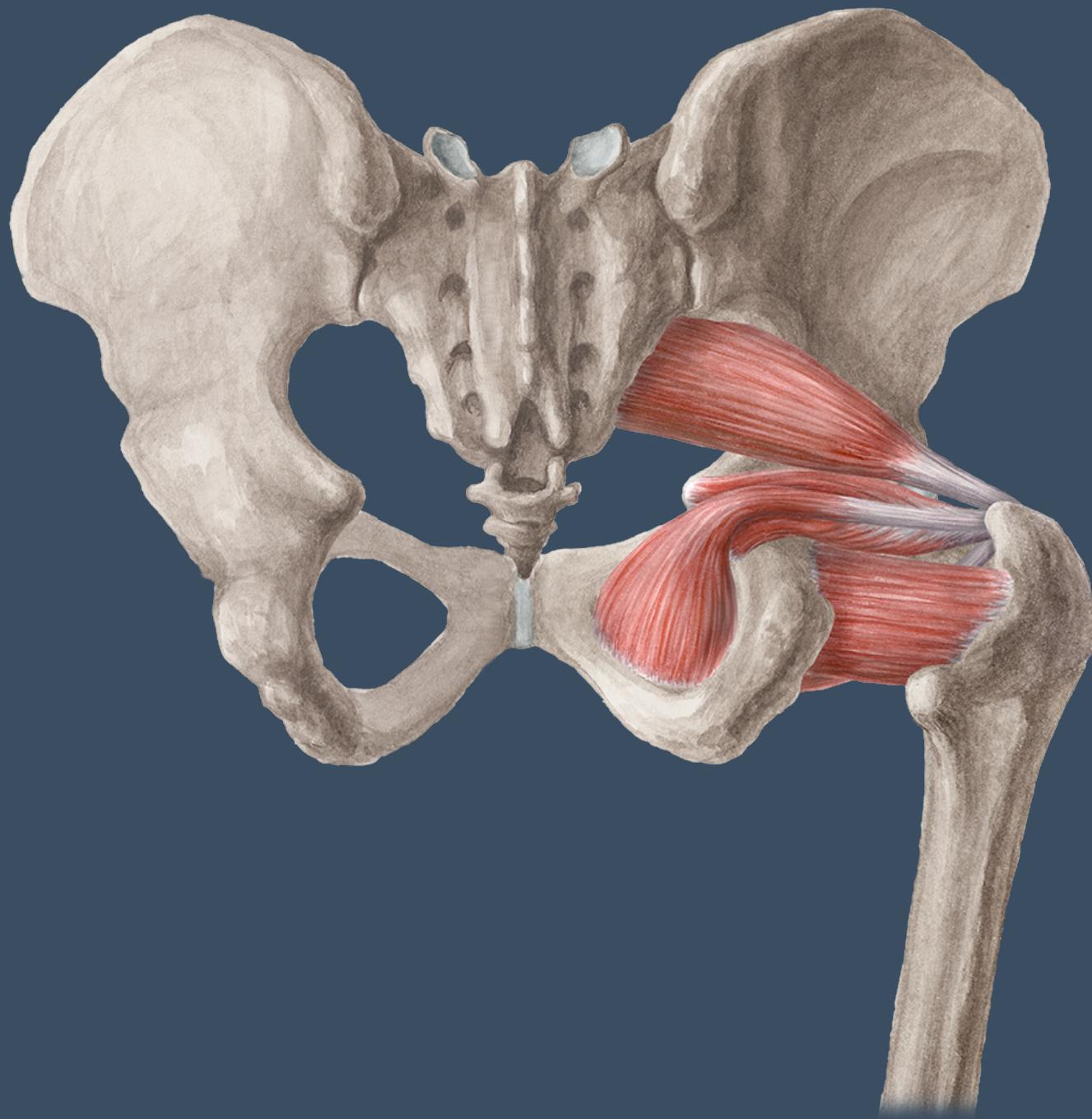
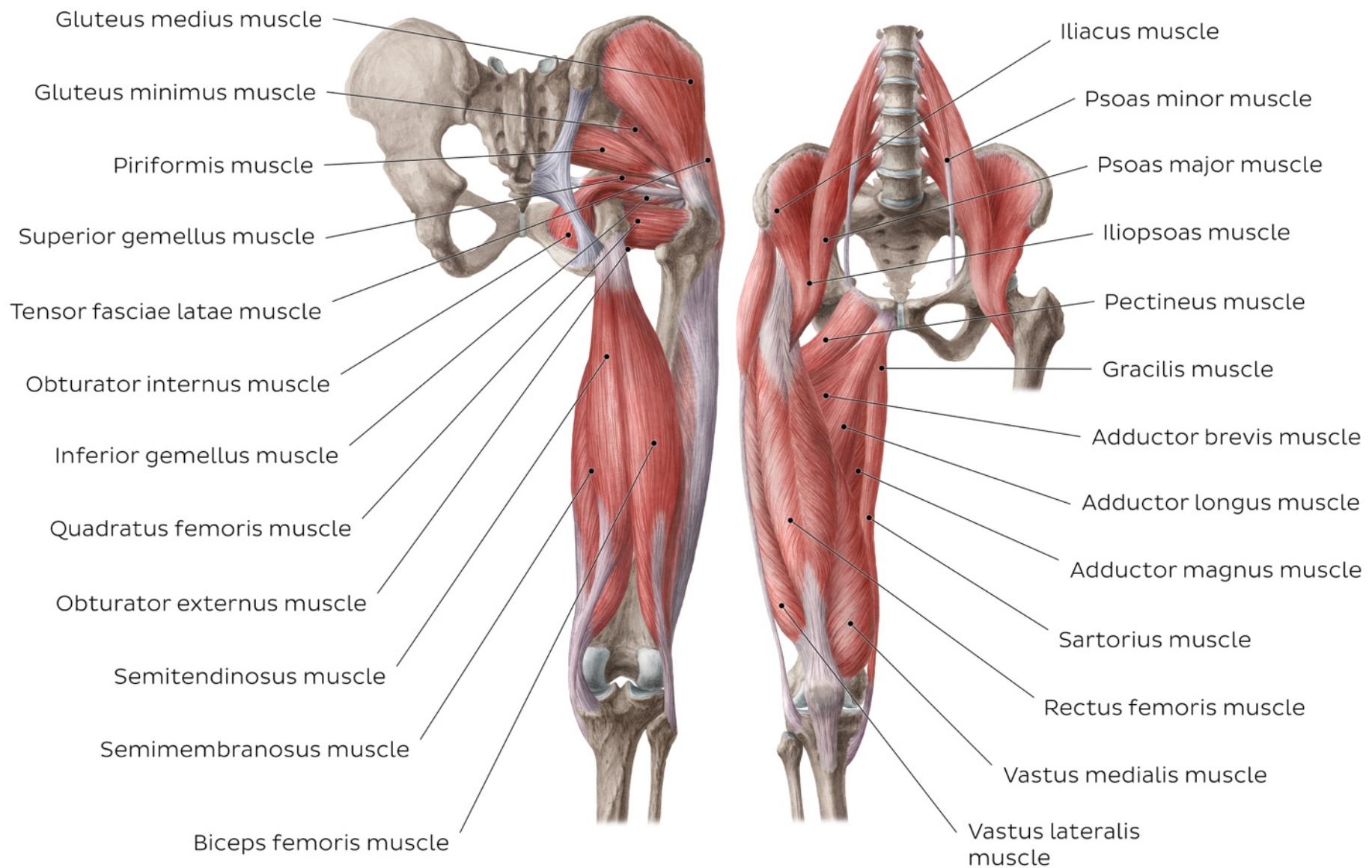


