


# Muscles of the Lower Extremity

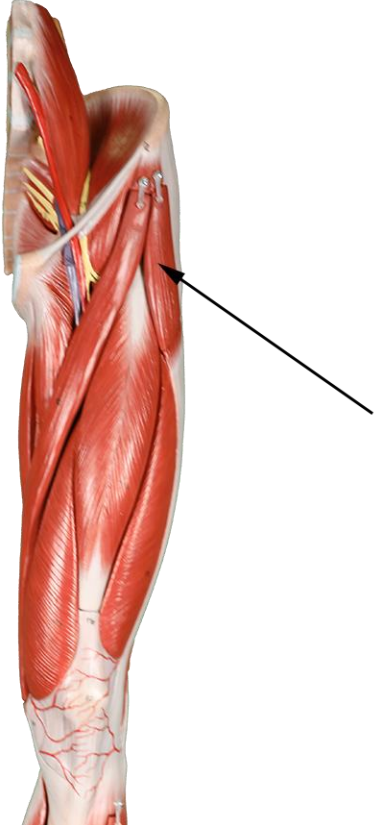
You are expected to be able to identify a required muscle on any model it can be seen.

Use the word **thigh** to refer to the portion of the lower extremity between the hip and knee, and the term **leg** when referring to the portion between knee and ankle.

## Muscles of the Hip

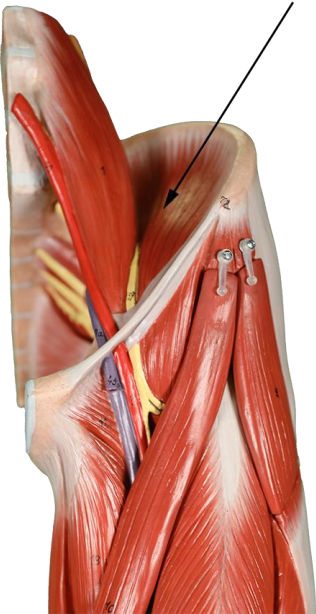
Name	Gluteus maximus  Name meaning - largest of the muscles in the butt	
Origins (2)	Posterior Superior Iliac Spine Sacrum	
Insertion	Gluteal tuberosity of femur	
Actions	Extends thigh (femur) Rotates thigh (femur) laterally	

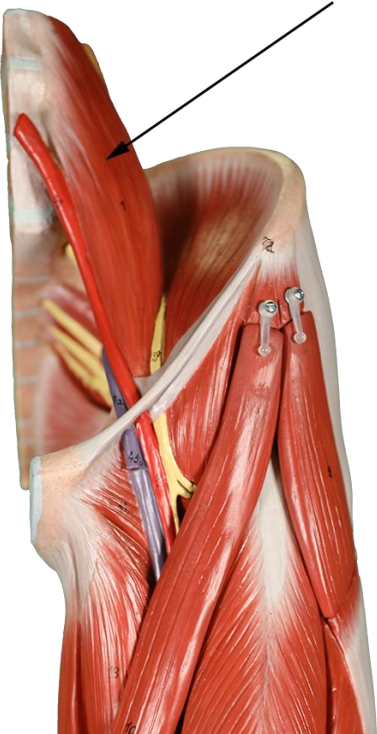


Name	<p>Tensor fasciae latae</p> <p>Name meaning - a muscle with a connective tissue band on the lateral side of the thigh which becomes more rigid</p>	
Origin	Iliac crest of ilium	
Insertion	Tibia (inserts by way of iliotibial (IT) band)	
Actions	<p>Flexes thigh (femur)</p> <p>Abducts thigh (femur)</p> <p>Rotates thigh (femur) medially</p>	



## Iliopsoas Group

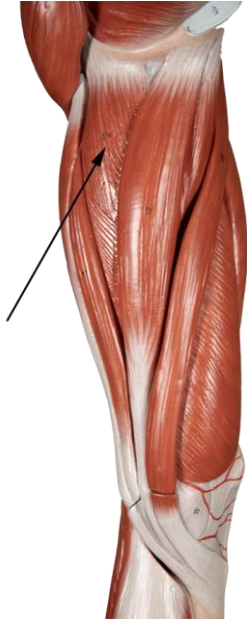
Name	<p>Iliacus</p> <p>Name meaning - flank, side, near the ilium</p>	
Origin	Iliac fossa of ilium	
Insertion	Lesser trochanter of femur	
Actions	<p>Flexes thigh (femur)</p> <p>Flexes vertebral column and pelvis</p>	

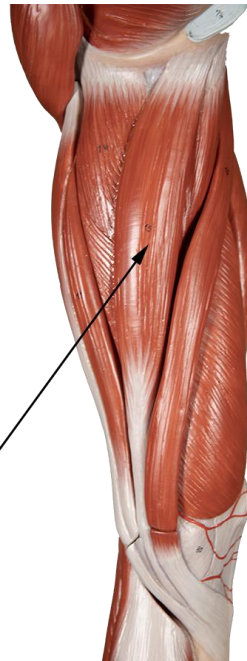
Name	<p>Psoas Major</p> <p>Name meaning - psoas (G) the loin; major, larger of a muscle group</p>	
Origins (10)	Bodies and transverse processes of lumbar vertebrae L1-L5	
Insertion	Lesser trochanter of femur	
Actions	<p>Flexes thigh (femur)</p> <p>Flexes vertebral column and pelvis</p>	


## Muscles of the Thigh

The term thigh refers to the portion of the lower extremity between the hip and the knee.

Muscles that originate on the pelvic girdle.

