

*Gluteus Minimus	Superior Gluteal nerve (L4-S1)	-Ilium (between anterior and inferior gluteal lines)	-greater trochanter of femur	-abduct and medial rotate thigh
*Tensor of Fascia Latae	Superior Gluteal nerve (L4-S1)	-ASIS, iliac crest	- iliotibial tract	-abduct and medial rotate thigh
*Piriformis	Ventral rami (S1, S2)	Sacrum and sacrotuberous ligament	Greater trochanter (superior border)	
*Obturator internus				
*Superior Gemellus	Nerve to Obturator Internus (L5, S1)	Ischial spine	Greater trochanter (medial surface)	-Laterally rotate extended thigh -Abduct flexed thigh -Steadies femoral head
*Inferior Gemellus	Nerve to Quadratus Femoris (L5, S1)	Ischial tuberosity	Greater trochanter (medial surface)	
*Quadratus Femoris	Nerve to quadrates Femoris (L5, S1)	Ischial tuberosity	Intertrochanteric crest	-laterally rotates thigh -steadies femoral head

Muscles of Posterior Thigh (HAMSTRINGS): Tibial division Sciatic (except short head biceps-common fib.)

Muscles	Innervation	Attachments	Function	
*Semitendinosus	Sciatic Nerve – Tibial Division (L5, S1, S2)	Ischial tuberosity	Superior medial tibia	Extends thigh at hip- flexes leg at knee/rotate it medially, with flexed hip and knee can extend trunk
*Semimembranosus	Sciatic Nerve – Tibial Division (L5, S1, S2)	Ischial tuberosity	Posterior medial tibial condyle	Extends thigh at hip- flexes leg at knee and rotates it medially, with flexed hit and knee can extend trunk
*Biceps femoris <u>Long head</u> <u>Short head</u>	<u>Long head:</u> Sciatic Nerve – Tibial Division (L5, S1, S2) <u>Short head:</u> common fibular	<u>Long head:</u> ischial tuberosity <u>Short head:</u> linea aspera/lateral supracondylar line of femur	<u>Long head:</u> Lateral head of fibula <u>Short head:</u> Lateral head of fibula	Flexes leg at knee and rotates laterally- extends thigh at hip

Anterior Leg: Extensors (all dorsiflex ankle- bring dorsum foot closer to ankle)

Muscles	Innervation	Attachments		Function
*Tibialis Anterior	Deep Fibular Nerve (L4, L5)	Lateral condyle of tibia and superior 2/3 of lateral surface of tibia and interosseous membrane	Medial and inferior surfaces of medial cuneiform and the base of 1 st metatarsal	Dorsiflex ankle jt, INVERT foot
*Extensor Hallicus Longus	Deep Fibular Nerve (L5, S1)	Middle part of anterior surface of fibular and interosseous membrane	Dorsal aspect of base of distal phalanx of great toe (halux)	Extend great toe, dorsiflex ankle

*Flexor digitorum longus	Tibial Nerve (S2, S3)	Medial part of posterior surface of tibia inferior to scleal line and by a broad tendon to fibula	Bases of distal phalanges of lateral four digits	Flexes lat 4 digits, plantarflexes foot at ankle, supports long. Arch of foot
*Tibialis posterior	Tibial nerve (L4, L5)	Interosseous membrane, posterior surface of tibia inferior to scleal line, and posterior surface of fibula	Primarily to tuberosity of navicular, also to cuneiforms, cuboid, and bases of 2 nd -4 th metatarsals	Plantarflexes foot at ankle INVERTS foot

Dorsum of Foot

Muscle	Innervation	PA	DA	Function
*Extensor digitorum brevis				
*Extensor hallucis brevis				

Sole of Foot

	Muscle	Innervation	PA	DA	Function
Layer 1	*ABductor hallucis	Medial plantar nerve (S2, S3)	Medial tubercle of tuberosity of calcaneus, flexor retinaculum, and plantar aponeurosis	Medial side of base of proximal phalanx of 1 st digit	Abducts and flexes 1 st digit (great toe; hallux)
	*Flexor digitorum brevis	Medial plantar nerve (S2, S3)	Medial tubercle of tuberosity of calcaneus, plantar aponeurosis, and intermuscular septa	Both sides of middle phalanges of lateral four digits	Flexes lateral four digits
	*ABductor digit minimi	Lateral plantar nerve (S2, S3)	Medial and lateral tubercles of tuberosity of calcaneus, plantar aponeurosis, and intermuscular septa	Lateral side of base of proximal phalanx of 5 th digit	Abducts and flexes 5 th digit
Layer 2	*Quadratus plantae	Lateral plantar nerve (S2, S3)	Medial surface and lateral margin of plantar surface of calcaneus	Posterolateral margin of tendon of flexor digitorum longus	Assists flexor digitorum longus in flexing lateral four digits
	*Lumbrical muscles	Medial one: medial plantar nerve (S2, S3) Lateral three: lateral plantar nerve (S2, S3)	Tendons of flexor digitorum longus	Medial aspect of expansion over lateral four digits	Flex proximal phalanges, extend middle and distal phalanges of lateral four digits
	*Tendon of flexor digitorum longus				