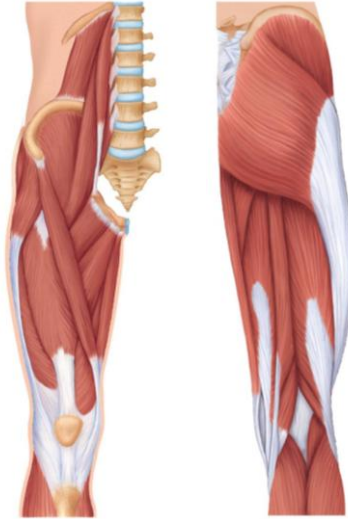


# Muscles of the Lower Limb



## Muscles Moving Thigh - Anterior

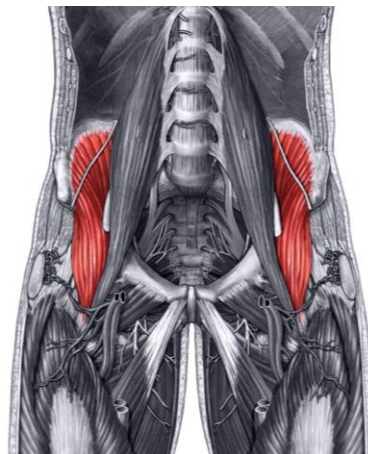
### Iliacus (part of iliopsoas)

ORIGIN:  
 Iliac fossa (ilium);  
 crest of os coxa;  
 ala (sacrum)

INSERTION:  
 lesser trochanter (femur)

INNERVATION:  
 femoral nerve

ACTION:  
 flexes thigh



(Anterior view)

Muscles Moving Thigh - Anterior

## Psoas major (part of iliopsoas)

ORIGIN:

T<sub>12</sub> – L<sub>5</sub> vertebrae

INSERTION:

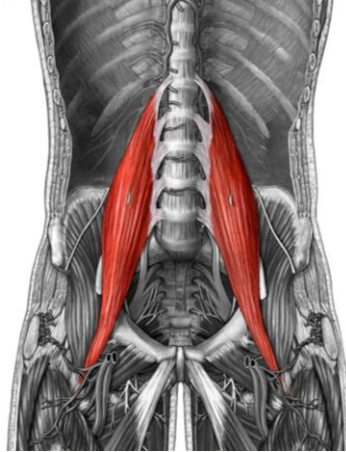
lesser trochanter (femur)

INNERVATION:

-----

ACTION:

flexes thigh



(Anterior view)

Muscles Moving Thigh - Anterior

## Tensor fasciae latae

ORIGIN:

iliac crest (ilium); anterior superior  
iliac spine (ilium)

INSERTION:

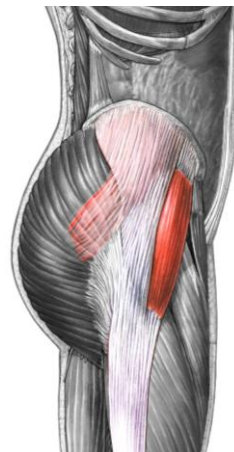
iliotibial tract (connective tissue)

INNERVATION:

gluteal nerves

ACTION:

flexes / abducts thigh



(Lateral view)

Muscles Moving Thigh - Anterior

## Sartorius

ORIGIN:

anterior superior iliac  
spine (ilium)

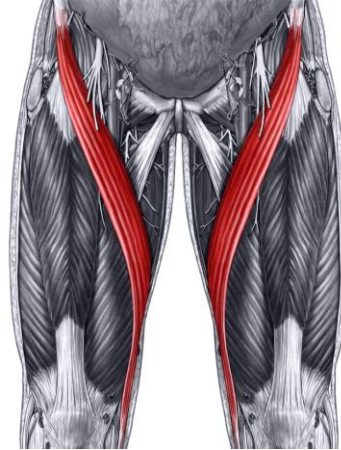
INSERTION:

medial surface of proximal tibia

INNERVATION:

femoral nerve

ACTION:

flexes / abducts / laterally  
rotates thigh

(Anterior view)

