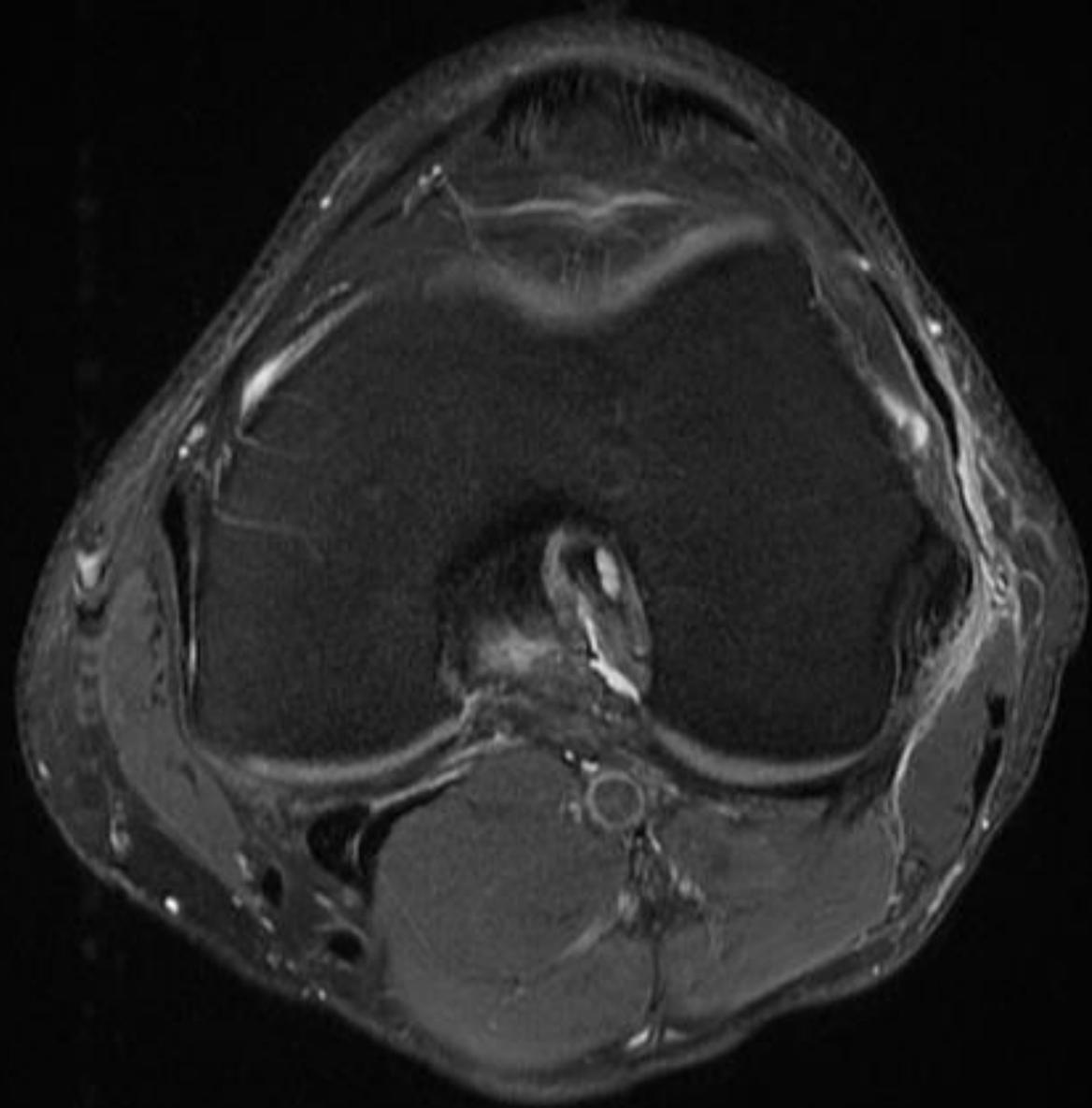


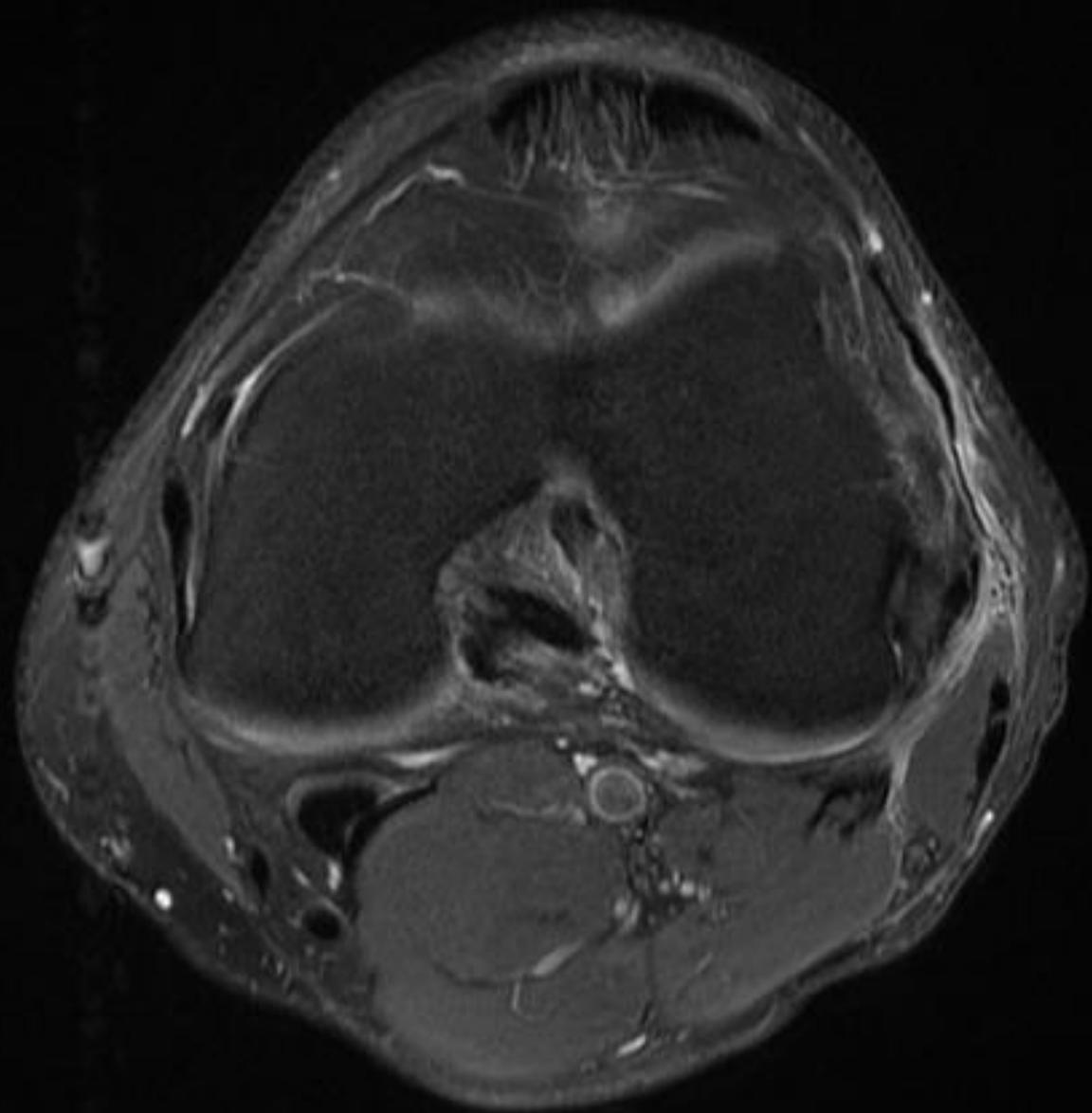


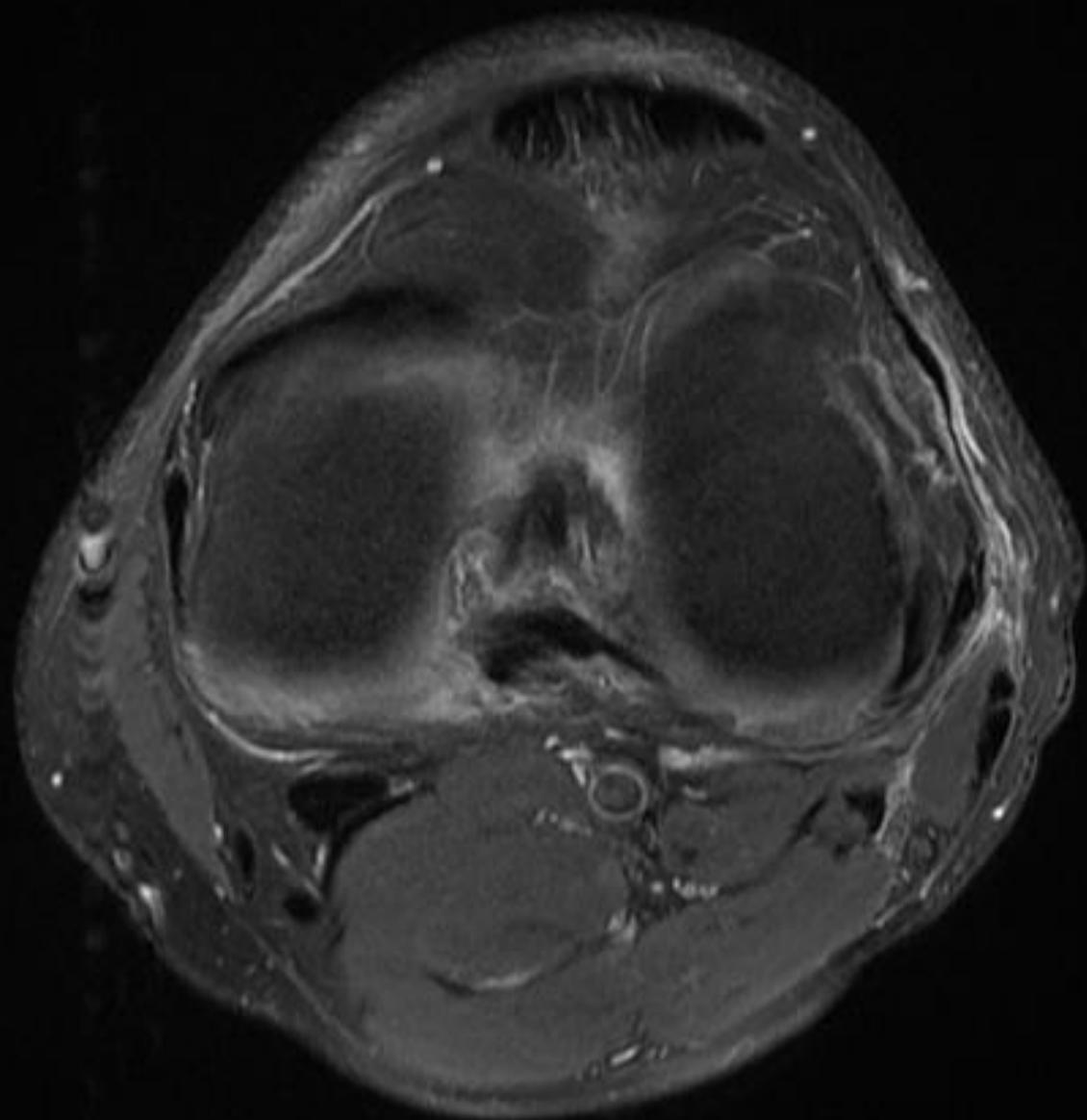


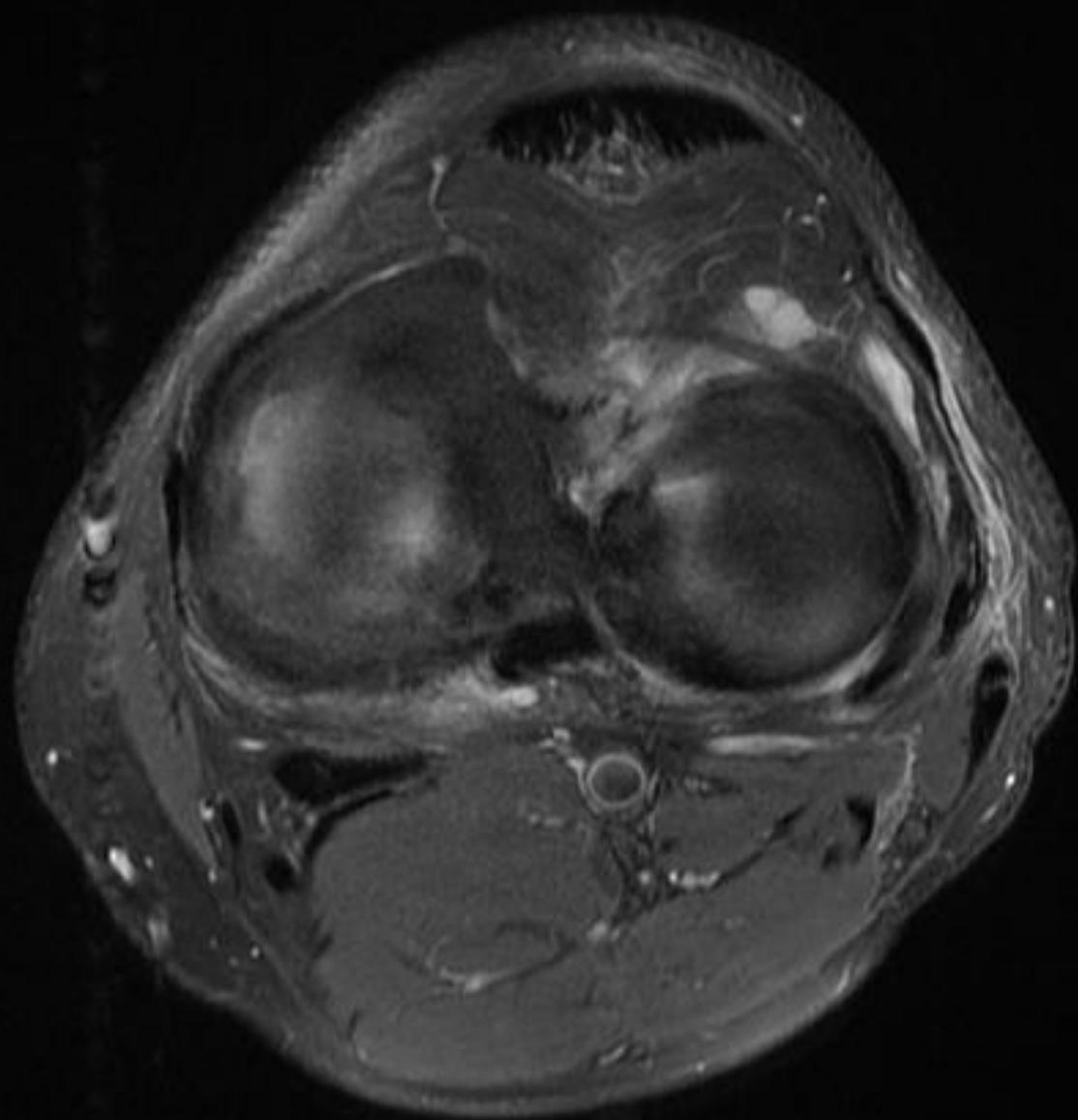


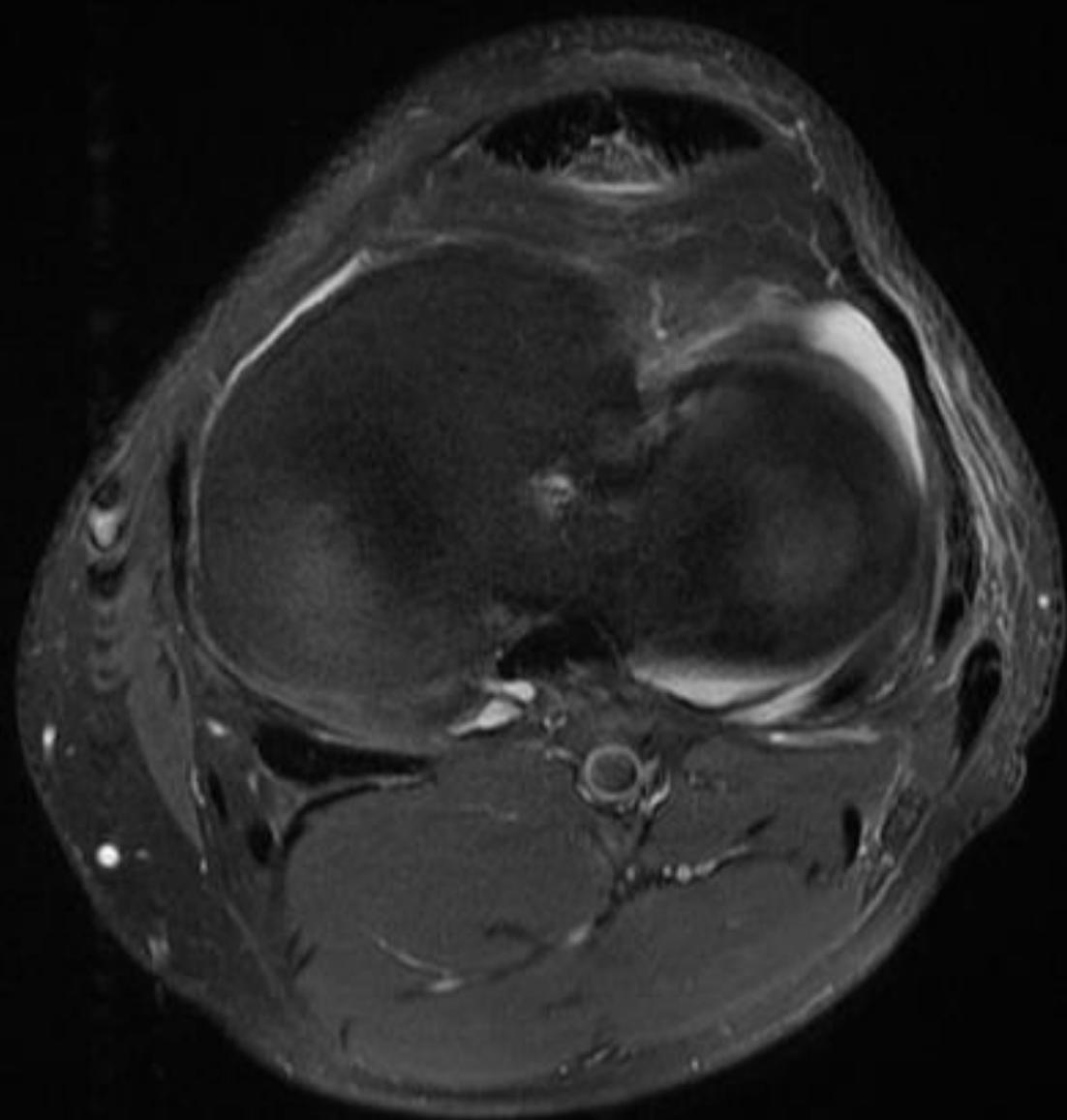


