

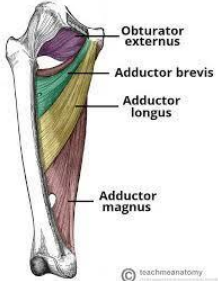
Muscles of the gluteal region					
Muscle	Origin	Insertion	Nerve supply	Action	Image.
Gluteus maximus	Outer surface of the ileum, sacrum, coccyx.	Gluteal tuberosity of femur+ iliotibial tract.	Inferior gluteal	Thigh: extension + lateral rotation. Knee: extension.	
Gluteus medius	Outer surface of the ilium	Greater trochanter of femur	Superior gluteal	Thigh: abduction. Pelvic: prevent tilting.	
Gluteus minimus	Outer surface of the ilium	Greater trochanter of femur	Superior gluteal	Thigh: abduction. Pelvic: prevent tilting.	
Tensor fascia lata	Iliac crest	Iliotibial tract	Superior gluteal	Knee: extension	

Lateral rotators of the thigh			
Muscle	Nerve supply	Action	image
Piriformis	S1, S2	Lateral rotation of the thigh	
Superior gemellus	Nerve to obturator internus	Lateral rotation of the thigh	
Obturator internus	Nerve to obturator internus	Lateral rotation of the thigh	
Inferior gemellus	Nerve to quadratus	Lateral rotation of the thigh	
Quadratus femoris	Nerve to quadratus	Lateral rotation of the thigh	
Obturator externus	Obturator	Lateral rotation of the thigh	


Posterior thigh (hamstring)					
Muscle	Origin	Insertion	Nerve supply	Action	image
Biceps femoris	Long head: ischial tuberosity. Short head: linea aspera + lateral supracondylar line.	Styloid process of the fibula	Long head: Tibial Short head: common fibular	Long head: Thigh extension Knee flexion Short head: Only knee flexion + lateral rotation of the knee (Locking)	




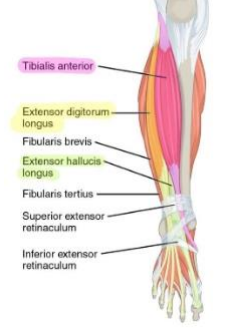
Semi tendonous	Ischial tuberosity	SGS (Upper medial tibia)	Tibial	Thigh: extension. Knee: flexion & medial rotation	
Semi membranous	Ischial tuberosity	Medial condyle of the tibia (posteriorly)	Tibial	Thigh: extension. Knee: flexion & medial rotation	
Adductor magnus ischial head	Ischial tuberosity	Adductor tubercle of femur	Tibial (double NS)	Thigh: extension. Knee: flexion & medial rotation	


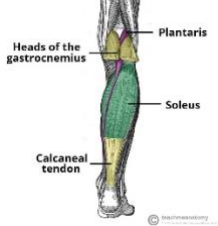
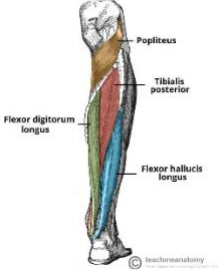
Medial thigh (adductors)

Muscle	Origin	Insertion	Nerve supply	Action	image
Adductor brevis	Inferior pubic ramus	Linea aspera	Obturator	Thigh adduction	
Adductor longus	Body of the pubic	Linea aspera	Obturator	Thigh adduction	
Adductor magnus	Public arch	Linea aspera	Obturator	Thigh adduction	
Gracilis	Public arch	SGS	Obturator	Thigh adduction Knee flexion & medial rotation.	


Anterior thigh

Muscle	Origin	Insertion	Nerve supply	Action	image
Iliopsoas	Psoas major: transverse process, body, intervertebral disc of T12-L5. Iliacus: iliac fossa	Lesser trochanter	Psoas major: L1,2,3 Iliacus: femoral	Thigh: flexion -if thigh is fixed.. psoas major flexes the trunk (sit up)	

