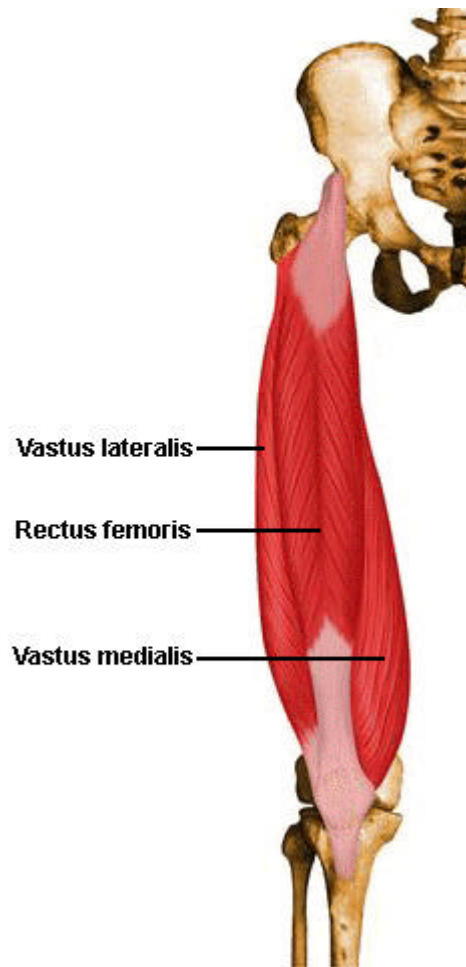


Leg Muscles

Leg/Thigh



Rectus femoris

Origin: Hip

Insertion: Patella, via ligament to Tibia

Action: Flex hip, extend knee

Vastus lateralis

Rectus femoris

Vastus medialis

Fig.1 Rectus femoris. (posterior view)

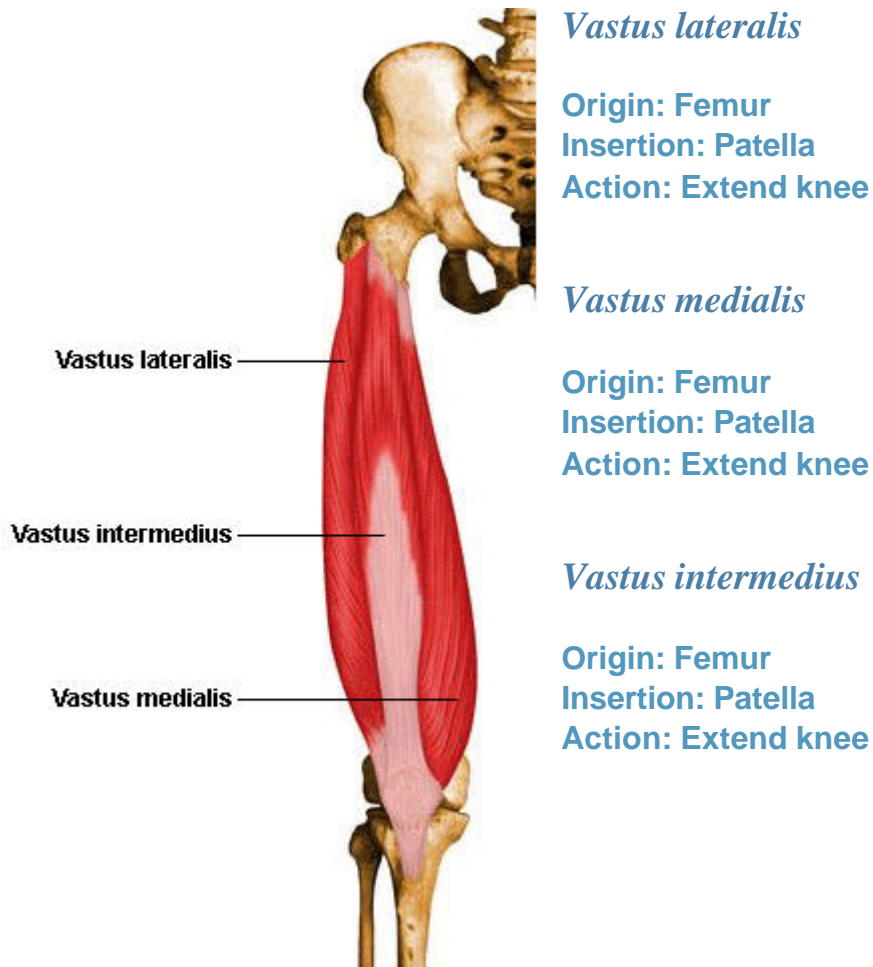


Fig.2 Vastus lateralis, vastus medialis and Vastus intermedius. (anterior view)

