

## LOWER EXTREMITY MUSCLE TABLE

MUSCLE	PROXIMAL ATTACHMENT (ORIGIN)	DISTAL ATTACHMENT (INSERTION)	INNERVATION	MAIN ACTIONS	BLOOD SUPPLY	MUSCLE GROUP
<b>Extensor digitorum longus</b>	Lateral condyle of tibia, proximal 3/4 of anterior surface of interosseous membrane and fibula	Middle and distal phalanges of lateral four digits	Deep fibular nerve	Extends lateral four digits and dorsiflexes foot at ankle	Anterior tibial artery	Anterior leg
<b>Extensor hallucis longus</b>	Middle part of anterior surface of fibula and interosseous membrane	Dorsal aspect of base of distal phalanx of great toe	Deep fibular nerve	Extends great toe, dorsiflexes foot at ankle	Anterior tibial artery	Anterior leg
<b>Fibularis peroneus tertius</b>	Distal third of anterior surface of fibula and interosseous membrane	Dorsum of base of 5th metatarsal	Deep fibular nerve	Dorsiflexes foot at ankle and aids in eversion of foot	Anterior tibial artery	Anterior leg
<b>Tibialis anterior</b>	Lateral condyle, proximal half of lateral tibia, interosseous membrane	Medial plantar surfaces of medial cuneiform and base of 1st metatarsal	Deep fibular nerve	Dorsiflexes foot at ankle and inverts foot	Anterior tibial artery	Anterior leg
<b>Articularis genus</b>	Distal femur on anterior surface	Suprapatellar bursa	Femoral nerve	Pulls suprapatellar bursa superiorly with extension of knee	Femoral artery	Anterior thigh
<b>Extensor digitorum brevis and extensor hallucis brevis</b>	Superolateral surface of calcaneus, lateral talocalcaneal ligament, cruciate crural ligament	First tendon into dorsal surface of base of proximal phalanx of great toe; other 3 tendons into lateral sides of tendons of extensor digitorum longus to digits 2-4	Deep fibular nerve	Aids the extensor digitorum longus in extending of 4 medial digits at the metatarsophalangeal and interphalangeal joints	Dorsalis pedis, lateral tarsal, arcuate, and fibular arteries	Anterior thigh
<b>Iliacus (Iliopsoas)</b>	Superior 2/3 of iliac fossa, iliac crest, ala of sacrum, anterior sacro-iliac ligaments	Lesser trochanter of femur and shaft inferior to it, to psoas major tendon	Femoral nerve	Flexes thigh at hips and stabilizes hip joint, acts with psoas major	Iliac branches of ilio-lumbar artery	Anterior thigh
<b>Psoas major (Iliopsoas)</b>	Transverse processes of lumbar vertebrae, sides of bodies of T12–L5 vertebrae, intervening intervertebral discs	Lesser trochanter of femur	Ventral rami of first lumbar nerve	Acting superiorly with iliacus, flexes hip; acting inferiorly, flexes vertebral column laterally; used to balance trunk in sitting position; acting inferiorly with iliacus, flexes trunk	Lumbar branches of ilio-lumbar artery	Anterior thigh
<b>Rectus femoris (quadriceps)</b>	Anterior inferior iliac spine and ilium superior to acetabulum	Base of patella and to tibial tuberosity via patellar ligament	Femoral nerve	Extends leg at knee joint and flexes thigh at hip joint	Profunda femoris and lateral circumflex femoral arteries	Anterior thigh
<b>Sartorius</b>	Anterior superior iliac spine and superior part of notch below it	Superior part of medial surface of tibia	Femoral nerve	Abducts, laterally rotates, and flexes thigh; flexes knee joint	Femoral artery	Anterior thigh
<b>Vastus intermedius (quadriceps)</b>	Anterior and lateral surfaces of body of femur	Base of patella and to tibial tuberosity via patellar ligament	Femoral nerve	Extends leg at knee joint	Lateral circumflex femoral and profunda femoris arteries	Anterior thigh
<b>Vastus lateralis (quadriceps)</b>	Greater trochanter, lateral lip of linea aspera of femur	Base of patella and to tibial tuberosity via patellar ligament	Femoral nerve	Extends leg at knee joint	Lateral circumflex femoral and profunda femoris arteries	Anterior thigh
<b>Vastus medialis (quadriceps)</b>	Intertrochanteric line, medial lip of linea aspera of femur	Base of patella and to tibial tuberosity via patellar ligament	Femoral nerve	Extends leg at knee joint	Femoral and profunda femoris arteries	Anterior thigh
<b>Abductor digiti minimi</b>	Medial and lateral tubercles of tuberosity of calcaneus, plantar aponeurosis, and intermuscular septum	Lateral side of base of proximal phalanx of 5th digit	Lateral plantar nerve	Abducts and flexes 5th digit	Medial-lateral plantar artery, plantar metatarsal and plantar digital arteries	Foot to 5th digit
<b>Abductor hallucis</b>	Medial tubercle of tuberosity of calcaneus, flexor retinaculum, and plantar aponeurosis	Medial side of base of proximal phalanx of 1st digit	Medial plantar nerve	Abducts and flexes 1st digit	Medial plantar and 1st plantar metatarsal arteries	Foot
<b>Adductor hallucis</b>	<b>Oblique head:</b> bases of 2nd through 4th metatarsals <b>Transverse head:</b> ligaments of metatarsophalangeal joints of digits 3-5	Tendons of both heads lateral to side of base of proximal phalanx of 1st digit	Deep branch of lateral plantar nerve	Adducts 1st digit, maintains transverse arch of foot	Medial and lateral plantar arteries and plantar arch, plantar metatarsal arteries	Foot
<b>Dorsal interossei (four muscles)</b>	Adjacent sides of 1st through 5th metatarsals	<b>1st:</b> medial side of proximal phalanx of 2nd digit <b>2nd through 4th:</b> lateral sides of digits 2–4	Lateral plantar nerve	Abduct 2nd through 4th toes, flex metatarsophalangeal joints, and extend phalanges	Arcuate artery, dorsal and plantar metatarsal arteries	Foot
<b>Flexor digiti minimi brevis</b>	Base of 5th metatarsal	Lateral base of proximal phalanx of 5th digit	Superficial branch of lateral plantar nerve	Flexes proximal phalanx of 5th digit	Lateral plantar artery, plantar digital artery to 5th digit, arcuate artery	Foot
<b>Flexor digitorum brevis</b>	Medial tubercle of tuberosity of calcaneus, plantar aponeurosis, and intermuscular septum	Both sides of middle phalanges of lateral four digits	Medial plantar nerve	Flexes 2nd through 5th digits	Medial and lateral plantar arteries and plantar arch, plantar metatarsal and plantar digital arteries	Foot

