The **gluteus medius** (or**glutæus medius**), one of the three [gluteal muscles](http://en.wikipedia.org/wiki/Gluteal_muscles" \o "Gluteal muscles), is a broad, thick, radiating muscle, situated on the outer surface of the [pelvis](http://en.wikipedia.org/wiki/Pelvis).

The **gluteus maximus** muscle is located in the buttocks and is the strongest muscle in the human body. It is connected to the coccyx, as well as other surrounding bones. The **gluteus maximus** muscle is responsible for movement of the hip and thigh.

The **hamstrings** cross and act upon two joints - the hip and the knee.

The **gastrocnemius** is involved in standing, walking, running and jumping. Along with the soleus muscle it forms the calf muscle. Its**function** is plantar flexing the foot at the ankle joint and flexing the leg at the knee joint.

Achilles tendon vibration in the absence of vision has a major impact on [postural](http://en.wikipedia.org/wiki/Human_position) orientation

The tensor fasciae latae is a tensor of the [fascia lata](http://en.wikipedia.org/wiki/Fascia_lata); continuing its action, the oblique direction of its fibers enables it to stabilize the hip in extension (assists [gluteus maximus](http://en.wikipedia.org/wiki/Gluteus_maximus) during hip extension).

Long and thin, the **Sartorius** muscle stretches the distance of the thigh. It originates at anterior superior iliac spine and travels up to the upper tibia's anteromedial surface. As such, the **Sartorius** is the longest muscle in the human body. The muscle helps flex, adduct, and rotate the hip.

**iliotibial band** (also known as Maissiat's band or IT Band) is a longitudinal fibrous reinforcement of the[fascia lata](http://en.wikipedia.org/wiki/Fascia_lata).

**quadriceps**, **quadriceps extensor**, or **quads**, is a large muscle group that includes the four prevailing muscles on the front of the[thigh](http://en.wikipedia.org/wiki/Thigh). It is the great [extensor](http://en.wikipedia.org/wiki/Extension_(kinesiology)" \o "Extension (kinesiology))muscle of the knee, forming a large fleshy mass which covers the front and sides of the [femur](http://en.wikipedia.org/wiki/Femur).

he others are the vastus medialis, the vastus intermedius (deep to the**rectus femoris**), and the vastus lateralis. All four parts of the quadriceps muscle attach to the patella (knee cap) via the quadriceps tendon.

The primary **functional** role of the **patella** is knee extension. The **patella** increases the leverage that the tendon can exert on the femur by increasing the angle at which it acts

**Patellar tendon:** A tendon that extends down from the quadriceps muscle in the thigh to incorporate the patella (the [kneecap](http://www.medicinenet.com/script/main/art.asp?articlekey=8868)) and attach it to the tibia (the[shinbone](http://www.medicinenet.com/script/main/art.asp?articlekey=8460)), providing extension at the [knee joint](http://www.medicinenet.com/script/main/art.asp?articlekey=8845). The patellar tendon is also called the [patellar ligament](http://www.medicinenet.com/script/main/art.asp?articlekey=34204) because it connects the patella to the tibia.

The **tibialis** **anterior** muscle is the most medial muscle of the [anterior compartment of the leg](http://en.wikipedia.org/wiki/Anterior_compartment_of_leg). The tibialis anterior is responsible for [dorsiflexing](http://en.wikipedia.org/wiki/Dorsiflexion)and inverting the foot

The **functions** of the **tibia** include supporting movement of the extremities, creating insertion points for muscles, producing blood cells in bone