Muscles Moving Thigh - Anterior

## Pectineus

ORIGIN:

pubis

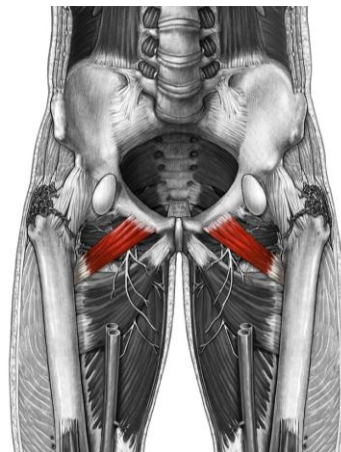
INSERTION:

lesser trochanter (femur)

INNERVATION:

obturator nerve

ACTION:

adducts / flexes / medially  
rotates thigh

(Anterior view)

Muscles Moving Thigh - Anterior

## Adductor brevis (part of adductors)

ORIGIN:

pubis

INSERTION:

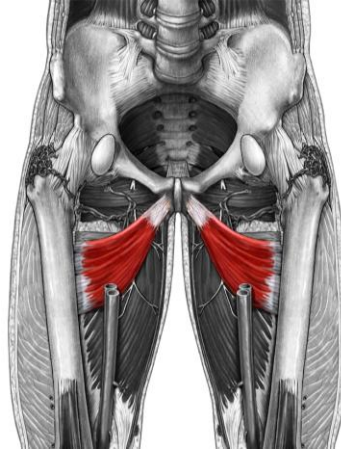
linea aspera (femur)

INNERVATION:

obturator nerve

ACTION:

adducts / flexes / medially  
rotates thigh



(Anterior view)

Muscles Moving Thigh - Anterior

## Adductor longus (part of adductors)

ORIGIN:

pubis

INSERTION:

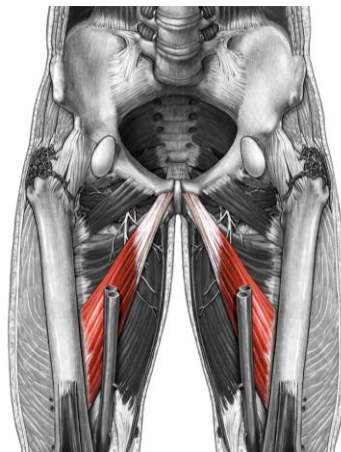
linea aspera (femur)

INNERVATION:

obturator nerve

ACTION:

adducts / flexes / medially  
rotates thigh



(Anterior view)

Muscles Moving Thigh - Anterior

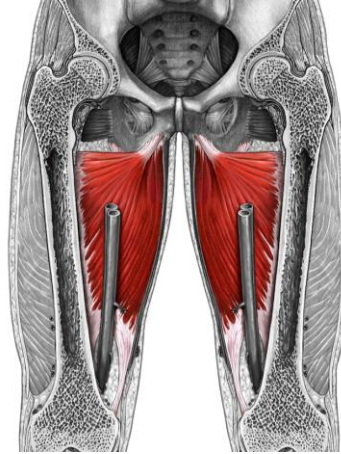
## Adductor magnus (part of adductors)

**ORIGIN:**  
pubis / ischium

**INSERTION:**  
linea aspera (femur)

**INNERVATION:**  
obturator nerve / sciatic nerve

**ACTION:**  
adducts / flexes / medially  
rotates thigh



(Anterior view)

Muscles Moving Thigh - Anterior

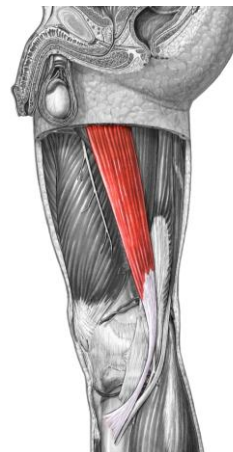
## Gracilis

**ORIGIN:**  
pubis / ischium

**INSERTION:**  
medial surface of proximal tibia

**INNERVATION:**  
obturator nerve

**ACTION:**  
adducts / flexes / medially  
rotates thigh



(Medial view)