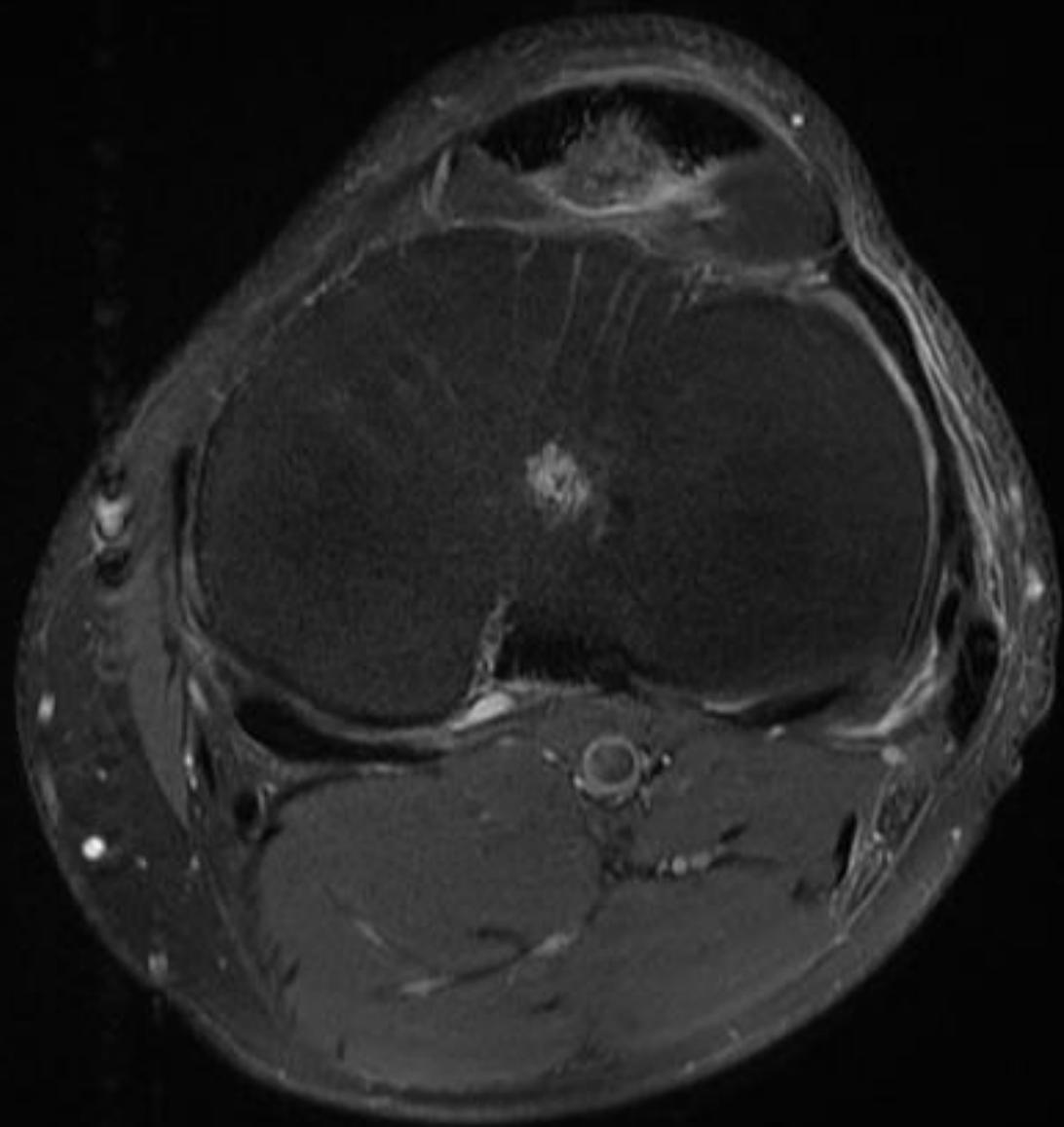


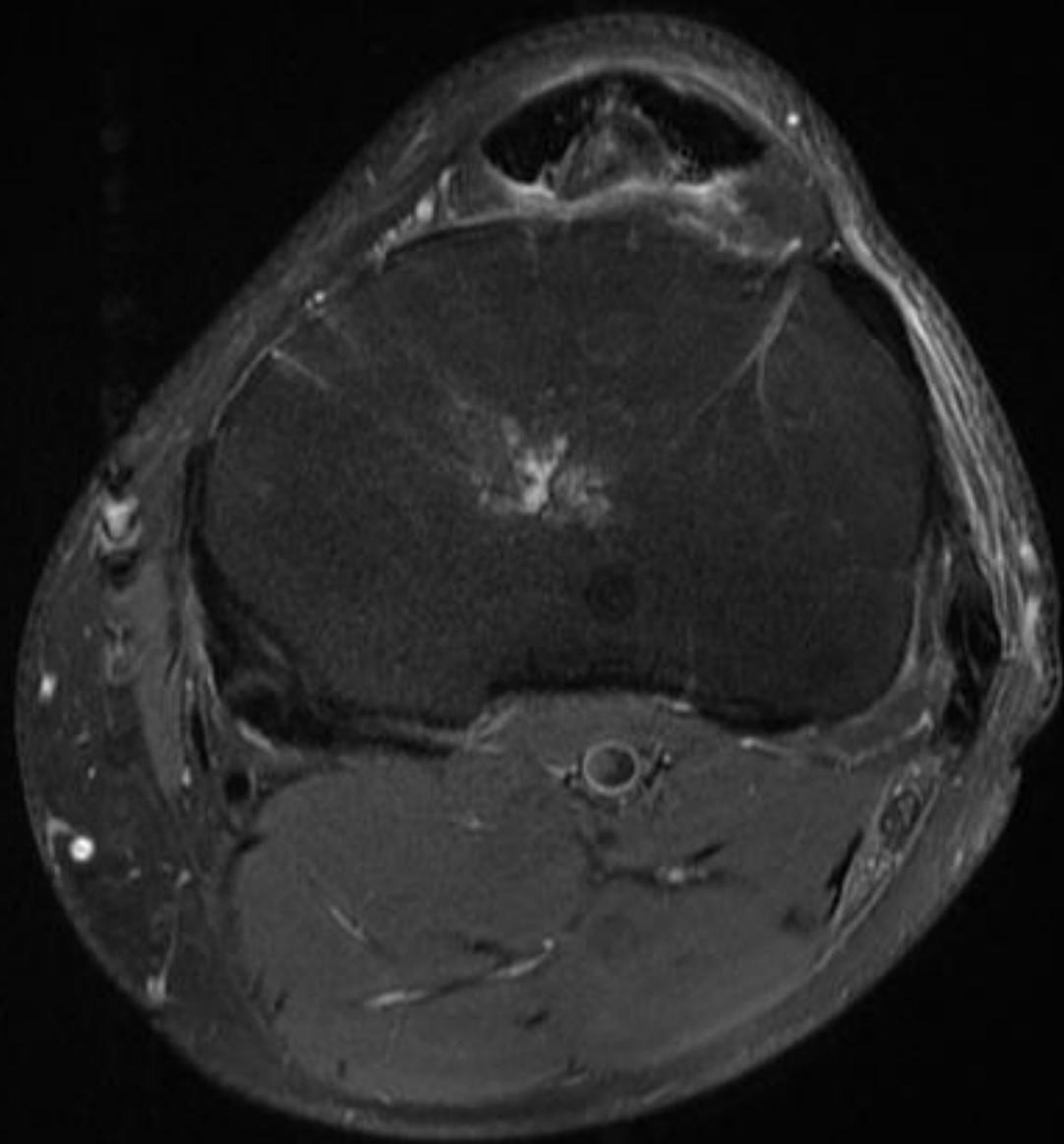


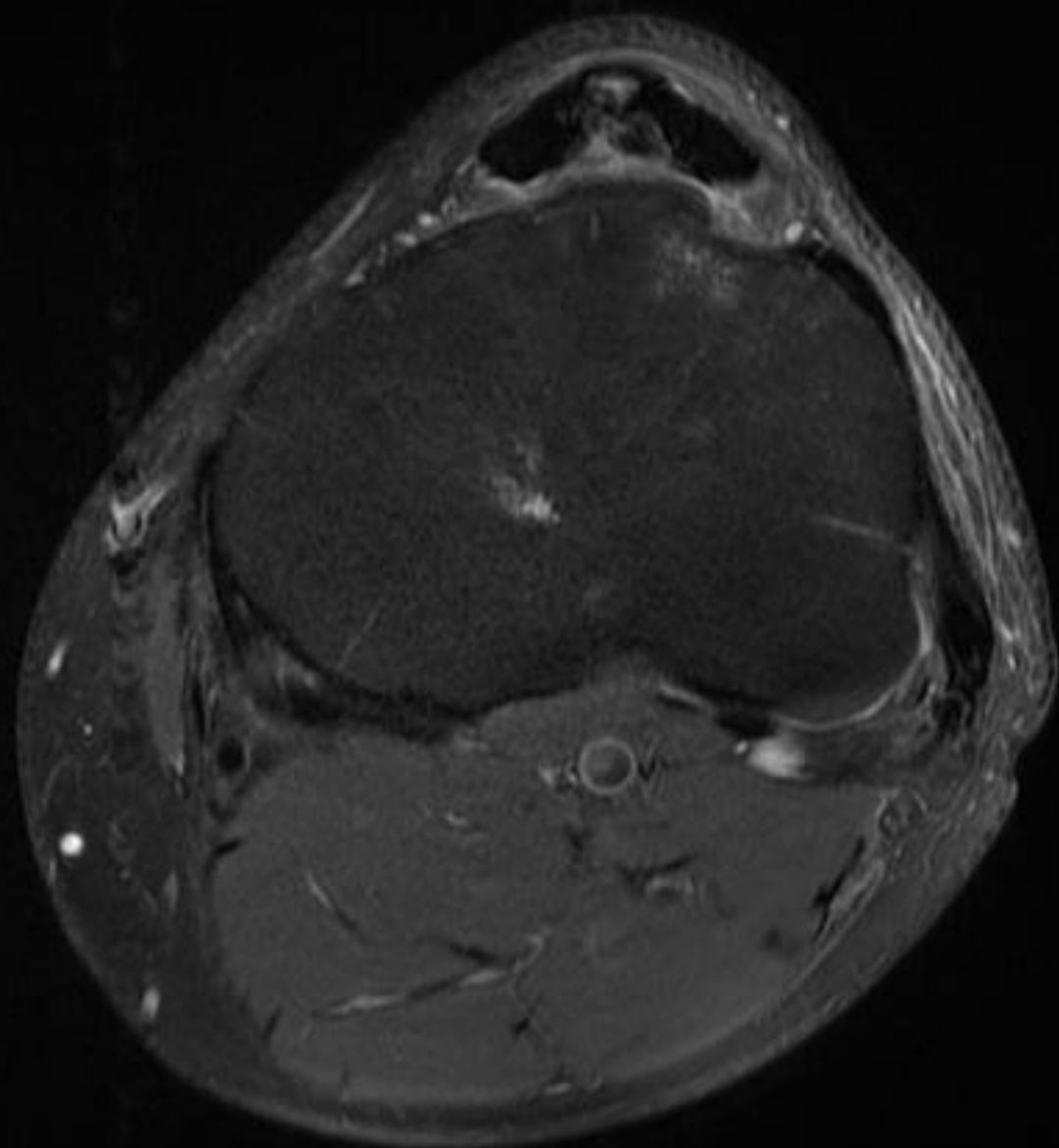


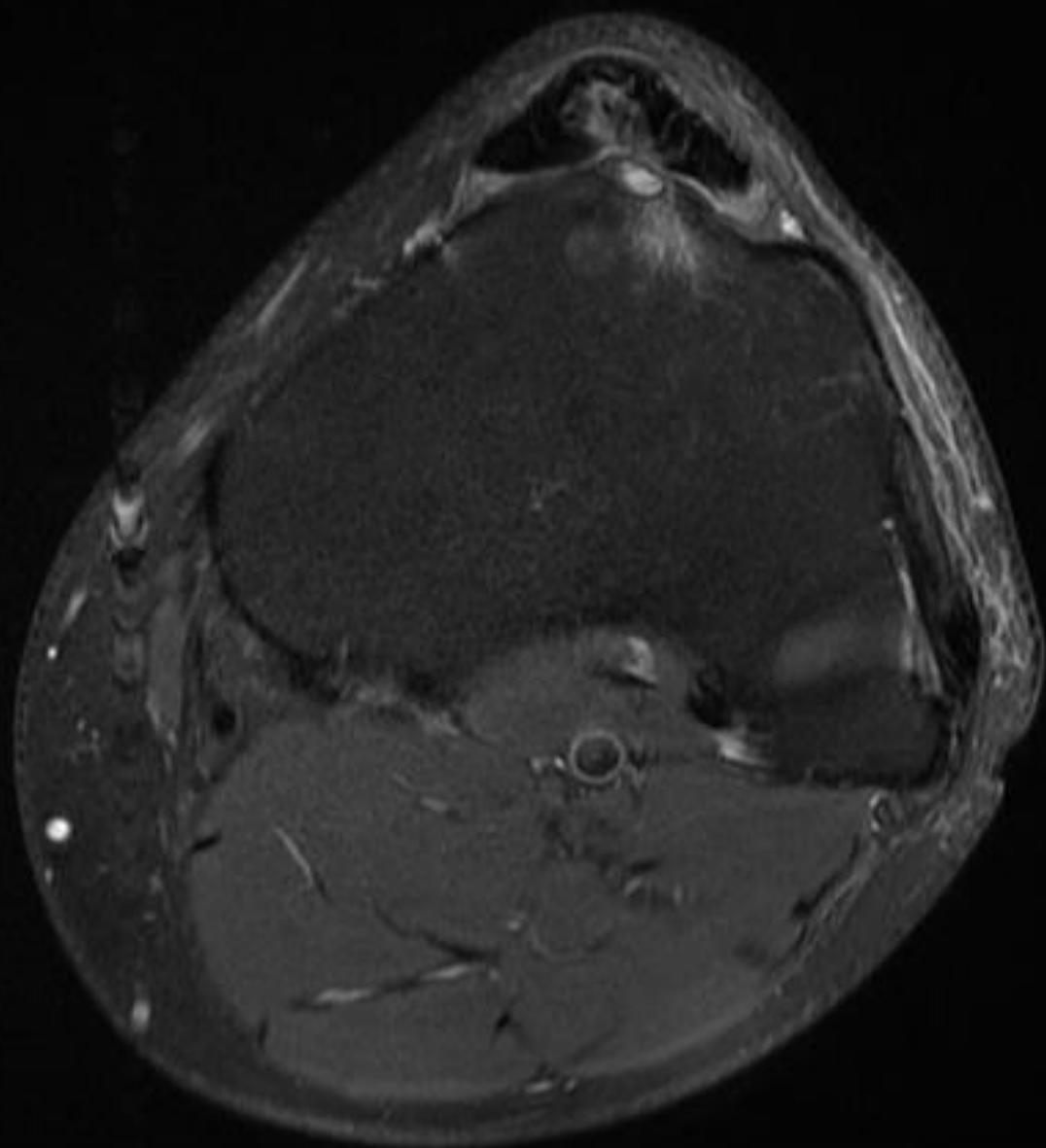