Name	Adductor magnus  Name meaning - adducts thigh; magnus, largest of muscle group	
Origin	Ischial ramus	
Insertion	Linea aspera of femur	
Action	Adducts thigh (femur)	

Name	Gracilis  Name meaning - gracil (L), slender	
Origin	Inferior ramus of pubis	
Insertion	Proximal medial surface of tibia	
Actions	Adducts thigh (femur) Flexes leg	

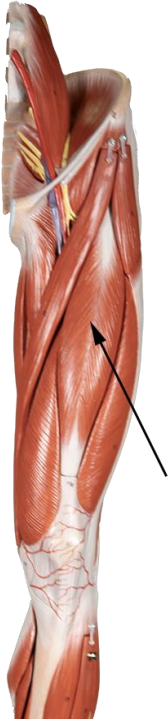
Name	Sartorius  Name meaning - sartori (L), a tailor	
Origin	Anterior Superior Iliac Spine	
Insertion	Proximal medial surface of tibia	
Actions	Flexes thigh (femur) Rotates thigh (femur) laterally Flexes leg	







## Quadriceps femoris


Includes the following four muscles. All insert into the patella and through the patellar ligament into the tibial tuberosity of the tibia.

Name	Rectus femoris  Name meaning - vertically straight muscle in the thigh	
Origin	Anterior Inferior Iliac Spine	
Insertion	Tibial tuberosity	
Actions	Flexes thigh (femur) Extends leg	

Name	Vastus lateralis  Name meaning - large muscle on the lateral side of the thigh	
Origin	Linea aspera	
Insertion	Tibial tuberosity	
Action	Extends leg	

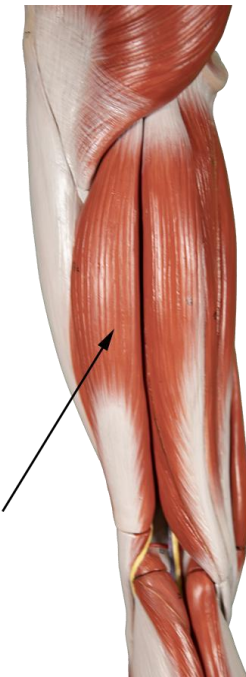
Name	Vastus medialis  Name meaning - large muscle on the medial side of the thigh	
Origin	Linea aspera	
Insertion	Tibial tuberosity	
Action	Extends leg	

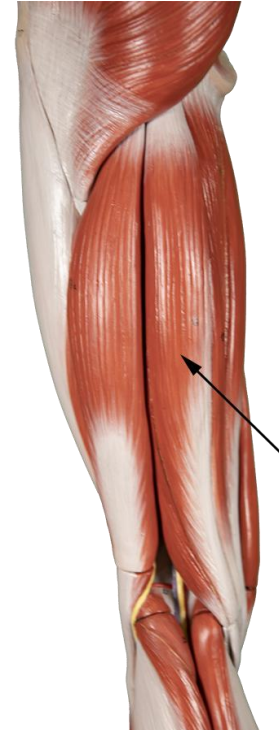
The terms in gray you are NOT required to know. They are included to help you identify the muscles.


Name	Vastus intermedius  Name meaning - large muscle between the vastus lateralis and vastus medialis	
Origin	Anterior surface of femur	
Insertion	Tibial tuberosity	
Action	Extends leg	

## Hamstring Group

A common collective term for the following three muscles

Name	Biceps femoris  Name meaning - biceps, two heads; femoris, thigh	
Origins (2)	Linea aspera Ischial tuberosity	
Insertion	Head of fibula	
Actions	Extends thigh (femur) Flexes leg	

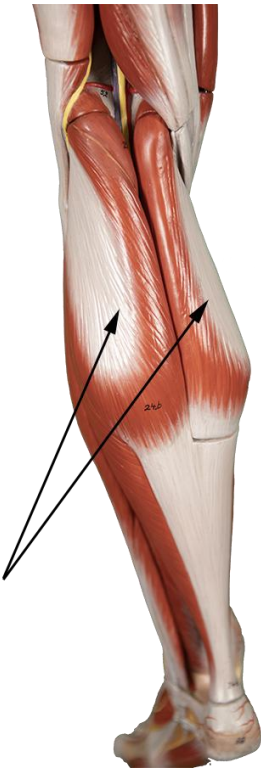
Name	Semitendinosus  Name meaning - half of the the two medial muscles of the hamstrings, has long tendon attachment	
Origin	Ischial tuberosity	
Insertion	Proximal medial surface of tibia	
Actions	Extends thigh (femur) Flexes leg	

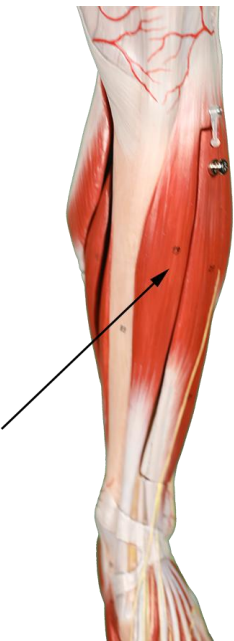
Name	Semimembranosus  Name meaning - half of the the two medial muscles of the hamstrings, has flat, membranous tendon attachment	
Origin	Ischial tuberosity	
Insertion	Medial condyle of tibia	
Actions	Extends thigh (femur) Flexes leg	



## Muscles of the Leg

The term leg refers to the portion of the lower extremity between the knee and foot.

Name	Gastrocnemius  Name meaning - gastro, belly; cnem, part of leg between the knee and ankle	
Origin	Proximal to the lateral and medial condyles of the femur	
Insertion	Calcaneus (inserts through the Achilles tendon)	
Actions	Plantarflexion of foot Flexes leg	

Name	Tibialis Anterior  Name meaning - muscle which attaches to the anterior of the tibia	
Origin	Anterolateral surface of tibia	
Insertion	Metatarsal I	
Actions	Dorsiflexes foot Inverts foot	