

## Additional Resources

For more information about the topic discussed in the March/April 2023 Anatomy for Touch column, check out these resources.

Besomi, S. et al. "Distinct Displacement of the Superficial and Deep Fascial Layers of the Iliotibial Band During a Weight Shift Task in Runners: An Exploratory Study." *Journal of Anatomy* 240, no. 3 (2022): 579–88.

Earls, James. *Born to Walk: Myofascial Efficiency and the Body in Movement*. 2nd ed. Berkeley: North Atlantic Books, 2020.

Eng, C. et al. "The Capacity of the Human Iliotibial Band to Store Elastic Energy During Running." *Journal of Biomechanics* 48, no. 12 (2015): 3341–48.

Fairclough, Hayashi et al. "The Functional Anatomy of the Iliotibial Band During Flexion and Extension of the Knee: Implications for Understanding Iliotibial Band Syndrome." *Journal of Anatomy* 208, no. 3 (2006): 309–16.

Fairclough, Hayashi et al. "Is Iliotibial Band Syndrome Really a Friction Syndrome?" *Journal of Science and Medicine in Sport* 10, no. 2 (2006): 74–76.

Fede, C. et al. "Quantification of Hyaluronan in Human Fasciae: Variations With Function and Anatomical Site." *Journal of Anatomy* 233, no. 4 (2018): 552–56.

Flato, P. et al. "The Iliotibial Tract: Imaging, Anatomy, Injuries, and Other Pathology." *Skeletal Radiology* 46, no. 5 (2017): 605–22.

Gaudreault, N. et al. "Static and Dynamic Ultrasound Imaging of the Iliotibial Band/Fascia Lata: Brief Review of Current Literature and Gaps in Knowledge." *Current Radiology Reports* 6, no. 10 (2018): 1–8.

Coh, L. A. et al. "Iliotibial Band Thickness: Sonographic Measurements in Asymptomatic Volunteers." *Journal of Clinical Ultrasound* 31, no. 5 (2003): 239–44.

Hutchinson, L. A. et al. "The Iliotibial Band: A Complex Structure with Versatile Functions." *Sports Medicine* 52, no. 5 (2022): 995–1,008.

Stecco, A. et al. "The Anatomical and Functional Relation Between Gluteus Maximus and Fascia Lata." *Journal of Bodywork and Movement Therapies* 17, no. 4 (2013): 512–17.

Trammell, A., A. Nahian, and H. Pilson. "Anatomy, Bony Pelvis and Lower Limb, Tensor Fasciae Latae Muscle." StatPearls (2022).