Cheat Sheet (English Terminology)

Lower Limb: Muscle Charts



Hip and thigh muscles



Gluteal Muscles	Origin	Insertion	Innervation	Function
Gluteus maximus	Lateroposterior surface of sacrum and coccyx, Gluteal surface of ilium (behind posterior gluteal line), Thoracolumbar fascia, Sacrotuberous ligament	Iliotibial tract, Gluteal tuberosity of femur	Inferior gluteal nerve (L5-S2)	Hip joint: Thigh extension, Thigh external rotation, Thigh abduction (superior part), Thigh adduction (inferior part)
Gluteus medius	Gluteal surface of ilium (between anterior and posterior gluteal lines)	Lateral aspect of greater trochanter of femur		Hip joint: Thigh abduction, Thigh internal rotation (anterior part); Pelvis stabilization
Gluteus minimus	Gluteal surface of ilium (between anterior and inferior gluteal lines)	Anterior aspect of greater trochanter of femur	Superior gluteal nerve (L4-S1)	
Tensor fasciae latae	Anterior superior iliac spine (ASIS), Outer lip of iliac crest	Iliotibial tract		Hip joint: Thigh internal rotation, (Weak abduction); Knee joint: Leg external rotation, (Weak leg flexion/extension); Stabilises hip & knee joints