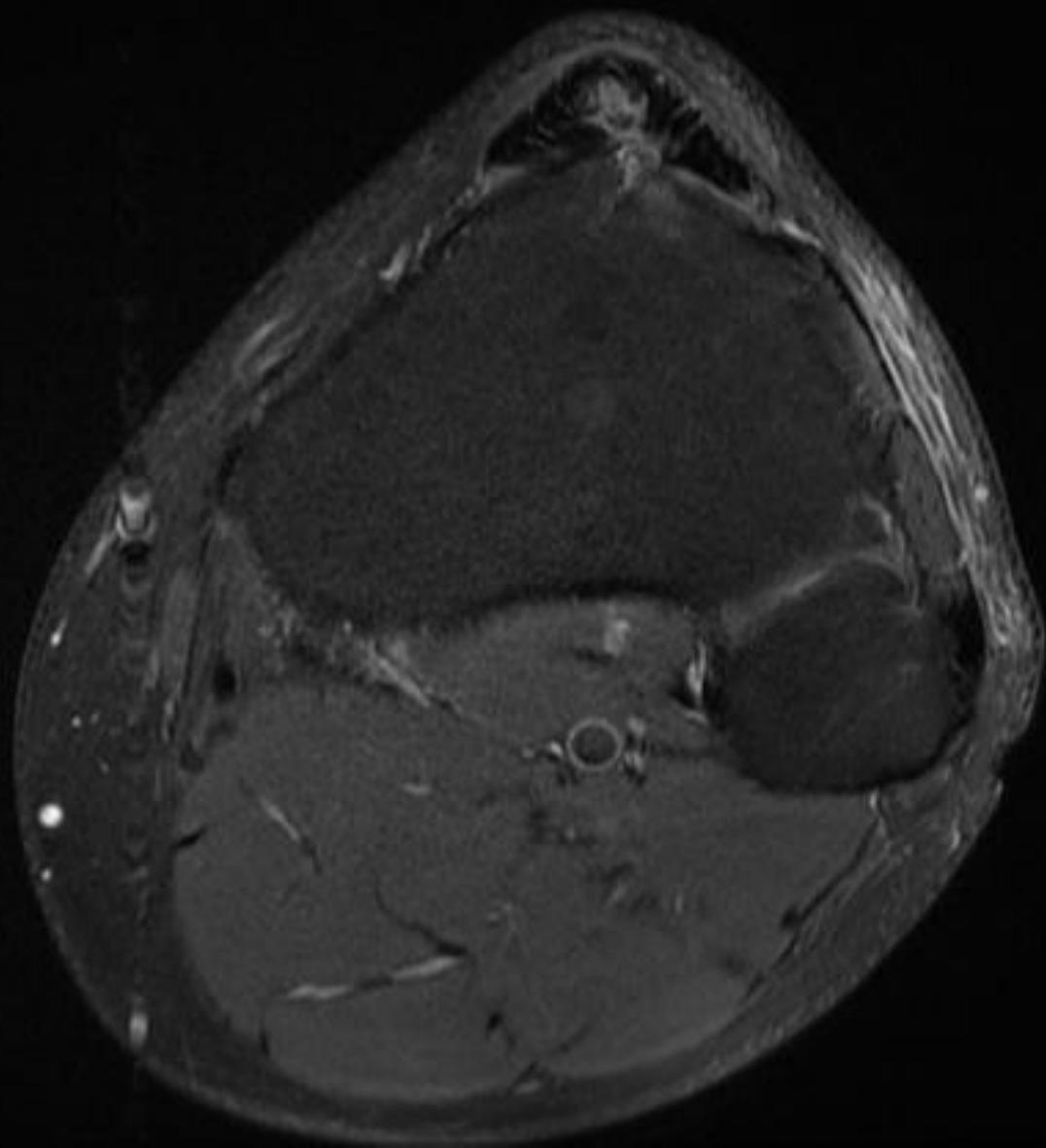


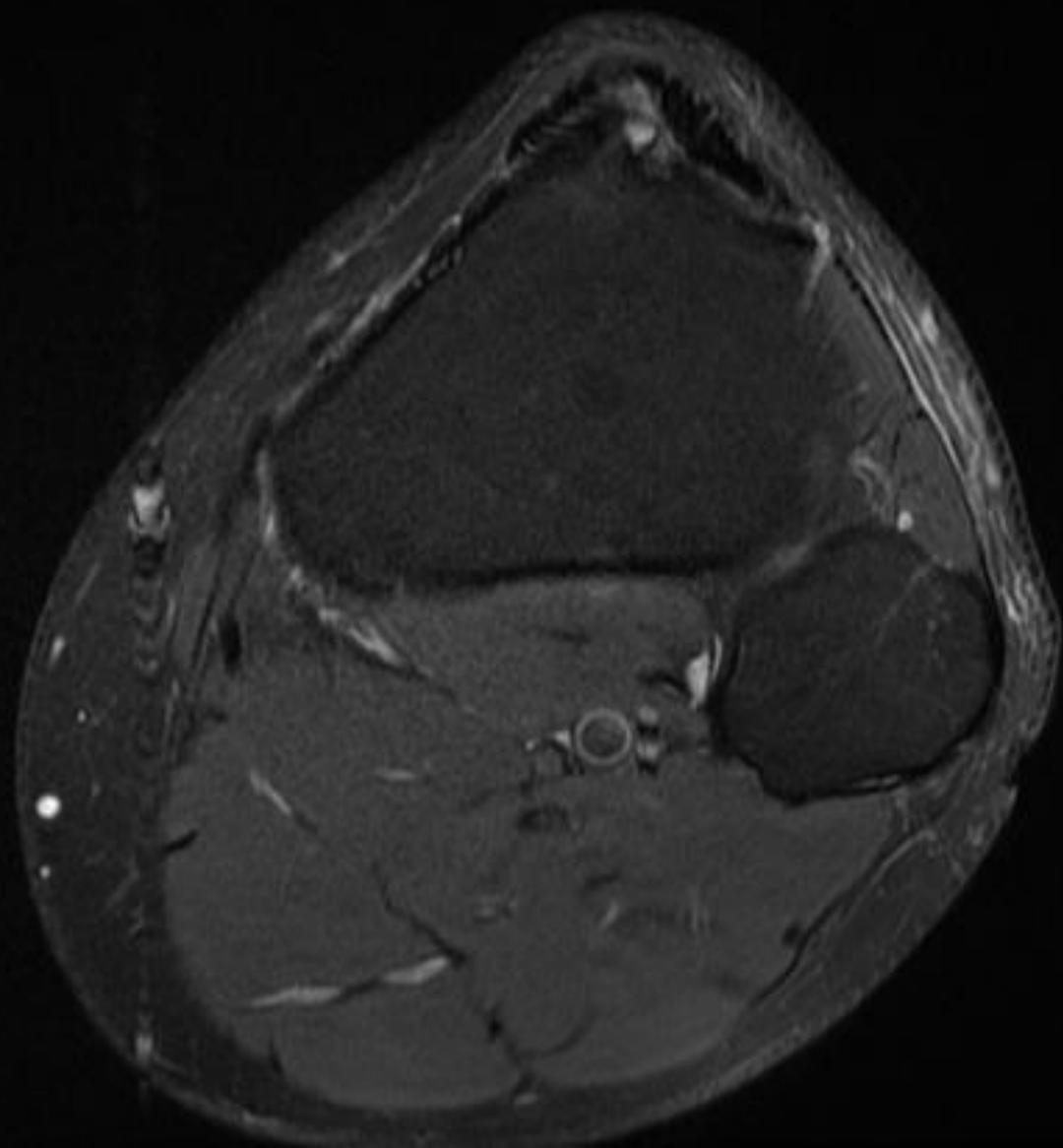


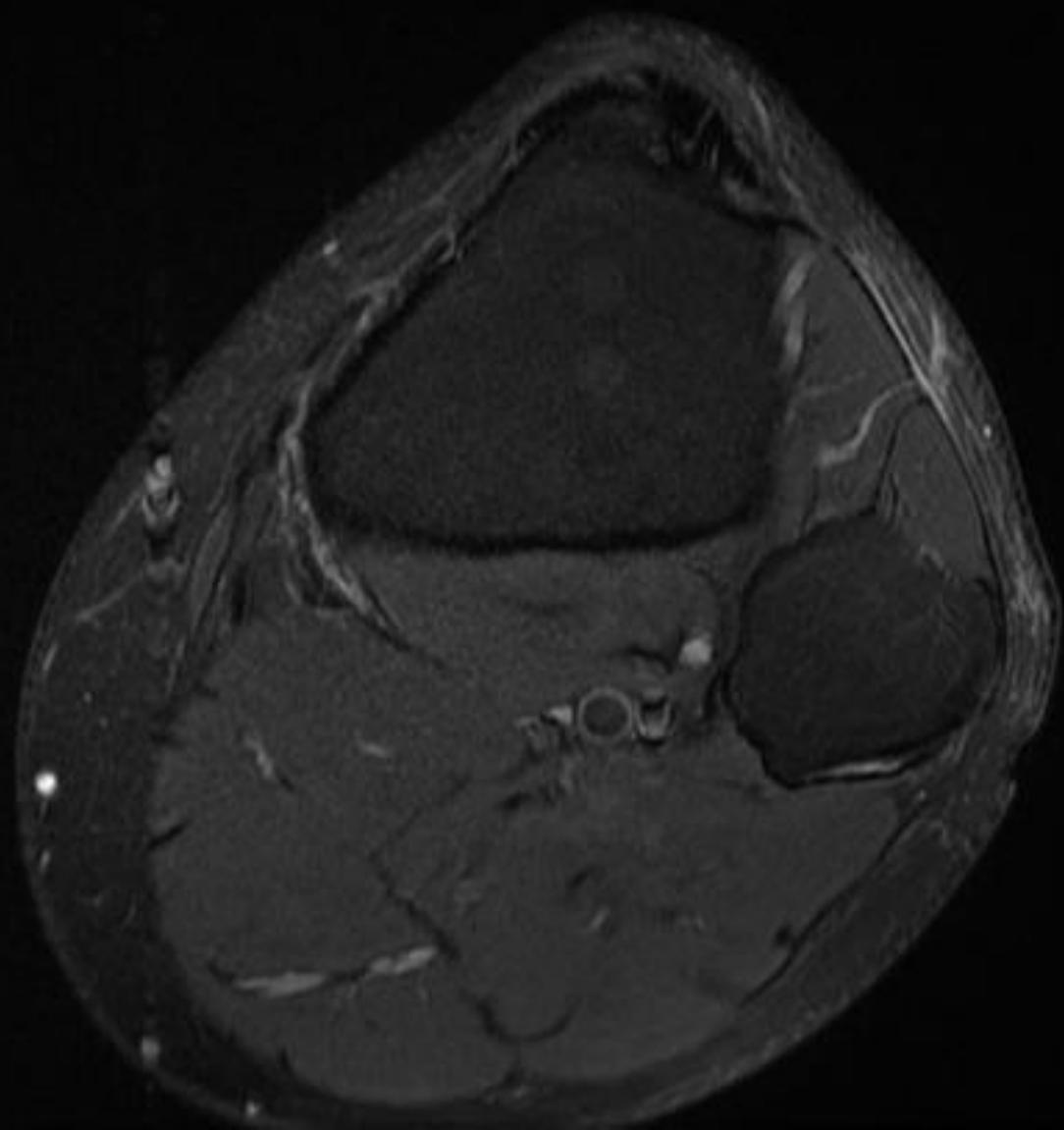


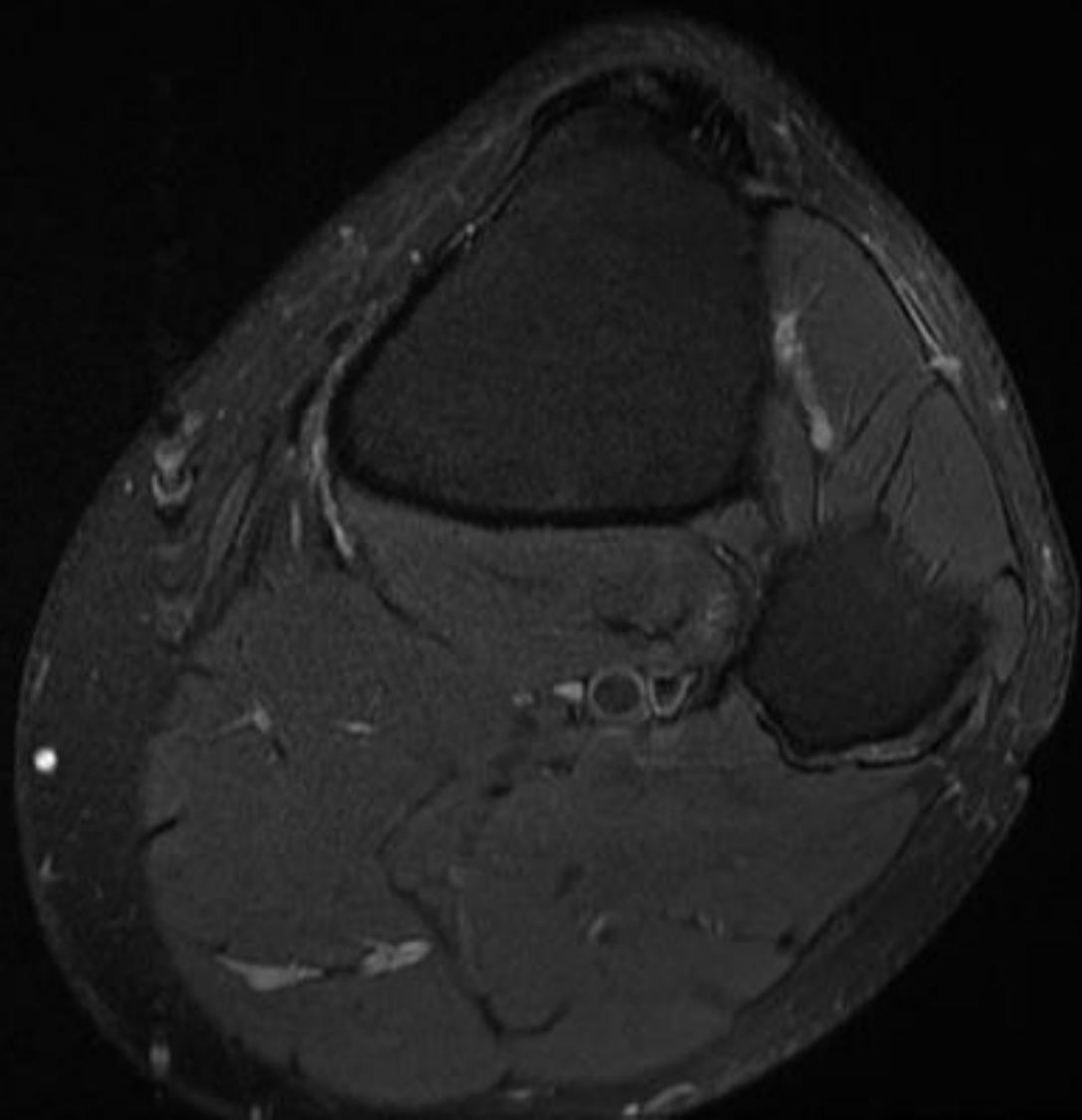