Muscles Moving Thigh - Posterior

## Gluteus maximus

**ORIGIN:**

ilium / sacrum / coccyx

**INSERTION:**

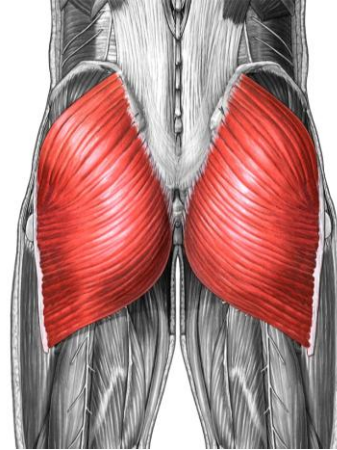
iliotibial tract (connective tissue);  
gluteal tuberosity (femur)

**INNERVATION:**

gluteal nerves

**ACTION:**

extends thigh



(Posterior view)

Muscles Moving Thigh - Posterior

## Gluteus medius

**ORIGIN:**

lateral surface of ilium

**INSERTION:**

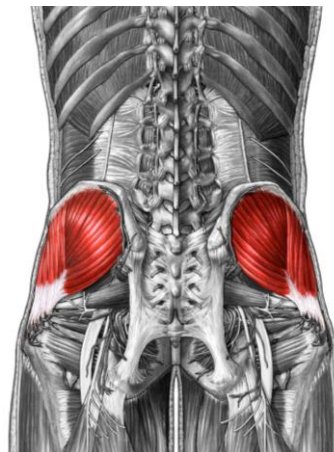
greater trochanter (femur)

**INNERVATION:**

gluteal nerves

**ACTION:**

abducts / medially rotates thigh



(Posterior view)

Muscles Moving Thigh - Posterior

## Gluteus minimus

ORIGIN:

lateral surface of ilium

INSERTION:

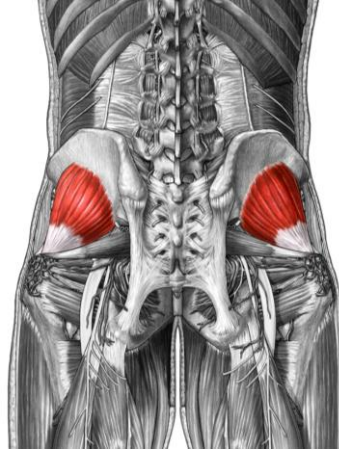
greater trochanter (femur)

INNERVATION:

gluteal nerves

ACTION:

abducts / medially rotates thigh



(Posterior view)

Muscles Moving Thigh - Posterior

## Piriformis

ORIGIN:

anterolateral surface of sacrum

INSERTION:

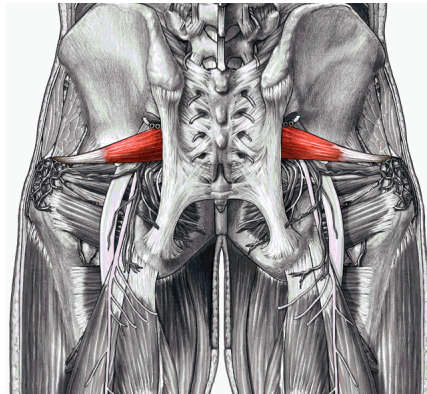
greater trochanter (femur)

INNERVATION:

-----

ACTION:

laterally rotates thigh



(Posterior view)

## Muscles Moving Thigh - Posterior

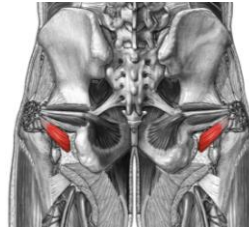
**Obturator** (externus / internus)

ORIGIN:  
pubis / ischium

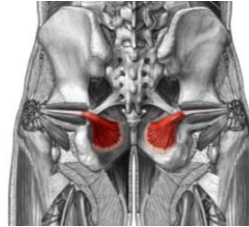
INSERTION:  
greater trochanter (femur)

INNERVATION:  
-----

ACTION:  
laterally rotates thigh



Externus



Internus

(Posterior view)

## Muscles Moving Thigh - Posterior

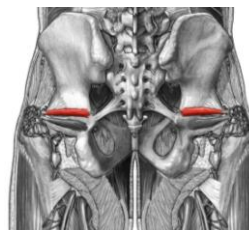
**Gemellus** (superior / inferior)

ORIGIN:  
ischial spine (ischium);  
ischial tuberosity (ischium)

INSERTION:  
greater trochanter (femur)