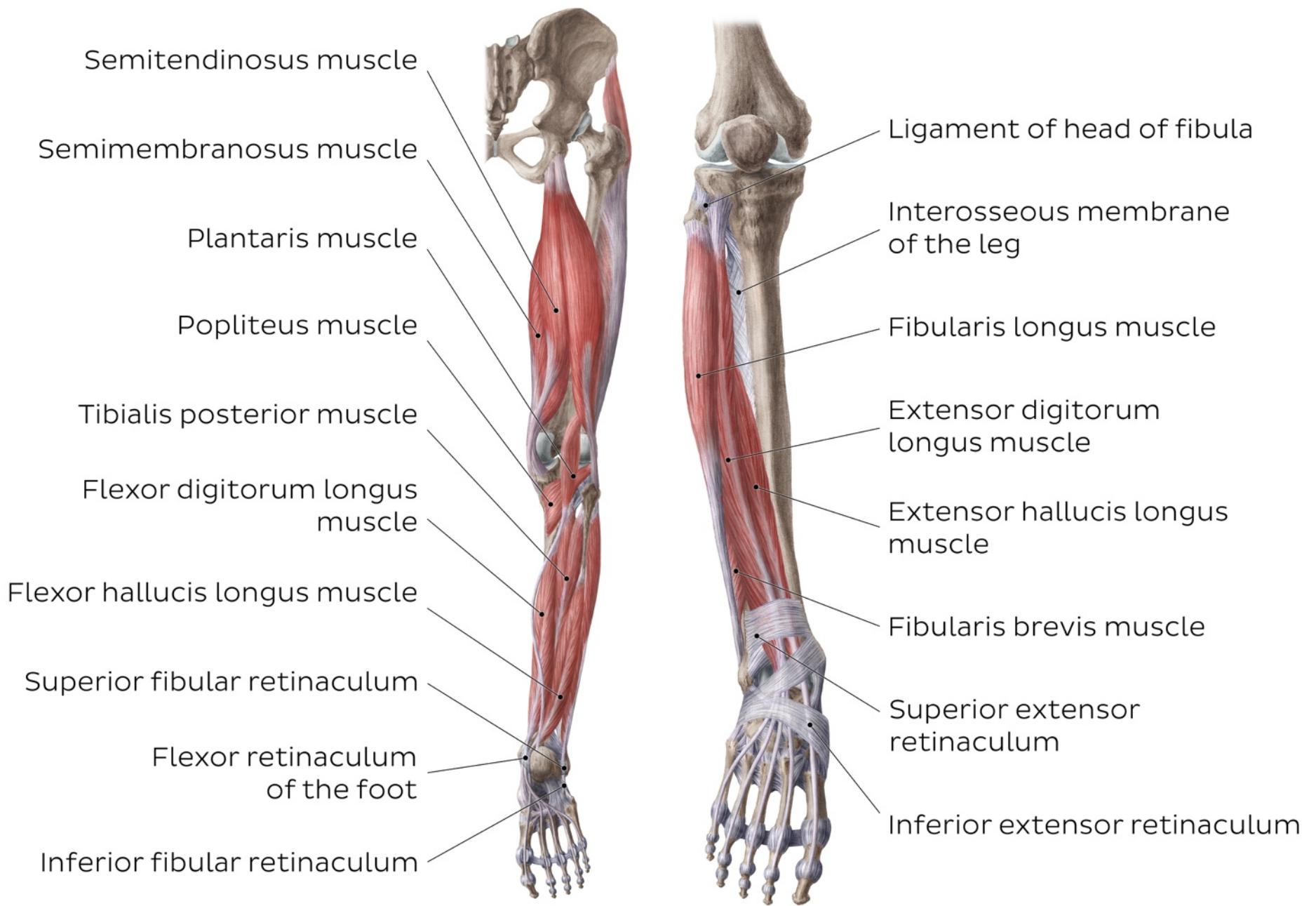
Inner Hip Muscles	Origin	Insertion	Innervation	Function
Iliacus	Iliac fossa		Femoral nerve (L2-L4)	
Psoas major	Vertebral bodies of T12-L4, Intervertebral discs between T12-L4, Costal processes of L1-L5 vertebrae	Lesser trochanter of femur	Anterior rami of spinal nerves L1-L3	Hip joint: Thigh/trunk flexion, Thigh external rotation; Trunk lateral flexion (Psoas major/minor only)
Psoas minor	Vertebral bodies of T12 & L1 vertebrae	Iliopubic eminence, Pectineal line of pubis		
Obturator externus	Anterior surface of obturator membrane, Bony boundaries of obturator foramen	Trochanteric fossa of femur	Obturator nerve (L3, L4)	
Triceps coxae	Obturator internus	Ischiopubic ramus, Posterior surface of obturator membrane	Medial surface of greater trochanter of femur	Nerve to obturator internus (L5, S1)
	Superior gemellus	Ischial spine	Medial surface of greater trochanter of femur, (via tendon of obturator internus)	Hip joint: Thigh external rotation, Thigh abduction (from flexed hip); Stabilises head of femur in acetabulum
	Inferior gemellus	Ischial tuberosity		Nerve to quadratus femoris (L4-S1)
	Piriformis	Anterior surface of the sacrum (between the S2 and S4), Gluteal surface of ilium (near posterior inferior iliac spine), (Sacrotuberous ligament)	Apex of greater trochanter of femur	Nerve to piriformis (S1-S2)
	Quadratus femoris	Ischial tuberosity	Intertrochanteric crest of femur	Hip joint: Thigh external rotation; Stabilises head of femur in acetabulum