Biceps femoris

Origin: Hip

Insertion: Tibia, Fibula

Action: Flex knee, lateral rotation

Biceps femoris

long head

short head

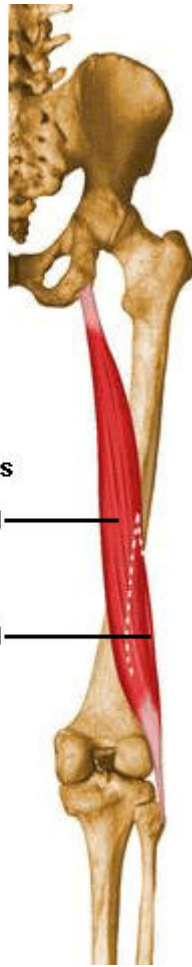


Fig.3 Biceps femoris.

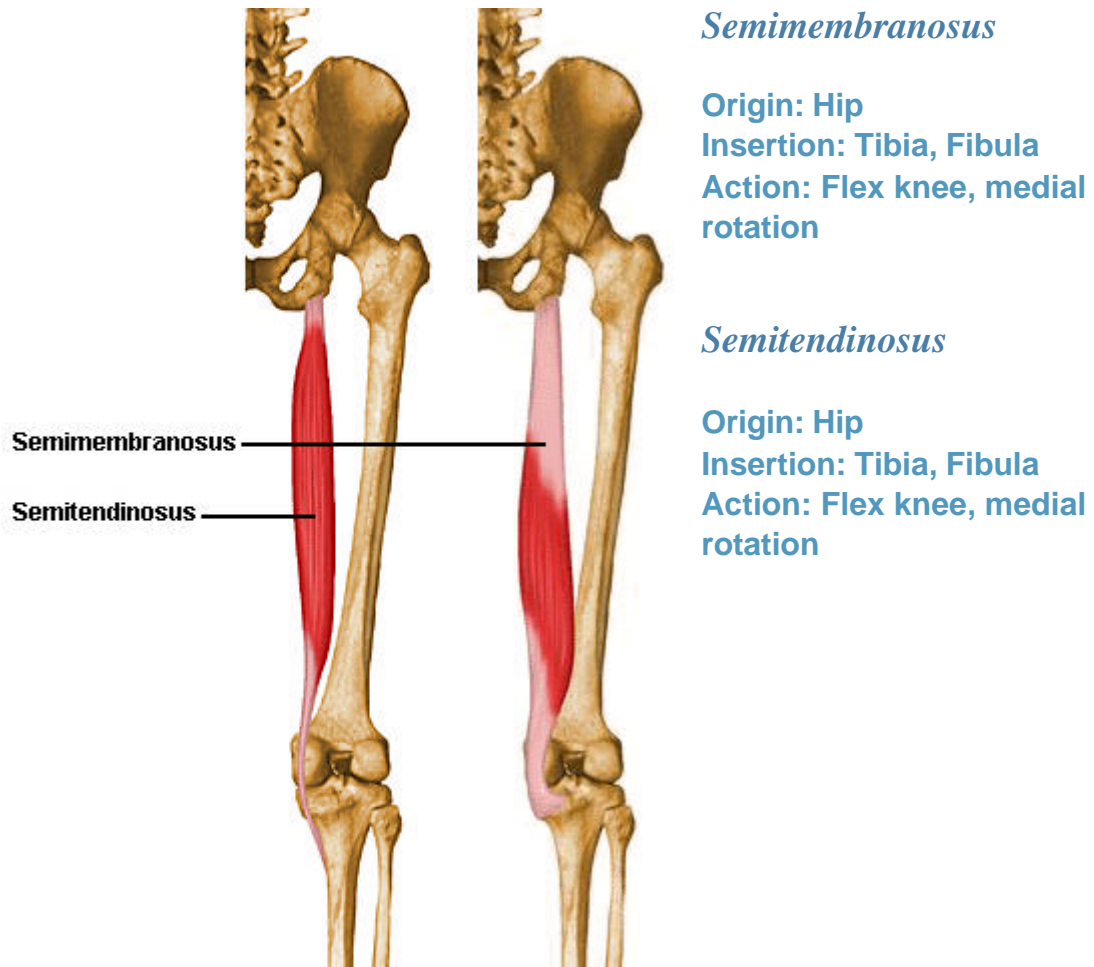
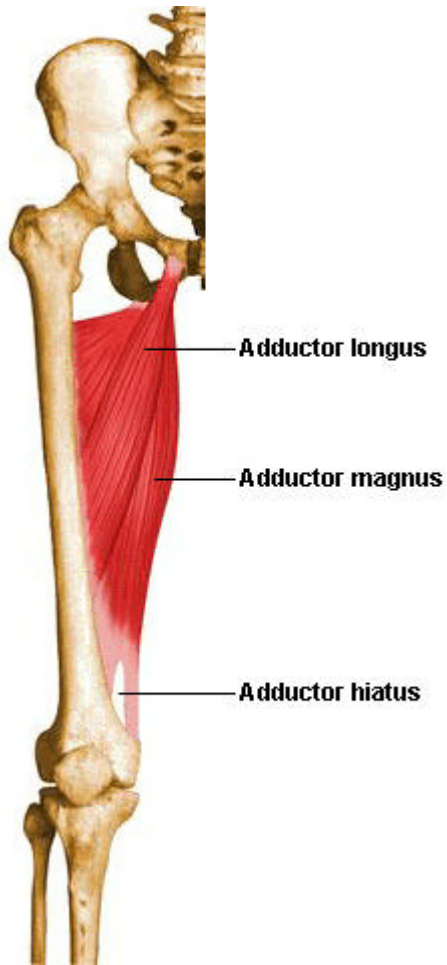