INNERVATION:  
-----

ACTION:  
laterally rotates thigh



Superior



Inferior

(Posterior view)



Muscles Moving Thigh - Posterior

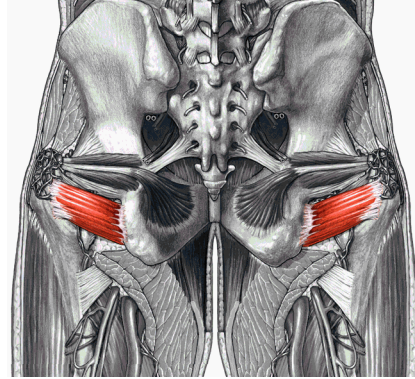
## Quadratus femoris

ORIGIN:  
ischial tuberosity (ischium)

INSERTION:  
proximal end of femur

INNERVATION:  
-----

ACTION:  
laterally rotates thigh



(Posterior view)

Muscles Moving (Lower) Leg - Anterior

## Rectus femoris (part of quadriceps)

ORIGIN:  
anterior inferior iliac spine (ilium);  
margin of acetabulum (os coxa)

INSERTION:  
tibial tuberosity (tibia)

INNERVATION:  
femoral nerve

ACTION:  
extends (lower) leg



(Anterior view)

Muscles Moving (Lower) Leg - Anterior

## Vastus lateralis (part of quadriceps)

**ORIGIN:**  
greater trochanter (femur);  
linea aspera (femur)

**INSERTION:**  
tibial tuberosity (tibia)

**INNERVATION:**  
femoral nerve

**ACTION:**  
extends (lower) leg



(Anterior view)

Muscles Moving (Lower) Leg - Anterior

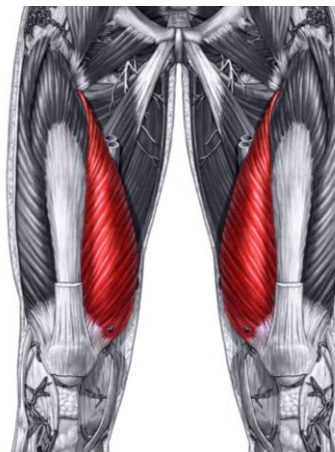
## Vastus medialis (part of quadriceps)

**ORIGIN:**  
anterior / lateral surface  
of proximal femur

**INSERTION:**  
tibial tuberosity (tibia)

**INNERVATION:**  
femoral nerve

**ACTION:**  
extends (lower) leg



(Anterior view)

Muscles Moving (Lower) Leg - Anterior

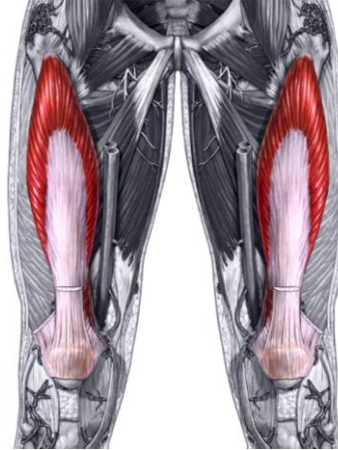
## Vastus intermedius (part of quadriceps)

**ORIGIN:**  
anterior / lateral surface  
of proximal femur

**INSERTION:**  
tibial tuberosity (tibia)

**INNERVATION:**  
femoral nerve

**ACTION:**  
extends (lower) leg



(Anterior view)

Muscles Moving (Lower) Leg - Posterior

## Biceps femoris (part of hamstrings)

**ORIGIN:**  
ischial tuberosity (ischium);  
linea aspera (femur)

**INSERTION:**  
head (fibula);  
lateral condyle (tibia)

**INNERVATION:**  
sciatic nerve

**ACTION:**  
flexes (lower) leg



(Posterior view)

Muscles Moving (Lower) Leg - Posterior

## Semitendinosus (part of hamstrings)

ORIGIN:  
ischial tuberosity (ischium)

INSERTION:  
medial surface of tibia

INNERVATION:  
sciatic nerve

ACTION:  
flexes (lower) leg



(Posterior view)

Muscles Moving (Lower) Leg - Posterior

## Semimembranosus (part of hamstrings)

ORIGIN:  
ischial tuberosity (ischium)

INSERTION:  
medial condyle (tibia)