Anterior thigh muscles	Origin	Insertion	Innervation	Function
Sartorius	Anterior superior iliac spine (ASIS)	Proximal end of tibia below medial condyle (via pes anserinus)		Hip joint: Thigh flexion, Thigh abduction, Thigh external rotation; Knee joint: Leg flexion, Leg internal rotation
Rectus femoris	Anterior inferior iliac spine, Supracetabular groove	Tibial tuberosity (via patellar ligament), Patella		Hip joint: Thigh flexion; Knee joint: Leg extension
Vastus intermedius	Anterior surface of femoral shaft		Femoral nerve (L2-L4)	
Vastus lateralis	Linea aspera of femur, Greater trochanter of femur	Tibial tuberosity (via patellar ligament), Patella, (Lateral condyle of tibia)		Knee joint: Leg extension
Vastus medialis	Intertrochanteric line, spiral line and linea aspera, medial supracondylar line of femur	Tibial tuberosity (via patellar ligament), Patella, (Medial condyle of tibia)		

Posterior thigh muscles	Origin	Insertion	Innervation	Function
Semimembranosus	(Superolateral impression of) Ischial tuberosity	Medial condyle of tibia	Tibial division of sciatic nerve (L5-S2)	Hip joint: Thigh extension, Thigh internal rotation; Knee joint: Leg flexion, Leg internal rotation; Stabilises pelvis
Semitendinosus	(Posteromedial impression of) Ischial tuberosity	Proximal end of tibia below medial condyle (via pes anserinus)		
Biceps femoris	<p>Long head: (Inferomedial impression of) Ischial tuberosity, Sacrotuberous ligament</p> <p>Short head: Linea aspera of femur (lateral lip), Lateral supracondylar line of femur</p>	(Lateral aspect of) Head of fibula	<p>Long head: Tibial division of sciatic nerve (L5-S2)</p> <p>Short head: Common fibular division of sciatic nerve (L5-S2)</p>	Hip joint: Thigh extension, Thigh external rotation; Knee joint: Leg flexion, Leg external rotation; Stabilises pelvis