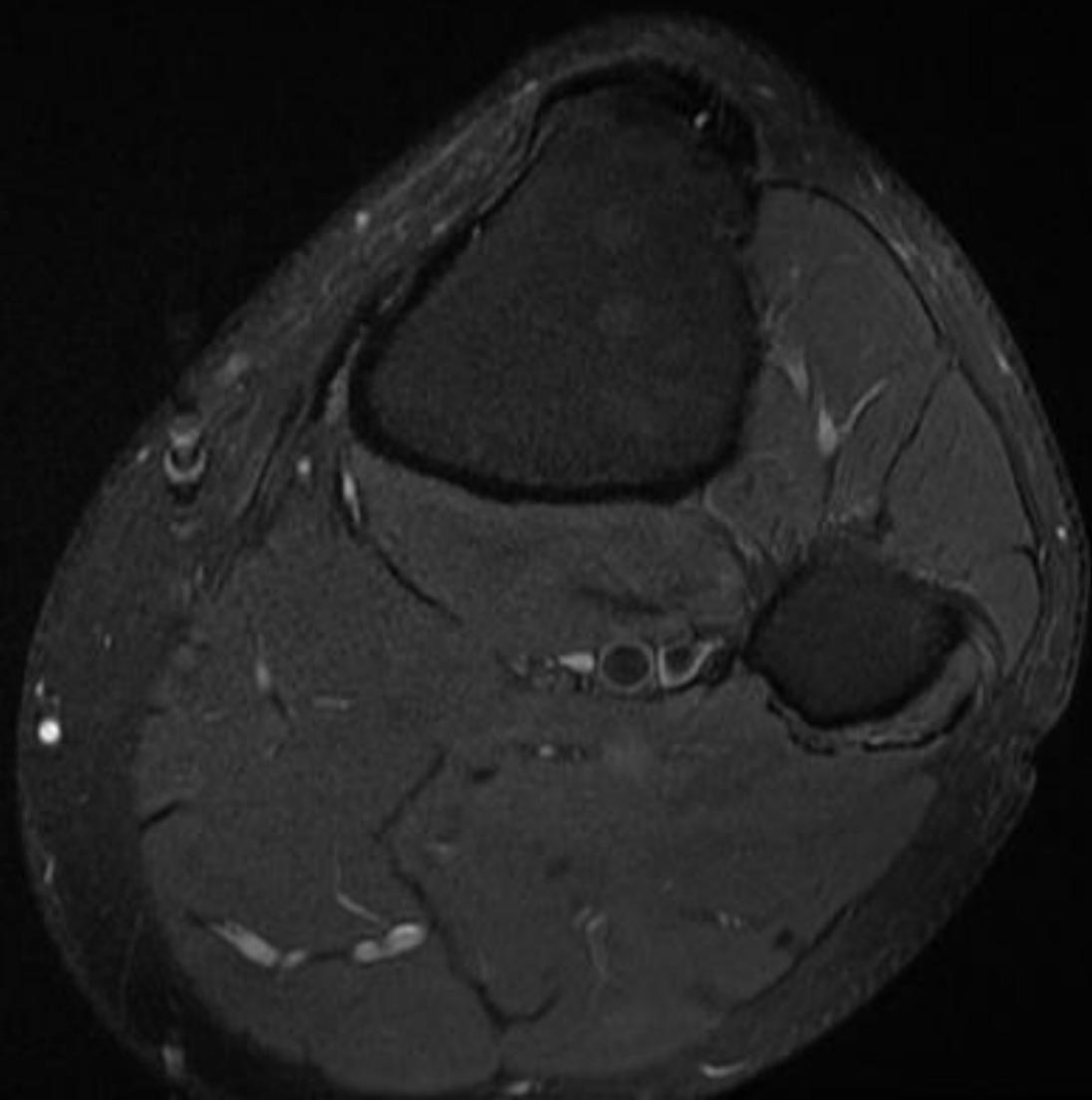






































































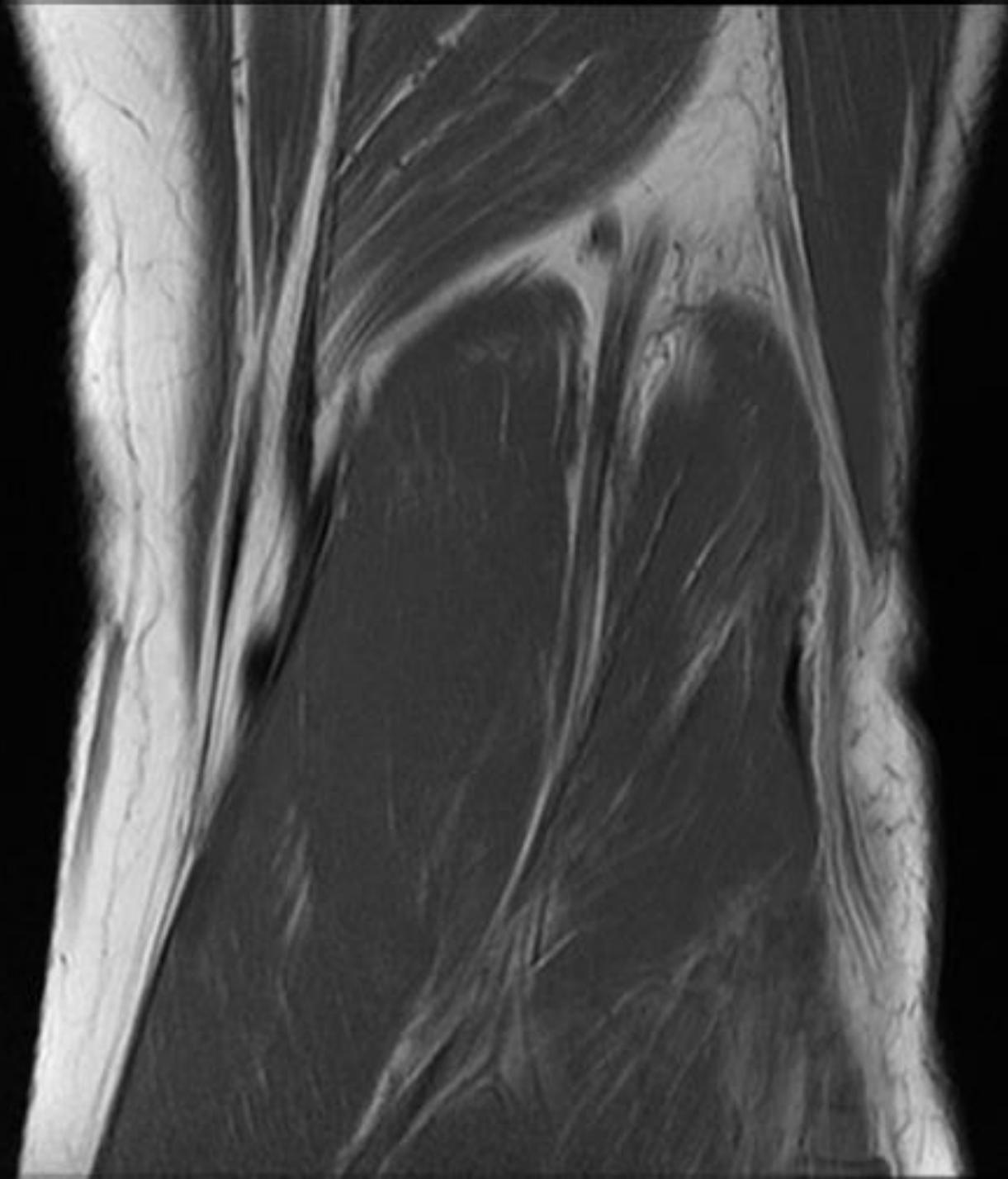
















Accessory Plantaris Muscle