Fig.4 Semimembranosus.



Adductor longus

Origin: Hip

Insertion: Femur

Action: Adduction, lateral rotation

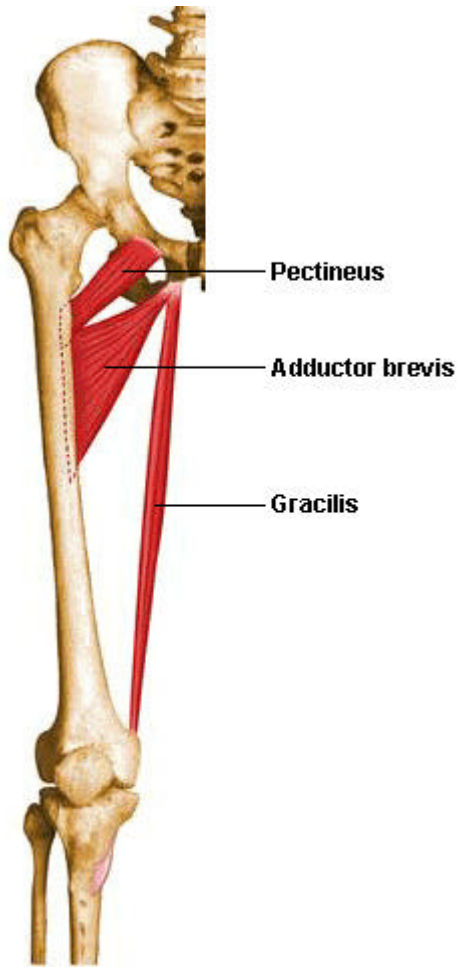
Adductor magnus

Origin: Hip

Insertion: Femur

Action: Adduction, lateral rotation

Fig.5 Adductor longus and Adductor magnus.