Medial thigh muscles	Origin	Insertion	Innervation	Function
Pectineus	Superior pubic ramus (Pectineal line of pubis)	Pectineal line of femur, Linea aspera of femur	Femoral nerve (L2, L3) (Obturator nerve (L2, L3))	Hip joint: Thigh flexion, Thigh adduction, Thigh external rotation, Thigh internal rotation; Pelvis stabilization
Adductor magnus	<p>Adductor part: Inferior pubic ramus, Ischial ramus</p> <p>Ischiocondylar part: Ischial tuberosity</p>	<p>Adductor part: Gluteal tuberosity, Linea aspera (medial lip), Medial supracondylar line</p> <p>Ischiocondylar part: Adductor tubercle of femur</p>	<p>Adductor part: Obturator nerve (L2-L4)</p> <p>Ischiocondylar part: Tibial division of sciatic nerve (L4)</p>	Hip joint: Thigh flexion, Thigh adduction, Thigh external rotation (adductor part), Thigh extension, Thigh internal rotation (ischiocondylar part); Pelvis stabilization
Adductor minimus	Inferior public ramus	Gluteal tuberosity of femur		Hip joint: Thigh adduction, Thigh external rotation
Adductor longus	Anterior body of pubis	Linea aspera of femur (medial lip)		Hip joint: Thigh flexion, Thigh adduction, Thigh external rotation; Pelvis stabilization
Adductor brevis	Anterior body of pubis, Inferior pubic ramus		Obturator nerve (L2-L3)	Hip joint: Thigh flexion, Thigh adduction, Thigh external rotation; Pelvis stabilization
Gracilis	Anterior body of pubis, Inferior pubic ramus, Ischial ramus	Medial surface of proximal tibia (via pes anserinus)		Hip joint: Thigh flexion, Thigh adduction; Knee joint: Leg flexion, Leg internal rotation

