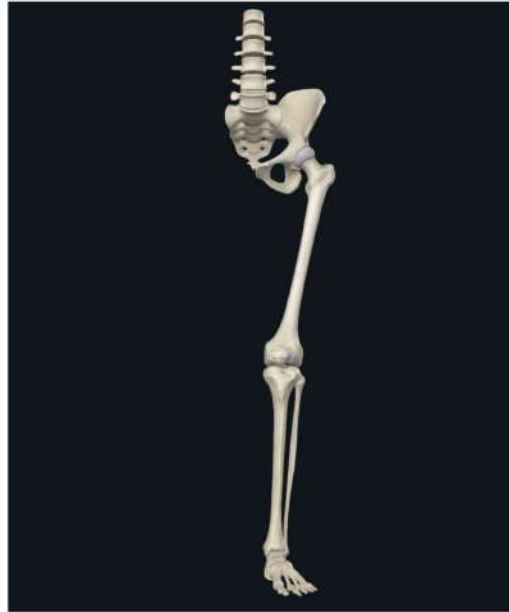


Summary for muscles of lower limb

تم بواسطة :- عبد الودود الخفش



muscle of front of thigh (extensor Group)

	origin	insertion	N.S	action
<p>① sartorius</p> <ul style="list-style-type: none"> ⊗ strap-like muscle ⊗ the longest muscle 	⊖ anterior superior iliac spine	⊖ medial condyle of tibia or upper end of tibia	⊖ Femoral nerve	<ul style="list-style-type: none"> ⊖ flexion ⊖ abduction ⊖ lateral rotation <p>of hip</p> <ul style="list-style-type: none"> ⊖ flexion of knee
<p>② Quadriceps femoris</p> <ul style="list-style-type: none"> → Rectus femoris → vastus lateralis → vastus medialis → vastus intermedius 	hip bone	tibial tuberosity by tendon	⊖ Femoral nerve	⊖ extension of knee
	femur	tibial tuberosity by tendon	⊖ Femoral nerve	⊖ extension of knee
	femur	tibial tuberosity by tendon	⊖ Femoral nerve	⊖ extension of knee
	femur	tibial tuberosity by tendon	⊖ Femoral nerve	⊖ extension of knee

muscles of medial side of thigh (adductor Group)

	origin	insertion	N.s	action
① pectineus	⊖ hipe bone	⊖ femur	⊖ femoral.N	⊖ Adduction of hip (thigh)
② Gracillis	⊖ hipe bone	⊖ Tibia	⊖ obturator.N	⊖ Adduction of hip (thigh)
③ adductor longus	⊖ hipe bone	⊖ femur	⊖ obturator.N	⊖ Adduction of hip (thigh)
④ adductor brevis	⊖ hipe bone	⊖ femur	⊖ obturator.N	⊖ Adduction of hip (thigh)
⑤ adductor magnus				
↳ ⑥ pubic part	⊖ hipe bone	⊖ femur	⊖ obturator.N	⊖ Adduction of hip (thigh)
↳ ⑦ ischial part	⊖ hipe bone	⊖ femur	⊖ sciatic.N	⊖ extension of hip (thigh)

