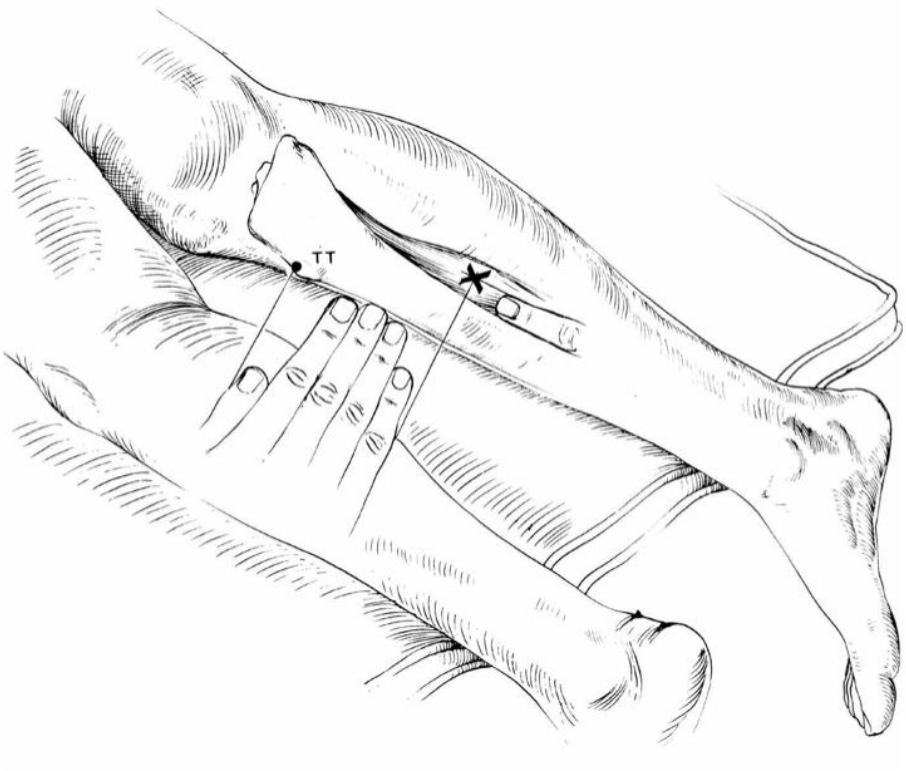
TIBIALIS POSTERIOR



Innervation

Tibial Nerve, Sciatic Nerve, Anterior Division Sacral Plexus, L5, S1.

Origin

From the interosseus membrane, the posterior surface of the body of the tibia and the upper two-thirds of the medial surface of the fibula.

Insertion

This muscle inserts on the tuberosity of the navicular bone and the medial cuneiform bone, and strong aponeurotic strips are sent across the foot to the bases of the second, third and fourth metatarsal bone.

Position

The patient prone with feet over edge of plinth, thigh internally rotated.

Electrode Insertion (X)

One handbreadth distal to the tibial tuberosity (TT) and one fingerbreadth off the medial edge of the tibia. The electrode is directly obliquely through the soleus and flexor digitorum longus, just posterior to the tibia.

Test Maneuver

Patient is to invert foot in plantar flexion.

Pitfalls

If the electrode is inserted too superficially it will be in the soleus or flexor digitorum longus; if inserted too deeply it will be in the tibialis anterior.

Comments

(a) Involved in lesions of:
   1. Tibial nerve
   2. Sciatic nerve
   3. Sacral plexus
   4. L5, S1 root.

(b) The main function of this muscle is to plantar flex and invert the foot.
(c) This is the deepest muscle in the posterior compartment.
(d) This muscle is the strongest support of the longitudinal arch of the foot.

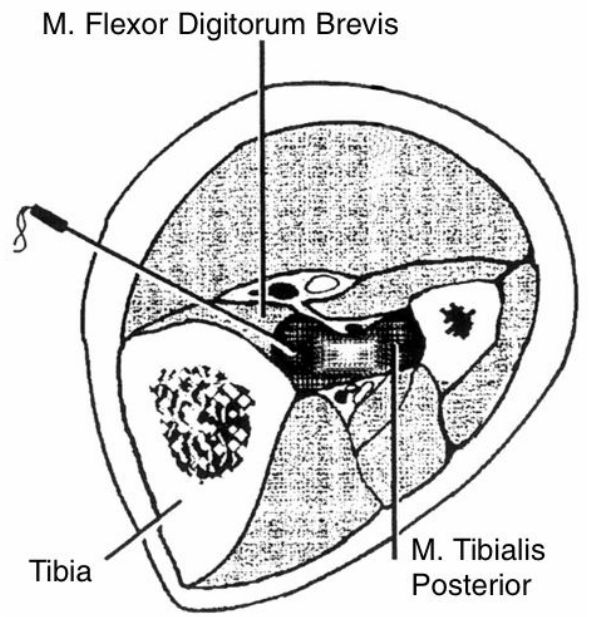


Figure 65. Cross section of the leg through the midportion.