Leg muscles

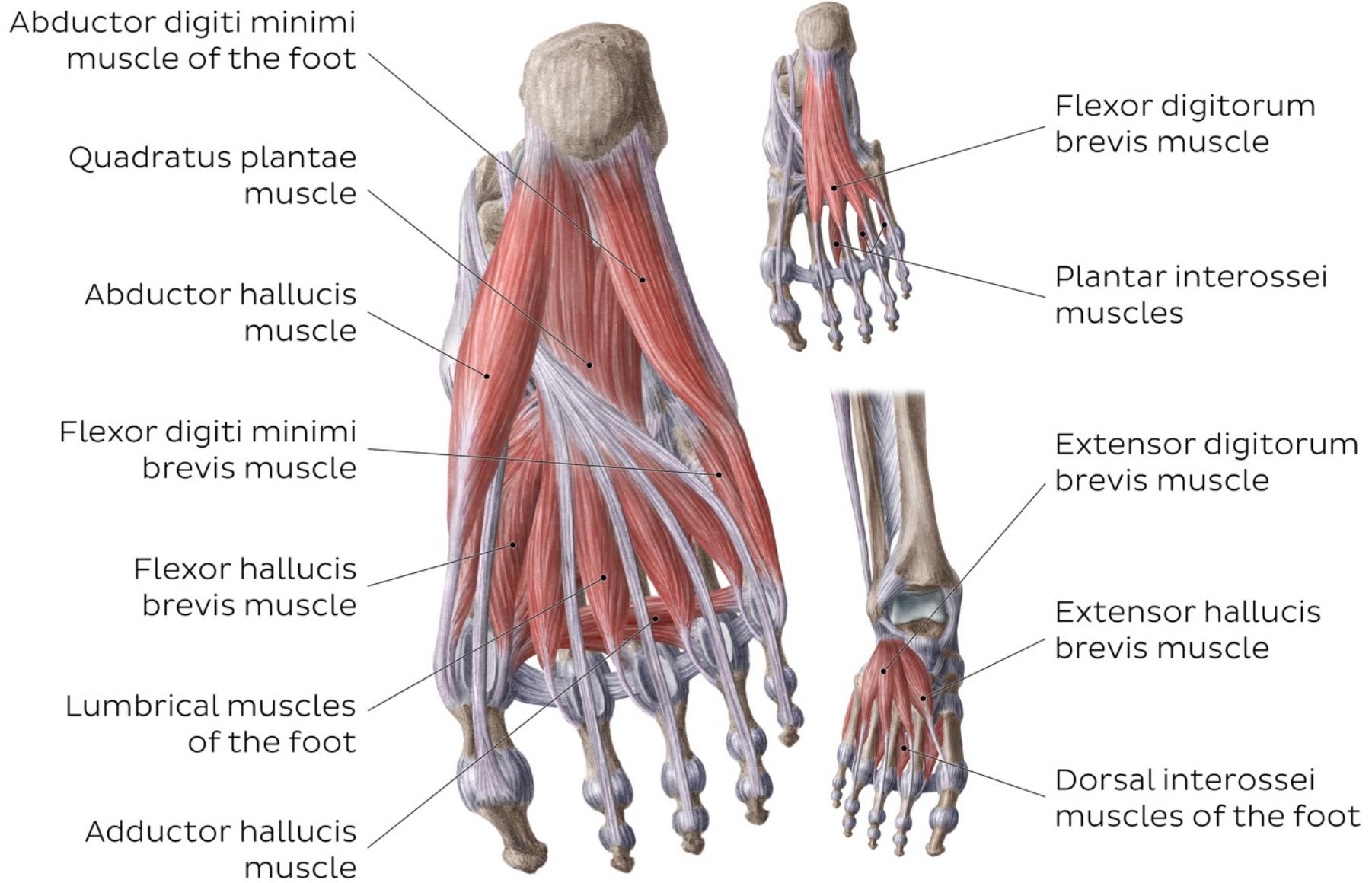


Anterior leg muscles	Origin	Insertion	Innervation	Function
Tibialis anterior	Lateral tibial condyle, proximal half of lateral surface of tibia, Interosseous membrane	Medial cuneiform bone, Base of metatarsal bone 1	Deep fibular nerve (L4, L5)	Talocrural Joint: Foot dorsiflexion; Subtalar joint: Foot inversion; Supports medial longitudinal arch of foot
Extensor hallucis longus	(Middle third of) Medial surface of fibula, Interosseous membrane	Base of distal phalanx of great toe		Metatarsophalangeal and interphalangeal joint 1: Toe extension; Talocrural joint: Foot dorsiflexion
Extensor digitorum longus	(Proximal half of) Medial surface of fibula, Lateral tibial condyle, Interosseous membrane	Distal and middle phalanges of digits 2-5	Deep fibular nerve (L5, S1)	Metatarsophalangeal and interphalangeal joints 2-5: Toe extension; Talocrural joint: Foot dorsiflexion; Subtalar joint: Foot eversion
Fibularis tertius	(Distal third of) Medial surface of fibula, Anterior intermuscular septum	Dorsal surface of base of metatarsal bone 5		Talocrural joint: Foot dorsiflexion; Subtalar joint: Foot eversion

Lateral leg muscles	Origin	Insertion	Innervation	Function
Fibularis longus	Head of fibula, Proximal 2/3 of lateral surface of fibula, Anterior and posterior intermuscular septa	Medial cuneiform bone, Metatarsal bone 1	Superficial fibular nerve (L5, S1)	Talocrural joint: Foot plantar flexion; Subtalar joint: Foot eversion; Supports longitudinal and transverse arches of foot
Fibularis brevis	Distal 2/3 of lateral surface of fibula, Anterior intermuscular septum	Tuberosity of metatarsal bone 5		Talocrural joint: Foot plantar flexion; Subtalar joint: Foot eversion

