ANTERIOR

DORSIFLEXION

O: anterior leg
↳ HALLUCIS + LONGUS - medial fibula
I: tarsus & phalanges

DEEP FIBULAR NERVE

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

EXTENSOR HALLUCIS LONGUS:
- extension of great toe & dorsiflex of foot

EXTENSOR DIGITORUM LONGUS:
- extension of lateral 4 toes
- dorsiflex foot and ankle

TIBIA

(DEEP)

POPLITEUS:
- unlocks the knee
- laterally rotates femur on the fixed tibia

FLEXOR HALLUCIS LONGUS:
- flexes great toe
- propulsion when walking

FLEXOR DIGITORUM LONGUS:
- flexes lateral 4 toes

TIBIALIS POSTERIOR:
- inversion and plantarflex
- supports medial arch

FIBULARIS (PERONEUS) LONGUS:
- eversion & plantarflex foot

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

FIBULA

(SUPERFICIAL)

GASTROCNEMIUS
- plantarflex foot and ankle
- flexes knee

SOLEUS:

LATERAL → EVERSION

MEDIAL

O: tibula
↳ longus @ upper
↳ brevis @ lower 1/3
I: metatarsals
↳ longus at 1st
↳ brevis at 5th

SUPERFICIAL FIBULAR NERVE

O: posterior surface of proximal tibia
I: (a) lateral femoral condyle
(b) lateral meniscus

O: posterior surface of fibula and interosseus membrane

O: medial side of posterior surface of medial tibia

O: posterior tibia and fibula and interosseus membrane
I: navicular and medial cuneiform

O: medial + lateral femoral (2 heads)
I: calcaneus (Achillis tendon)

O: medial aspect proximal posterior tibia
posterior aspect proximal fibula

TIBEAL NERVE

PLANTAR FLEXION & INVERSION

POSTERIOR

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