

main muscle of the thigh

anterior compartment

muscle	origin	insertion	action
sartorius	anterior superior iliac spine	medial surface of upper part of tibia	flex thigh flex knee
quadriceps femoris <small>4 muscle</small>	below the sartorius		extensor of knee flex thigh

↳ tendon → inserts into patella
 patellar ligament → origin → apex of the patella
 insertion → tibial tuberosity

above the sartorius: (iliacus and psoas major (iliopsoas))

↳ main flexor of thigh

medial compartment → adductors of thigh

↳ 4 muscles

posterior compartment → extend thigh and flex knee

↳ 3 muscles

muscles of the leg

anterior → dorsiflex the foot → fibularis anterior

Front of leg (E)

Origin → front of tibia and fibula

insertion → Bone of foot

action → inversion of foot

all muscles of front of leg (extension (dorsiflexion) of ankle joint)

(F)

lateral side of leg (peroneus longus and brevis)

Origin → lateral surface of fibula

insertion → bone of foot

action → eversion of foot

(G)

back of leg:

A. superficial group:

	origin	insertion	
gastrocnemius	femur	back of calcaneus	plantar flexion of foot and knee / leg
soleus	back of tibia and fibula	back of calcaneus	plantar flexion of foot
plantaris	femur	back of calcaneus	plantar flexion of foot
popliteus	femur	upper end of tibia	rotation of knee

B. Deep group:

fibularis posterior:

Origin: back of tibia and fibula

Insertion: bones of foot

Action: plantar flexion of foot and flexion of toes

dorsal muscles of the foot → extensor digitorum brevis and
extensor hallucis brevis "extend toes"

Inversion = fibularis anterior and fibularis posterior] → supports medial
longitudinal arch
of foot

Inguinal ligament → anterior superior iliac spine → pubic tubercle
↳ formed from aponeurosis of the external oblique

line alba → xiphoid process to the pubic symphysis

posterior abdominal wall muscles → 2 action:

1/ depresses 12th rib

2/ lateral flexion of lumbar region spine

Clavicle + scapula = pectoral (shoulder) girdle

distal end of humerus

capitulum → articulate with the head of radius

trochlea → pulley shaped / proximally of ulna

coronoid fossa → anterior "coronoid process of ulna (fully flexed)

radial fossa → anterior (fully flexed)

olecranon fossa → posterior (extended)

Radius → lateral side

elbow joint → capitulum of humerus + radial notch of ulna + proximal radius
↳ articulate the head of the radius
↳ "head"

proximal (radius) → radial tuberosity

distal (radius) → styloid process

Ulna → medial side

head → distal

styloid process → distal

olecranon → proximal

coronoid process → anterior / formation trochlear notch

trochlear notch → long / crescent - shape / proximal end