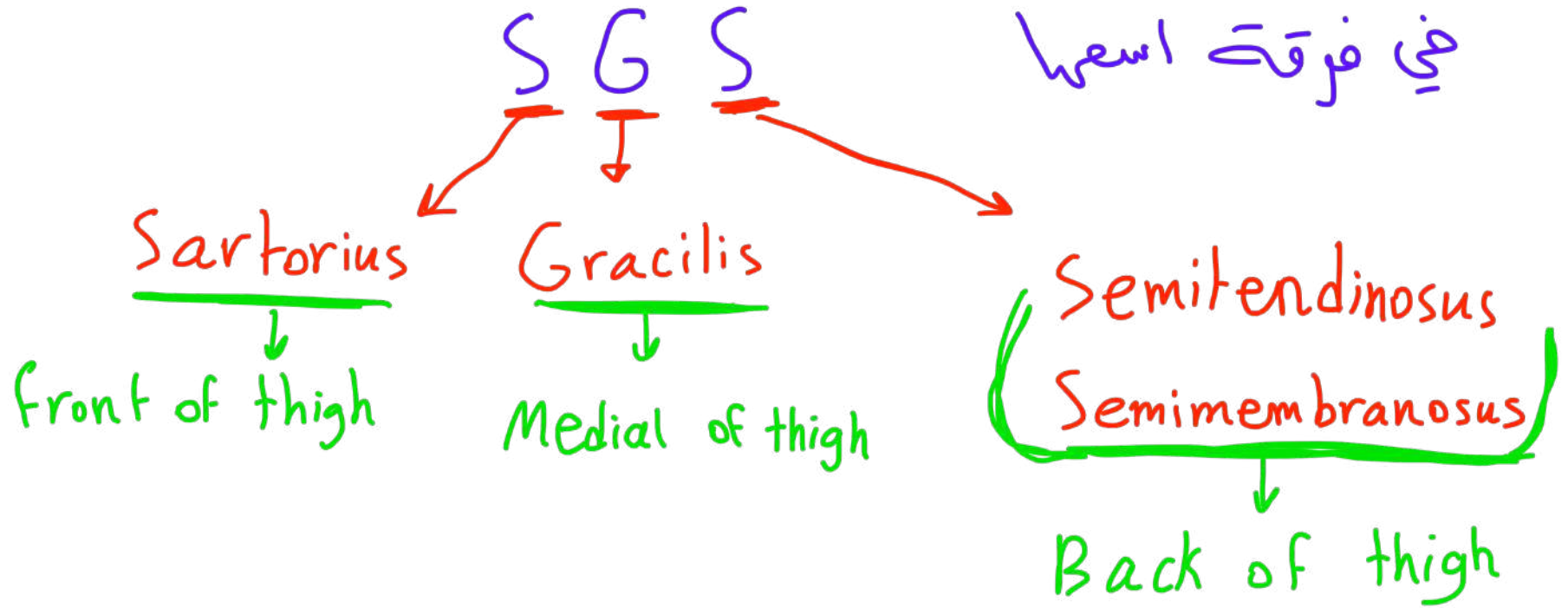
muscles of Gluteal Region

	origin	insertion	N.S	action
(A) Three Gluteii muscles				
→ Gluteus maximus	⊖ Gluteal surface of ilium ⊖ Back of sacrum	⊖ Gluteal tuberosity	⊖ inferior gluteal .N	⊖ main extensor of hip
→ Gluteus medius	⊖ Gluteal surface of ilium	⊖ greater trochanter of femur	⊖ superior gluteal .N	⊖ main abduction of hip
→ Gluteus minimus	⊖ Gluteal surface of ilium	⊖ greater trochanter of femur	⊖ superior gluteal .N	⊖ main abduction of hip
(B) Six short lateral rotators of hip joint				
→ piriformis	⊖ Sacrum	⊖ greater trochanter of femur	⊖ branches of sacral plexus	⊖ lateral rotation of hip
→ Quadratus femoris	⊖ hip bone	⊖ greater trochanter of femur	⊖ branches of sacral plexus	⊖ lateral rotation of hip
→ Obturator internus	⊖ hip bone	⊖ greater trochanter of femur	⊖ branches of sacral plexus	⊖ lateral rotation of hip
→ Obturator externus	⊖ hip bone	⊖ greater trochanter of femur	⊖ branches of sacral plexus	⊖ lateral rotation of hip
→ superior gemellus	⊖ hip bone	⊖ greater trochanter of femur	⊖ branches of sacral plexus	⊖ lateral rotation of hip
→ Inferior gemellus	⊖ hip bone	⊖ greater trochanter of femur	⊖ branches of sacral plexus	⊖ lateral rotation of hip

muscles of Back of thigh

	origin	insertion	N.S	action
① semitendinosus	⊖ ischial tuberosity of hip bone	⊖ upper end of tibia	⊖ Sciatic.N	⊖ extension of hip ⊖ flexion ⊖ rotation of knee
② Semimembranosus	⊖ ischial tuberosity of hip bone	⊖ upper end of tibia	⊖ Sciatic.N	⊖ extension of hip ⊖ flexion ⊖ rotation of knee
③ Biceps femoris	⊖ ischial tuberosity of hip bone	⊖ upper end of fibula	⊖ Sciatic.N	⊖ extension of hip ⊖ flexion ⊖ rotation of knee
	⊖ linea aspera of femur	⊖ upper end of fibula	⊖ Sciatic.N	⊖ extension of hip ⊖ flexion ⊖ rotation of knee

↳ long head
 ↳ short head



منه الفرقة كلم insertid في ال upper end of tibia

(Popliteus ال)

Muscle of front of leg

	origin	insertion	N.S	action
① tibialis anterior	⊖ front of tibia ⊖ front of fibula	⊖ Bones of foot	⊖ Anterior tibial.N	⊖ Extension (dorsiflexion) of ankle joint ⊖ inversion of foot
② Extensor hallucis longus	⊖ front of tibia ⊖ front of fibula	⊖ Bones of foot	⊖ Anterior tibial.M	⊖ Extension (dorsiflexion) of ankle joint ⊖ extension of big toe
③ Extensor digitorum longus	⊖ front of tibia ⊖ front of fibula	⊖ Bones of foot	⊖ Anterior tibial.N	⊖ Extension (dorsiflexion) of ankle joint ⊖ extension of lateral 4 toes
④ Peroneus tertius	⊖ front of tibia ⊖ front of fibula	⊖ Bones of foot	⊖ Anterior tibial.M	⊖ Extension (dorsiflexion) of ankle joint

Muscle of Lateral side of Leg

	origin	insertion	N.S	action
① Peroneus longus	⊖ Lateral surface of fibula	⊖ Bones of foot	⊖ Superficial peroneal.N	⊖ Eversion of foot
② peroneus brevis	⊖ Lateral surface of fibula	⊖ Bones of foot	⊖ Superficial peroneal.N	⊖ Eversion of foot

Muscles of Back of leg

	origin	insertion	N.S	action
(A) Superficial Group				
→ Gastrocnemius	⊖ femur	⊖ Back of calcaneus	⊖ tibia . N	⊖ planter flexion of foot
→ Soleus	⊖ back of tibia (soleal line)	⊖ Back of calcaneus	⊖ tibia . N	⊖ planter flexion of foot
→ plantaris	⊖ femur	⊖ Back of calcaneus	⊖ tibia . N	⊖ planter flexion of foot
→ popliteus	⊖ femur	⊖ upper end of tibia	⊖ tibia . N	⊖ helps in rotation of knee
(B) Deep Group				
→ Flexor hallucis longus	⊖ back of tibia and fibula	⊖ Bones of foot	⊖ posterior tibial . N	⊖ planter flexion of foot ⊖ flexion of toes
→ Flexor digitorum longus	⊖ back of tibia and fibula	⊖ Bones of foot	⊖ posterior tibial . N	⊖ planter flexion of foot ⊖ flexion of toes
→ Tibialis posterior	⊖ back of tibia and fibula	⊖ Bones of foot	⊖ posterior tibial . N	⊖ planter flexion of foot ⊖ flexion of toes