Posterior leg muscles	Origin	Insertion	Innervation	Function
Gastrocnemius	Lateral head: Posterolateral surface of lateral femoral condyle Medial head: Posterior surface of medial femoral condyle, Popliteal surface of femoral shaft	Posterior surface of calcaneus (via calcaneal tendon)	Tibial nerve (S1, S2)	Talocrural joint: Foot plantar flexion; Knee joint: Leg flexion
Soleus	Soleal line, Medial border of tibia, Head of fibula, Posterior border of fibula			Talocrural joint: Foot plantar flexion
Plantaris	Lateral supracondylar line of femur, Oblique popliteal ligament of knee			Talocrural joint: Foot plantar flexion; Knee joint: Knee flexion
Popliteus	Lateral femoral condyle, Posterior horn of lateral meniscus of knee joint	Posterior surface of proximal tibia	Tibial nerve (L5-S2)	Unlocks knee joint; Knee joint stabilization
Tibialis posterior	Posterior surface of tibia, Posterior surface of fibula, Interosseous membrane	Tuberosity of navicular bone, All cuneiform bones, bases of metatarsal bones 2-4 (Cuboid bone)	Tibial nerve (L4, L5)	Talocrural joint: Foot plantar flexion; Subtalar joint: Foot inversion; Supports medial longitudinal arch of foot
Flexor digitorum longus	Posterior surface of tibia, (inferior to soleal line)	Bases of distal phalanges of digits 2-5	Tibial nerve (L5-S2)	Metatarsophalangeal and interphalangeal joints 2-5: Toe flexion; Talocrural joint: Foot plantar flexion; Subtalar joint: Foot inversion
Flexor hallucis longus	(Distal 2/3 of) Posterior surface of fibula, Interosseous membrane, Posterior intermuscular septum, Fascia of tibialis posterior muscle	Base of distal phalanx of great toe	Tibial nerve (S2, S3)	Metatarsophalangeal and interphalangeal joint 1: Toe flexion; Talocrural joint: Foot plantar flexion; Subtalar joint: Foot inversion

Foot muscles



Medial plantar muscles	Origin	Insertion	Innervation	Function
Abductor hallucis	Medial process of calcaneal tuberosity, Flexor retinaculum, Plantar aponeurosis	Base of proximal phalanx of great toe	Medial plantar nerve (S1-S3)	Metatarsophalangeal joint 1: Toe abduction, Toe flexion; Support of longitudinal arch of foot
Flexor hallucis brevis	Tendon of tibialis posterior, Medial cuneiform bone, Lateral cuneiform bone, Cuboid bone	Lateral and medial aspects of base of proximal phalanx of great toe	Medial plantar nerve (S1,S2)	Metatarsophalangeal joint 1: Toe flexion; Support of longitudinal arch of foot
Adductor hallucis (*located in central compartment)	Oblique head: bases metatarsal bones 2-4, Cuboid bone, Lateral cuneiform bone, Tendon of fibularis longus muscle Transverse head: plantar metatarsophalangeal & deep transverse metatarsal ligaments of toes 3-5	Lateral aspect of base of proximal phalanx of great toe	Lateral plantar nerve (S2,S3)	Metatarsophalangeal joint 1: Toe adduction, Toe flexion; Support of longitudinal and transverse arches of foot

Central plantar muscles	Origin	Insertion	Innervation	Function
Flexor digitorum brevis	Medial process of calcaneal tuberosity, Plantar aponeurosis	Middle phalanges of digits 2-5	Medial plantar nerve (S1-S3)	Metatarsophalangeal joints 2-5; Toe flexion; Supports longitudinal arch of foot
Quadratus plantae	Medial surface of calcaneus bone, Lateral process of calcaneal tuberosity	Tendon of flexor digitorum longus	Lateral plantar nerve (S1-S3)	Metatarsophalangeal joints 2-5; Toe flexion
Lumbricals (4)	Tendons of flexor digitorum longus	Medial bases of proximal phalanges and extensor expansion of digits 2-5	Lumbrical 1: Medial plantar nerve (S2,S3); Lumbricals 2-4: Lateral plantar nerve (S2-S3)	Metatarsophalangeal joints 2-5; Toe flexion, Toes adduction; Interphalangeal joints 2-5; Toes extension
Plantar interossei (3)	Medial aspects of metatarsal bones 3-5	Medial bases of proximal phalanges and extensor expansion of digits 3-5	Lateral plantar nerve (S2-S3)	Metatarsophalangeal joints 3-5; Toe flexion, Toes adduction; Interphalangeal joints 3-5; Toes extension
Dorsal interossei (4)	Opposing sides of metatarsal bones 1-5	1: Medial base of proximal phalanx of digit 2 2-4: Lateral bases of proximal phalanges and extensor expansion of digits 2-4		Metatarsophalangeal joints 2-4; Toe flexion, Toe abduction; Interphalangeal joints 2-4; Toe extension

