

ANTEROLATERAL COMPARTMENT OF LEG

NAME THE DORSIFLEXORS OF ANKLE JOINT. MENTION ORIGIN, INSERTION, NERVE SUPPLY AND ACTION OF EXTENSOR DIGITORUM LONGUS (LE)

Dorsiflexors of ankle joint are-

Tibialis anterior, extensor hallucis longus, extensor digitorum longus, peroneus tertius

Extensor digitorum longus

Origin-

upper 1/4th of anterior surface of fibula, adjoining interosseous membrane, lateral half of middle 2/4th of anterior surface of fibula.

Insertion-

the muscle splits into 4 tendons and gets inserted to dorsum of middle and terminal phalanges of lateral four toes through dorsal digital expansion

Nerve supply-

deep peroneal nerve

Actions-

extensor of lateral 4 toes, dorsiflexors of ankle joint.

DEEP PERONEAL NERVE (SE)

It is the nerve of the anterior compartment of leg

Origin

terminal branch of common peroneal nerve at the level of neck of fibula

Termination

near ankle joint divides into two terminal branches medial and lateral branches

Course

from lateral side of neck of fibula deep to peroneus longus, it pierces extensor digitorum longus and enters anterior compartment of leg and descends along with anterior tibial artery, crosses ankle joint and divides into medial and lateral terminal branches

Relations

Anterior- Tibialis anterior, extensor digitorum longus in the upper part and in the lower part skin and fascia

Posterior- interosseous membrane, anterior tibial artery, distal end of tibia

Medial- Tibialis anterior, anterior tibial artery, extensor hallucis longus tendon

Lateral- extensor digitorum longus, extensor hallucis longus

Branches

Muscular- tibialis anterior, extensor digitorum longus, extensor hallucis longus, peroneus tertius

Articular- ankle joint

Terminal branches- medial (1st dorsal interosseous muscle, skin of adjacent sides of 1st and 2nd toes) and lateral (through pseudoganglion supplies extensor digitorum brevis, tarsal joints, 2nd, 3rd, 4th, metatarsophalangeal joints, 2nd dorsal interosseous)

SUPERFICIAL PERONEAL NERVE (SE)

Nerve of the lateral compartment of leg.

Origin

It arises from the common peroneal nerve at the neck of fibula deep to peroneus longus.

Course

It runs downwards between peroneus longus and brevis, then between peronei and extensor digitorum longus, pierces the deep fascia becomes superficial and divides into medial and lateral terminal branches

Termination

divides into terminal branches near the ankle joint

Branches

Muscular - peroneus longus and brevis

Terminal- skin over lower 1/3rd of lateral side of leg, dorsum of foot (except medial side of foot up to ball of great toe, lateral side of foot, cleft between 1st and 2nd toes)

TIBIALIS ANTERIOR (SA)

Origin

Upper 2/3rd of the lateral surface of tibia, adjoining interosseous membrane

Insertion

Lower part of medial surface of medial cuneiform, adjoining base of 1st metatarsal

Nerve supply

Anterior tibial nerve (deep peroneal nerve)

Actions

Inversion and dorsiflexion of foot

MUSCLES SUPPLIED BY DEEP PERONEAL NERVE (SA)

Tibialis anterior

Extensor digitorum longus

Extensor hallucis longus

Peroneus tertius

NAME THE MUSCLES OF LATERAL COMPARTMENT OF LEG (SA)

Peroneus longus

Peroneus brevis

PERONEUS LONGUS MUSCLE (SA)

Origin- lateral side of head of fibula, upper 2/3rds of lateral surface of shaft of fibula, adjoining fascia and intermuscular septum

Insertion- medial cuneiform bone and adjoining base of 1st metatarsal bone

Nerve supply- superficial peroneal nerve

Actions- eversion of foot, maintains transverse arches and lateral longitudinal arch

MUSCLES SUPPLIED BY SUPERFICIAL PERONEAL NERVE(SA)

Peroneus longus

peroneus brevis