INNERVATION:  
sciatic nerve

ACTION:  
flexes (lower) leg



(Posterior view)

Muscles Moving (Lower) Leg - Posterior

## Popliteus

ORIGIN:  
lateral condyle (femur)

INSERTION:  
proximal tibia

INNERVATION:  
sciatic nerve

ACTION:  
flexes / medially rotates  
(lower) leg



(Posterior view)

Muscles Moving Ankle / Foot / Toes - Anterior

## Tibialis anterior

ORIGIN:  
lateral condyle (tibia);  
shaft of tibia

INSERTION:  
medial cuneiform (tarsals);  
metatarsal 1

INNERVATION:  
fibular nerves

ACTION:  
dorsiflexes / inverts foot



(Anterior view)

Muscles Moving Ankle / Foot / Toes - Anterior

## Extensor digitorum longus

**ORIGIN:**

lateral condyle (tibia);  
proximal fibula

**INSERTION:**

middle / distal phalanges 2 - 5

**INNERVATION:**

fibular nerves

**ACTION:**

extends toes



(Anterior view)

Muscles Moving Ankle / Foot / Toes - Anterior

## Extensor hallucis longus

**ORIGIN:**

anteromedial shaft of fibula

**INSERTION:**

distal phalanx (great toe)

**INNERVATION:**

fibular nerves

**ACTION:**

extends great toe



(Anterior view)

Muscles Moving Ankle / Foot / Toes - Anterior

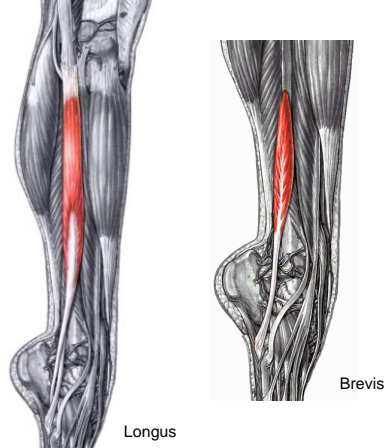
## Fibularis (longus / brevis)

**ORIGIN:**  
shaft of fibula

**INSERTION:**  
medial cuneiform (tarsals);  
metatarsals 1 & 5

**INNERVATION:**  
fibular nerves

**ACTION:**  
plantar flexes / everts foot



Longus

Brevis

(Lateral view)

Muscles Moving Ankle / Foot / Toes - Posterior

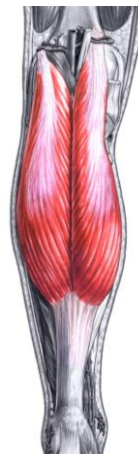
## Gastrocnemius (part of triceps surae)

**ORIGIN:**  
medial / lateral condyles (femur)

**INSERTION:**  
calcaneus

**INNERVATION:**  
tibial nerve

**ACTION:**  
plantar flexes foot



(Posterior view)

Muscles Moving Ankle / Foot / Toes - Posterior

## Soleus (part of triceps surae)

ORIGIN:  
proximal tibia / fibula

INSERTION:  
calcaneus

INNERVATION:  
tibial nerve

ACTION:  
plantar flexes foot



(Posterior view)

Muscles Moving Ankle / Foot / Toes - Posterior

## Plantaris

ORIGIN:  
posterior femur

INSERTION:  
calcaneus

INNERVATION:  
tibial nerve

ACTION:  
plantar flexes foot



(Posterior view)



Muscles Moving Ankle / Foot / Toes - Posterior

## Flexor digitorum longus

ORIGIN:  
posterior tibia

INSERTION:  
distal phalanges 2 - 5

INNERVATION:  
tibial nerve

ACTION:  
flexes toes



(Posterior view)

Muscles Moving Ankle / Foot / Toes - Posterior

## Flexor hallucis longus

ORIGIN:  
midshaft of fibula

INSERTION:  
distal phalanx (great toe)

INNERVATION:  
tibial nerve

ACTION:  
flexes great toe



(Posterior view)

Muscles Moving Ankle / Foot / Toes - Posterior

## Tibialis posterior

ORIGIN:

proximal tibia / fibula

INSERTION:

tarsals; metatarsals 2 - 4

INNERVATION:

tibial nerve

ACTION:

inverts foot



(Posterior view)