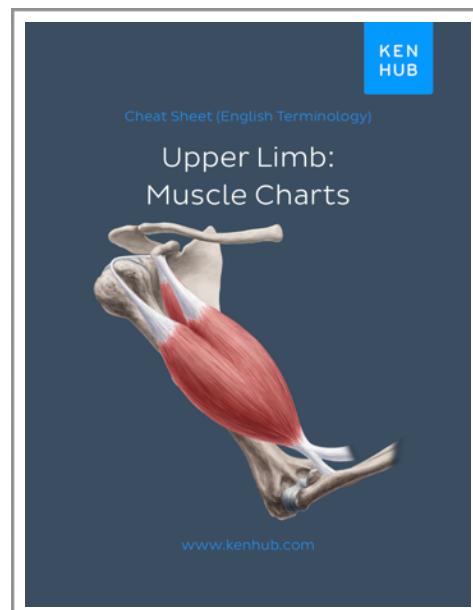
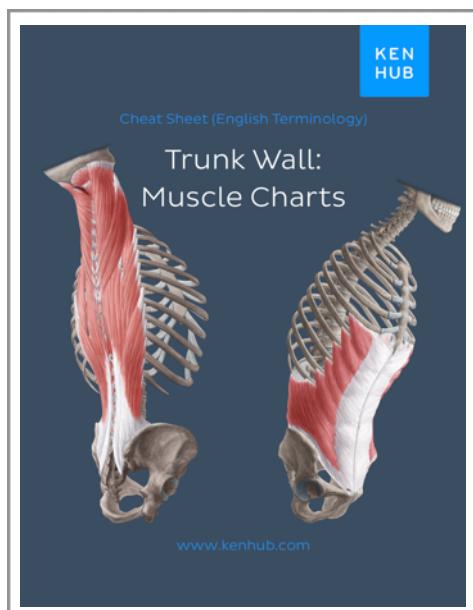
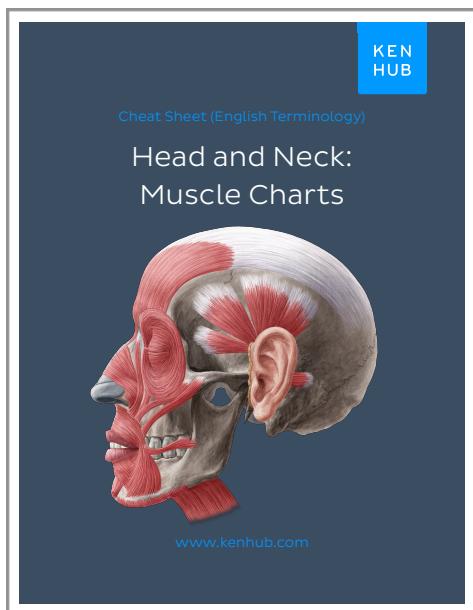
Lateral plantar muscles	Origin	Insertion	Innervation	Function
Abductor digiti minimi	Calcaneal tuberosity, Plantar aponeurosis	Base of proximal phalanx of digit 5, Metatarsal bone 5	Lateral plantar nerve (S1-S3)	Metatarsophalangeal joint 5; Toe abduction, Toe flexion; Supports longitudinal arch of foot
Flexor digiti minimi brevis	Base of metatarsal bone 5, Long plantar ligament	Base of proximal phalanx of digit 5	Lateral plantar nerve (S2-S3)	Metatarsophalangeal joint 5; Toe flexion
Opponens digiti minimi	Long plantar ligament, Base of metatarsal bone 5, Tendon sheath of fibularis longus	Lateral border of metatarsal bone 5	Lateral plantar nerve (S2-S3)	Metatarsophalangeal joint 5; Toe abduction, Toe flexion

Dorsal muscles	Origin	Insertion	Innervation	Function
Extensor digitorum brevis	Superolateral surface of calcaneus bone, interosseous talocalcaneal ligament; Stem of inferior extensor retinaculum	Extensor digitorum longus tendons of toes 2-4	Deep fibular/peroneal nerve (L5,S1)	Distal interphalangeal joints 2-4; Toe extension
Extensor hallucis brevis	Superolateral surface of calcaneus bone	Proximal phalanx of great toe		Metatarsophalangeal joint 1; Toe extension



Complete your muscle charts collection

Congratulations – you've conquered the origins, insertions, innervations and functions of the muscles of the lower limb! But there's still a lot of muscles to learn, so don't stop here. The next step is to master the upper limb, trunk wall, and head and neck. Luckily, we have muscle charts on every region of the body. Click below to learn more.



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