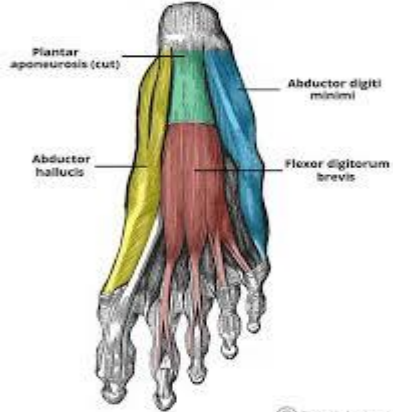
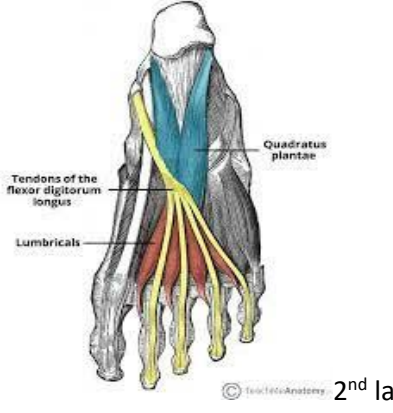
Quadriceps femoris	Rectus femoris: Straight head 🖱️ AIIS. Reflected head 🖱️ Above acetabulum. Vastus intermedius: anterior lateral femur. Vastus medialis&lateralis: upper end and shaft of femur.	Patellar ligament (Patella& Tibial tuberosity)	Femoral	Knee: extension Thigh: rectus femoris flexes the thigh.	
Sartorius	ASIS (anterior superior iliac spine)	SGS	Femoral	Tailor position Thigh:flexion, abduction, lateral rotation. Knee:flexion , medial rotation.	
Pectineus	Superior pubic ramus	Linear aspera	Femoral	Thigh: flexion& adduction.	
Anterior leg					
Muscle	Origin	Insertion	Nerve supply	Action	image
Tibialis anterior	Lateral tibia	Medial cuniform+ 1st metatarsal (plantar side)	Deep Fibular	Dorsiflexion Inversion	
Extensor hallucis longus	Anterior fibula	Distal phalanx of big toe	Deep Fibular	Dorsiflexion Extension of big toe	
Extensor digitorum longus	Anterior fibula	Extensor expansion of lateral 4 toes	Deep Fibular	Dorsiflexion Extension of lateral 4 toes	
Peroneus tertius	Anterior fibula	5th metatarsal	Deep Fibular	Dorsiflexion Eversion	

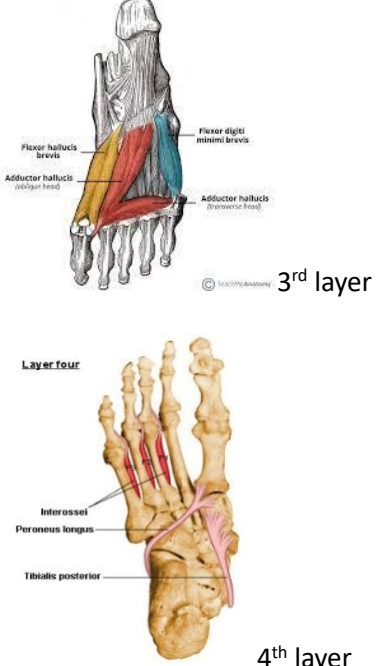
Lateral leg					
Muscle	Origin	Insertion	Nerve supply	Action	image
Fibularis longus	Lateral fibula	1st metatarsa (Plantar side)	Superficial fibular	Plantarflexion+ eversion	
Fibularis brevis	Lateral fibula	5th metatarsal	Superficial fibular	Plantarflexion+ eversion	
Posterior leg- superficial					
Muscle	Origin	Insertion	Nerve supply	Action	image
Gastrocnemius	Medial& lateral condyles of femur	Calcaneal tendon (Achilles)	Tibial	Plantarflexion + weak knee flexion. Muscle of jumping and running (initiate movement)	
Soleus	Tibia + fibula shaft	Calcaneal tendon (Achilles)	Tibial	Plantarflexion Heart of the lower limb Antigravity muscle	
Plantaris	Femur(lateral supracondylar ridge)	Calcaneal tendon (Achilles)	Tibial	Plantarflexion + weak knee flexion.	
Posterior leg- Deep					
Muscle	Origin	Insertion	Nerve supply	Action	image
Popliteus	L.L.F (lateral surface of lateral condyle of femur)	Posterior tibia above soleal line.	Tibial	Knee: flexion + unlocking	
Flexor digitorum longus	Posterior tibia	Distal phalanx of lateral 4 toes	Tibial	Plantarflexion Flexion of lateral 4 toes	
Flexor hallucis longus	Posterior fibula	Distal phalanx of big toe (oblique)	Tibial	Plantarflexion Flexion of big toe	
Tibialis posterior	Posterior tibia& fibula	All tarsals except talus	Tibial	Plantarflexion Inversion	

Muscles of the foot- dorsal

muscle	origin	insertion	Nerve supply	action	image
Extensor digitorum brevis	Calcaneus	Proximal phalanx of medial 4 toes	Deep fibular	Extension of medial 4 toes	

Muscles of the foot- plantar

muscles	layer	Nerve supply	
Abductor hallucis	1 st	Medial plantar	 <p style="text-align: right;">© Teachmeanatomy 1st layer</p>
Flexor digitorum brevis	1 st	Medial plantar	
Abductor digiti minimi	1 st	Lateral plantar	
Quadratus plantae	2 nd	Lateral plantar	
lumbricals	2 nd	1 st : medial plantar. The rest by lateral plantar.	
Flexor digitorum longus tendon	2 nd		
Flexor hallucis longus tendon	2 nd		 <p style="text-align: right;">© Teachmeanatomy 2nd layer</p>

Flexor hallucis brevis	3 rd	Medial plantar	 <p>3rd layer</p> <p>Layer four</p> <p>4th layer</p>
Adductor hallucis	3 rd	Lateral plantar	
Flexor digiti minimi brevis	3 rd	Lateral plantar	
Interossei (4 dorsal & 3 plantar)	4 th	Lateral plantar	
Peroneus longus tendon	4 th		
Tibialis posterior tendon	4 th		

-Ghada Barakat