

# Muscles of the Lower Limb



Muscles Moving Thigh - Anterior

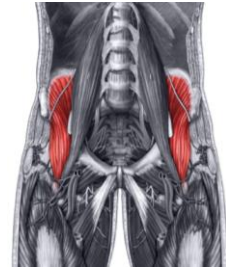
## Iliacus (part of iliopsoas)

**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

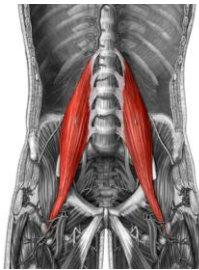
## Psoas major (part of iliopsoas)

**ORIGIN:**  
 T<sub>12</sub> - L<sub>5</sub> vertebrae

**INSERTION:**  
 lesser trochanter (femur)

**INNERVATION:**  
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**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

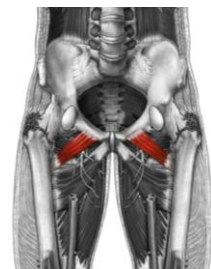
## Pectineus

**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

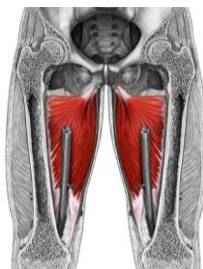
**Adductor magnus** (part of adductors)

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

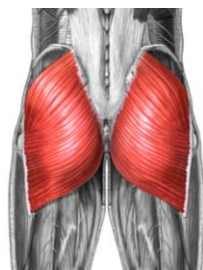
**Gluteus maximus**

ORIGIN:  
ilium / sacrum / coccyx

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

INNERVATION:  
gluteal nerves

ACTION:  
extends thigh



(Posterior view)

Muscles Moving Thigh - Posterior

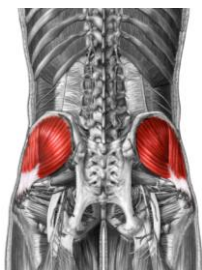
**Gluteus medius**

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:**  
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**ACTION:**  
laterally rotates thigh



(Posterior view)

Muscles Moving Thigh - Posterior

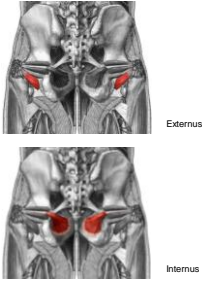
### Obturator (externus / internus)

**ORIGIN:**  
pubis / ischium

**INSERTION:**  
greater trochanter (femur)

**INNERVATION:**  
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**ACTION:**  
laterally rotates thigh



Externus

Internus

(Posterior view)

Muscles Moving Thigh - Posterior

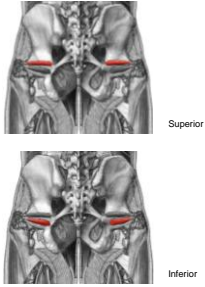
### Gemellus (superior / inferior)

**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

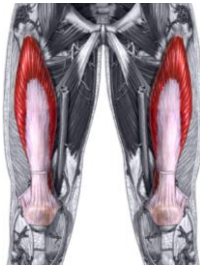
**Vastus intermedius** (part of quadriceps)

**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)