

ANTERIOR

DORSIFLEXION

O: anterior leg

I: hallucis + 1st toes - medial Abduct

I: tarsus & phalanges

DEEP FIBULAR NERVE

FIBULARIS (PERONEUS) LONGUS:

- eversion & plantarflex foot

FIBULARIS (PERONEUS) BREVIS: eversion of foot (commonly fractured*)

O: fibula

I: longus @ upper 1/3

I: brevis @ lower 1/3

I: metatarsals

I: longus at 1st

I: brevis at 5th

SUPERFICIAL FIBULAR NERVE

O: medial + lateral femoral

(2 heads)

I: calcaneus

(Achilles tendon)

TIBIALIS ANTERIOR: dynamic support the medial arch of foot - dorsiflex of foot and ankle (raise toes up - making)

EXTENSOR HALLUCIS LONGUS:

- extension of great toe and dorsiflex of foot

EXTENSOR DIGITORUM LONGUS:

- extension of lateral 4 toes

- dorsiflex foot and ankle

(DEEP)

APPLIED: - anterior knee

- lateral knee

- rotates femur on the fixed tibia

TOE HALLUCIS LONGUS:

- flexes great toe

- propulsion when walking

TOE DIGITORUM LONGUS:

- flexes lateral 4 toes

TIBIALIS POSTERIOR:

- extension and plantarflex

- supports medial arch

(SUPERFICIAL)

GASTROCNEMIUS

- plantar-flex foot and ankle

- flexes knee

SOLEUS:

O: medial aspect proximal posterior tibia

posterior aspect proximal fibula

TIBIAL NERVE

PLANTAR FLEXION & INVERSION

POSTERIOR

LATERAL → EVERSION