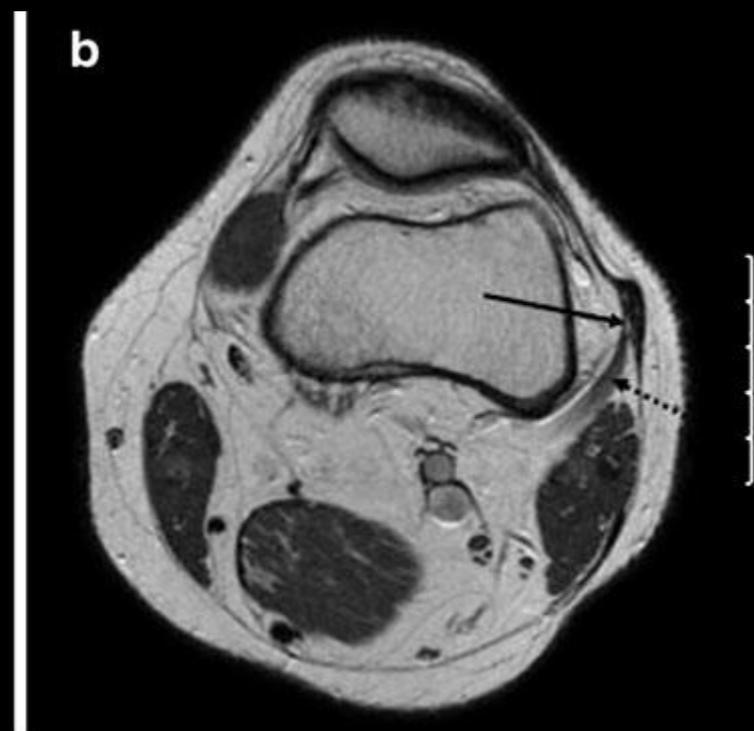
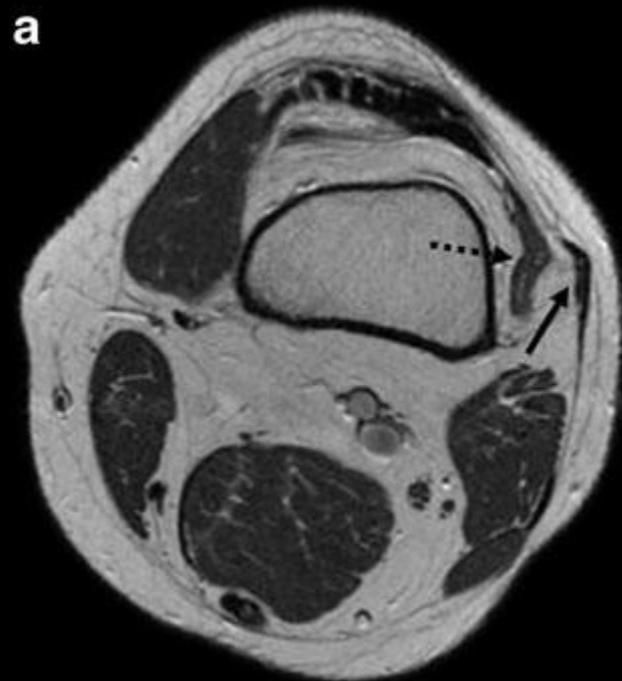
ORIGINAL ARTICLE

Accessory Plantaris Muscle: Anatomy and Prevalence

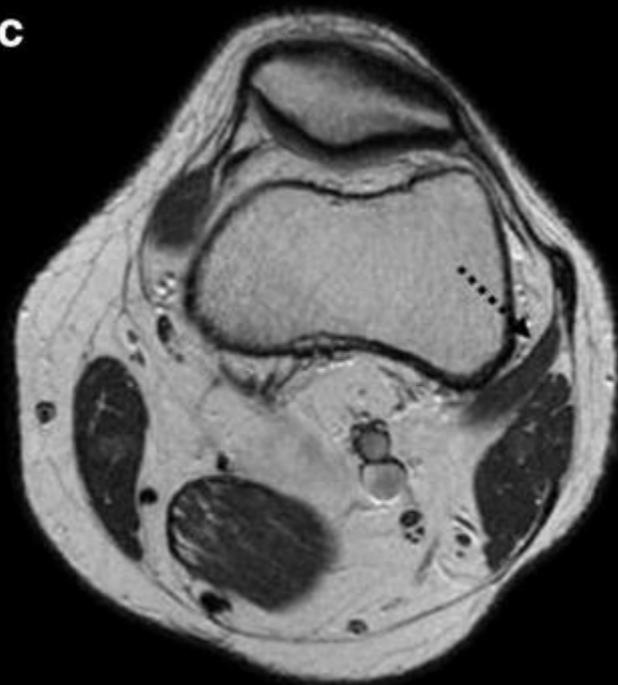
Richard Joseph Herzog, MD, FACR

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c



d



e



f



g**h****i****j****k**

Accessory plantaris

- 6.3% of knees (63/1000)
- 43 inserted into the iliotibial band,
- 15 inserted into the lateral patellar retinaculum, and
- 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
- Level of the insertion of the accessory plantaris muscle was located slightly proximal to its origin.

- Questionable 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).

References

1. Herzog RJ. Accessory Plantaris Muscle: Anatomy and Prevalence. HSSJ 2011;7: 52-56