

Muscles that Act on the Leg

Leg Extensors

quadriceps femoris

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rectus femoris

origin: anterior inferior iliac spine

vastus lateralis

origin: greater trochanter and linea aspera of femur

vastus medialis

origin: linea aspera of femur

vastus intermedius deep to rectus femoris

origin: anterior and lateral surfaces of body of femur

common insertion: patella via quadriceps tendon, continuing inferiorly to tibial tuberosity via patellar tendon

action: all 4 heads extend leg at knee joint

rectus femoris alone flexes thigh at hip joint

sartorius

origin: anterior superior iliac spine

insertion: medial surface of body of tibia

action: flex leg at knee; flex, abduct, laterally rotate thigh at hip

Leg Flexors

hamstrings

biceps femoris

origin: long head from ischial tuberosity

short head from linea aspera of femur

insertions: head of fibia and lateral condyle of tibia

action: flex leg at knee and extend thigh at hip

semitendinosus

origin: ischial tuberosity

insertion: proximal medial shaft of tibia

action: flex leg at knee and extend thigh at hip

semimembranosus

origin: ischial tuberosity

insertion: medial condyle of tibia

action: flex leg at knee and extend thigh at hip

Muscles that Move Foot and Toes

anterior compartment

tibialis anterior

origin: lateral condyle and body of tibia and interosseus membrane

insertion: first metatarsal and cuneiform (medial)

action: dorsiflexes foot at ankle

inverts foot at intertarsal joints

extensor digitorum longus

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