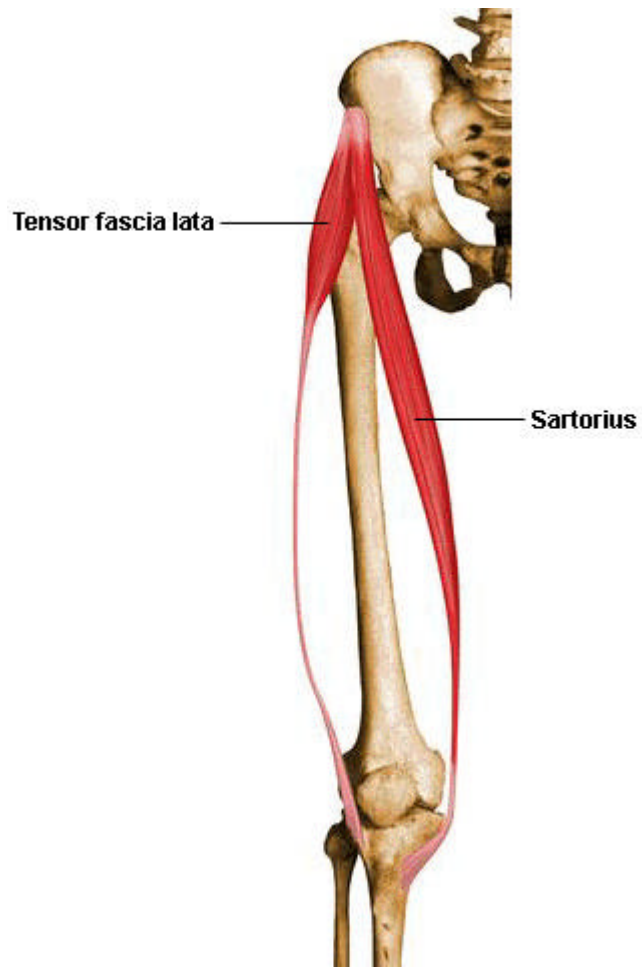
Adductor brevis

Origin: Hip
Insertion: Femur
Action: Adduction, lateral rotation

Gracilis

Origin: Hip
Insertion: Tibia
Action: Thigh adduction, flex knee

Fig.6 Adductor brevis and Gracilis.



Sartorius

Origin: Hip

Insertion: Tibia

Action: Flex knee, flex and laterally rotate hip joint

Fig.7 Sartorius

Lower leg



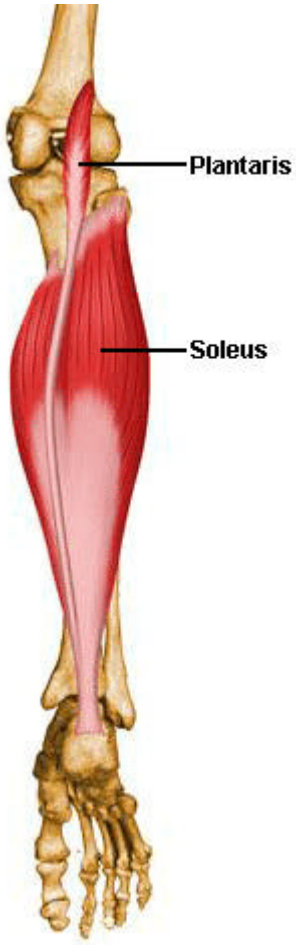
Gastrocnemius

Origin: Femur

Insertion: Calcaneum

Action: Plantarflexion

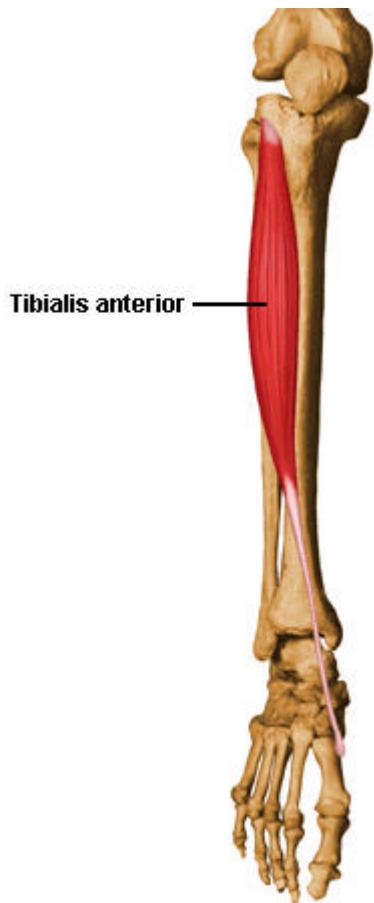
Fig.8 Gastrocnemius.



Soleus

Origin: Tibia and Fibula
Insertion: Calcaneum
Action: Plantarflexion

Fig.9 Soleus.



Tibialis anterior

Origin: Tibia

Insertion: 1st Metatarsal

Action: Dorsiflexion and inversion (lateral rotation)

Fig.10 Tibialis anterior .

