

## Muscles Around the Ankle

### Muscles that Plantarflex the Ankle

Name	Origin	Insertion	Action	Nerve	Artery
Gastrocnemius	<p><b>Lateral head:</b> Posterolateral aspect of lateral condyle of femur.</p> <p><b>Medial head:</b> Posterior surface of medial femoral condyle. Popliteal surface of femoral shaft.</p>	Posterior surface of the calcaneus via Achilles tendon.	<p><b>Knee:</b> Flexion</p> <p><b>Talocrural joint:</b> plantar flexion</p>	Tibial nerve (S1, S2)	Sural arteries
Soleus	<p>Posterior surface of head &amp; upper 1/3 shaft of fibula.</p> <p>Middle 1/3 of the medial border of tibia.</p>	Calcaneus via Achilles tendon.	Plantar flexion. Stabilises tibia.	Tibial nerve (L4, L5, S1, S2).	<p>Popliteal artery</p> <p>Posterior tibial artery</p> <p>Peroneal artery</p>
Plantaris	Lateral epicondylar line of femur. Oblique popliteal ligament.	Posterior surface of calcaneus.	Weak knee flexion. Plantarflexion.	Tibial nerve (S1, S2)	<p><b>Superficial:</b> Lateral sural &amp; popliteal arteries</p> <p><b>Deep:</b> Superior lateral genicular artery</p>
Peroneus Longus	Head & upper 2/3 of outer surface of fibula.	Under surfaces of 1st cuneiform and 1st metatarsal bone.	Eversion Plantarflexion	Superficial peroneal nerve (L5, S1)	Fibular artery
Peroneus Brevis	Lower 2/3 of outer surface of fibula.	Dorsal surface of 5th metatarsal.	Plantarflexion Eversion	Superficial peroneal nerve (L5, S1).	Fibular artery
Tibialis Posterior	Posterior surface of the upper 1/2 of the adjacent surface of tibia & fibula.	<p>Navicular</p> <p>Cuneiforms</p> <p>Cuboid bones</p> <p>Bases of the 2nd-5th metatarsal bones</p>	Plantar flexion. Inversion of the foot.	Tibial nerve (S1, S2)	Posterior tibial artery.
Flexor Digitorum Longus	Middle 1/3 of the posterior surface of tibia.	Base of the digital phalanges of 2nd-5 <sup>th</sup> .	Toe flexion Plantar flexion Inversion of foot	Tibial nerve (S1, S2).	Posterior tibial artery.
Flexor Hallucis Longus	Middle 1/2 of posterior surface of fibula.	Distal phalanx of the large toe on the plantar surface.	Flexion of big toe Inversion Plantar flexion	Tibial nerve (S1, S2).	<p><b>Proximal:</b> Posterior tibial artery</p> <p><b>Distal:</b> Medial plantar artery</p>

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