

Quadratus femoris	Lateral border of ischial tuberosity	Intertrochanteric crest of femur	External rotation and adduction of hip joint	Direct branches from sacral plexus (L5, S1)
Biceps femoris	Long head (ischial tuberosity, sacrotuberous ligament, common head with semitendinosus), short head (lateral lip of linea aspera in middle third of femur)	Head of fibula	Hip (long head: adduction, extends hip, stabilizes pelvis in sagittal plane), knee (entire muscle: flexion and external rotation)	Tibial nerve (L5-S2, long head), common fibular nerve (L5-S2, short head)
Semitendinosus	Ischial tuberosity and sacrotuberous ligament (common head with long head of biceps femoris)	Medial to tibial tuberosity in pes anserinus (along with tendons of gracilis and Sartorius)	Hip (adduction, extends hip, stabilizes pelvis in sagittal plane), knee (flexion and internal rotation)	Tibial nerve (L5-S2)
Semimembranosus	Ischial tuberosity	Medial tibial condyle, oblique popliteal ligament, popliteus fascia	Hip (adduction, extends hip, stabilizes pelvis in sagittal plane), knee (flexion and internal rotation)	Tibial nerve (L5-S2)
Popliteus	Lateral femoral condyle, posterior horn of lateral meniscus	Posterior tibial surface (above origin of soleus)	Flexes and unlocks knee by internally rotating femur on fixed head of tibia 5 degrees)	Tibial nerve (L4-S1)
Gastrocnemius	Medial head (medial epicondyle of femur), lateral head (lateral epicondyle of femur)	Calcaneal tuberosity via calcaneal (Achilles') tendon	Talocrural joint (plantar flexion), knee joint (flexion)	Tibial nerve (S1, S2)
Soleus	Posterior surface of head and neck of fibula, attached to soleal line of tibia via tendinous arch	Calcaneal tuberosity via calcaneal (Achilles') tendon	Talocrural joint (plantar flexion)	Tibial nerve (S1, S2)
Plantaris	Lateral epicondyle proximal to lateral head of gastrocnemius	Calcaneal tuberosity via calcaneal (Achilles) tendon	Negligible due to its small cross section, may act to prevent compression of	Tibial nerve (S1, S2)