

Color codes:- Anterior compartment of the thigh, Medial comp, Posterior comp, Gluteal muscle, Leg ant, Leg post, Leg lateral.

Muscle	Origin	Insertion	Nerve	Action
Sartorius	Anterior superior iliac spine	Upper medial surface of shaft of tibia	Femoral nerve Anterior Division	Flexes, abducts, laterally rotates thigh at hip joint Flexes and medially rotates leg at knee joint
Pectineus	Superior ramus of pubis	Upper end of linea aspera of shaft of femur	Femoral nerve Anterior Division and sometimes obturator nerve The anterior division	Flexes and adducts thigh at hip joint
Psoasmajor	Transverse processes, bodies, and intervertebral discs of the 12th thoracic and five lumbar vertebrae	Lesser trochanter	Lumbar plexus	it Flexes thigh on trunk; if thigh is fixed (The insertion is fixed while the origin is moving)
Iliacus	Iliac fossa of hip bone	Lesser trochanter	by the Femoral nerve in the pelvis	It flexes the trunk on thigh as in sitting up from lying down.
Quardicipes femoris Consisting of:		the four heads are attached to the patella and, via the ligamentum patellae, to the tibial tuberosity (the real insertion)	femoral nerve Posterior Division	Extends the leg at knee joint; flexes thigh at hip joint (only the rectus femoris head). Quadriceps femoris is the main extensor of the knee joint
1- The rectus femoris	Originates by two heads Reflected head from ilium above acetabulum Straight head from anterior inferior iliac spine			
2- The vastus intermedius	Anterior and lateral surfaces of shaft of femur			
3- The vastus lateralis	Upper end and shaft of femur			
4- The vastus medialis	Upper end and shaft of femur			

Adductor longus	Body of pubis, medial to pubic tubercle	Posterior surface of shaft of femur (linea aspera)	Obturator nerve The anterior division	Adducts thigh at hip joint
Adductor brevis	Inferior ramus of pubis	Posterior surface of shaft of femur (linea aspera)	Obturator nerve The anterior Division and occasionally The posterior division	Adducts thigh at hip joint
Adductor magnus (pubic part)	Ischio-pubic ramus	mainly linea aspera, gluteal tuberosity and medial supracondylar line	obturator nerve The posterior division	Adducts thigh at hip joint
Gracilis muscle	Inferior ramus of pubis, ramus of ischium	Upper part of shaft of tibia on medial surface (SGS) area	Obturator nerve The anterior division	Adducts thigh at hip joint; flexes leg at knee joint
Obturator externus	Outer surface of obturator membrane and pubic and ischial rami	Medial surface of greater trochanter	Obturator nerve The posterior division	Laterally rotates thigh at hip joint, One of the short lateral rotator muscles of the hip joint
Gluteus maximus	1-Ilium (area behind the posterior gluteal line) 2 -Back of sacrum and coccyx 3- Back of sacrotuberous ligament	1 The superficial three –fourths are inserted into the iliotibial tract 2 The lower deep part is inserted into the gluteal tuberosity of femur	Inferior gluteal nerve	Extends thigh, some lateral rotation (main extensor of the hip joint) Supports the Extended knee joint through Iliotibial tract
Tensor fasciae latae	Iliac crest	Iliotibial tract	Superior gluteal nerve	Assist gluteus maximus in extending the knee joint

Gluteus medius	Ilium	Greater trochanter of femur	Superior gluteal nerve	1 Abduction (main abductor of the hip joint) 2 Medial rotation (anterior fibers) 3 Both muscle contract reflex on each side alternatively during walking to prevent tilting of the pelvis to the unsupported side
Gluteus minimus				
Short Lateral rotator muscles 1-Piriformis 2-Superior gemellus 3-Obturator internus 4-Inferior gemellus 5-Quadratus femoris 6-Obturator externus				
Bicepsfemoris	1-Long head: ischial tuberosity 2-Short head: linea aspera, lateral supracondylar ridge of shaft of femur	Head of fibula	Long head: tibial portion of sciatic nerve Short head: common peroneal portion of sciatic nerve	Flexes and laterally rotates leg at knee joint; long head also extends thigh at hip joint
Semitendinosus	Ischial tuberosity	Upper part of medial surface of shaft of tibia (SGS area)	Tibial portion of sciatic nerve	Flexes and medially rotates leg at knee joint; extends thigh at hip joint
Semimembranosus	Ischial tuberosity	Medial condyle of tibia	Tibial portion of sciatic nerve	Flexes and medially rotates leg at knee joint; extends thigh at hip joint
Adductor magnus (hamstring portion) Or ischial part	Ischial tuberosity	Adductor tubercle of femur	Tibial portion of sciatic nerve	Extends thigh at hip joint

Leg anterior, Leg lateral, Leg posterior.

The tibialis anterior	All the muscles of the anterior compartment of the leg originate from Lateral surface of the shaft of tibia (tibialis anterior) or The anterior surface of shaft of fibula (extensor surface) the remaining three muscles	Deep Peroneal Nerve		The main actions of these muscles are Extension of the foot at the ankle joint (dorsiflexion) to raise the toes up (in other words to stand up on the heels) In addition any muscle that got (tibialis) in its name will invert the foot at subtalar and transverse tarsal joints while any muscle got (peroneus) in its name will Everts foot at subtalar and transverse tarsal joints
Extensor digitorum longus				
Extensor hallucis longus				
Peroneus tertius				
Useful thing: Tom has very nice dogs and pigs				
Peroneus longus	from the lateral surface of shaft of fibula	Base of first metatarsal and the medial cuneiform bone (passes through a groove in the Cuboid bone.	Superficial peroneal nerve	both flex the foot at the ankle joint Evert the foot at the subtalar and transverse tarsal joints
peroneus brevis	Lateral surface of shaft of fibula			

Gastrocnemius (superficial)	Lateral head from lateral condyle of femur Medial head from above medial condyle	Via tendo calcaneus into posterior surface of calcaneum	Tibial nerve	Plantar flexes foot at ankle joint Flexes knee joint
Soleus (superficial)	Shafts of tibia and fibula	Via tendo calcaneus into posterior surface of calcaneum		Together with gastrocnemius and plantaris is powerful plantar flexor of ankle joint; provides main propulsive force in walking and running
Plantaris (superficial)	Note: This muscle some times is absent			
Popliteus (deep)	Tibial nerve			
Flexor digitorum longus (deep)				
Flexor hallucis longus (deep)				
Tibialis posterior (deep)				
Useful thing: Tom does very nice hats				

Made by: Waseem Aldemeri

“do not cry” -Dr.Amjad Shatarat

Contact me if you see anything wrong in the summary or if you have any ideas.