Peroneus longus

Origin: Fibula

Insertion: 1st Metatarsal

Action: Plantarflexion and
eversion/pronation (medial rotation)

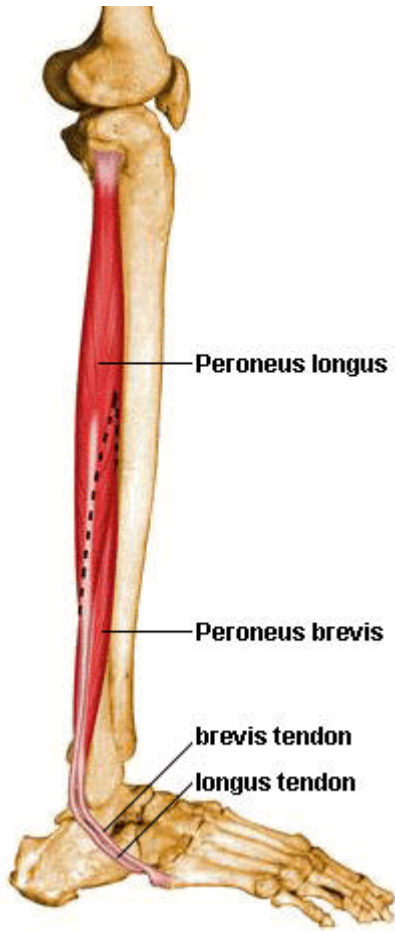
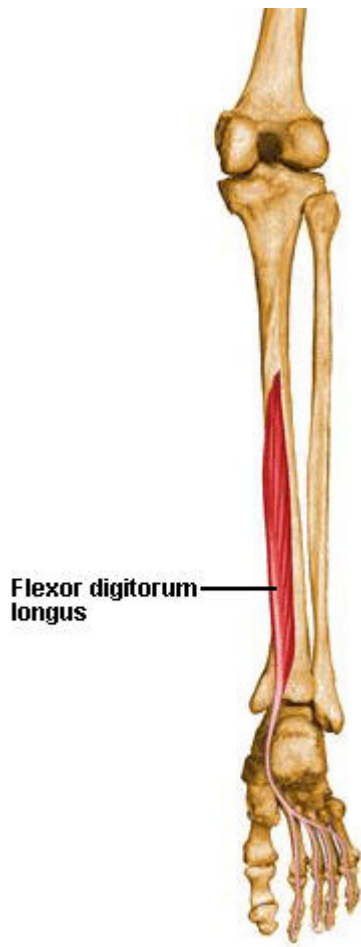


Fig.11 Peroneus longus.



Flexor digitorum longus

Origin: Tibia

Insertion: Phalanges

Action: Dorsiflexion

Fig.12 Flexor digitorum longus.



**Extensor
digitorum longus**

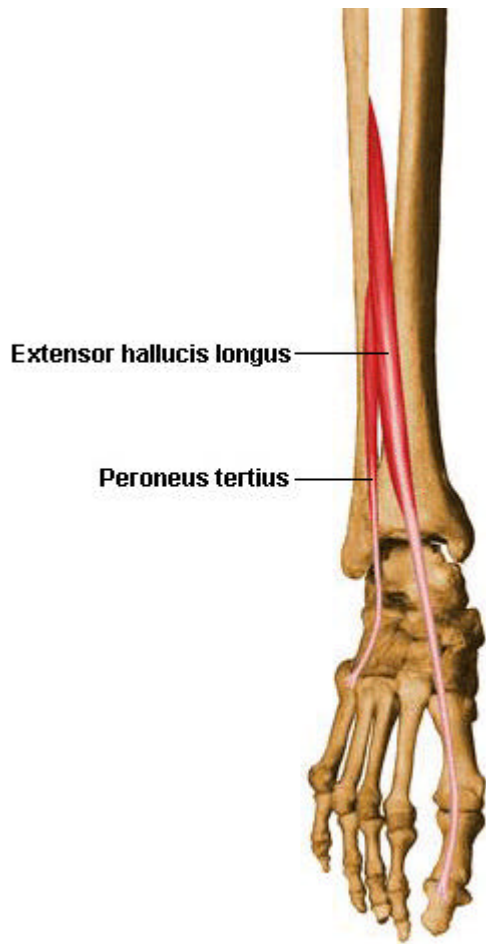
Extensor digitorum longus

Origin: Tibia

Insertion: Phalanges

Action: Dorsiflexion

Fig.13 Extensor digitorum longus.



Extensor hallucis longus

Origin: Fibula

Insertion: 1st Phalange

Action: Dorsiflexion and inversion

Extensor hallucis longus

Peroneus tertius

Fig.14 Extensor hallucis longus.