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<b>Flexor hallucis brevis</b>	Plantar surfaces of cuboid and lateral cuneiform	Both sides of base of proximal phalanx of 1st digit	Medial plantar nerve	Flexes proximal phalanx of 1st digit	Medial plantar artery, first plantar metatarsal artery	Foot
<b>Lumbricals</b>	Tendons of flexor digitorum longus	Medial side of dorsal digital expansions of lateral 4 digits	<i>Medial one:</i> medial plantar nerve <i>Lateral three:</i> lateral plantar nerve	Flexes proximal phalanges at MTP joint, extends phalanges at PIP and DIP joints	Lateral plantar artery and plantar metatarsal arteries	Foot
<b>Plantar interossei (three muscles)</b>	Bases and medial sides of 3rd through 5th metatarsals	Medial sides of bases of proximal phalanges of 3rd through 5th digits	Lateral plantar nerve	Adduct digits (2–4) and flex metatarsophalangeal joint and extend phalanges	Lateral plantar artery and plantar arch, plantar metatarsal and plantar digital arteries	Foot
<b>Quadratus plantae</b>	Medial and lateral sides of plantar surface of calcaneus	Posterolateral edge of flexor digitorum longus tendon	Lateral plantar nerve	Corrects for oblique pull of flexor digitorum longus tendon, thus assists in flexion of toes	Medial and lateral plantar arteries and deep plantar arterial arch	Foot
<b>Gluteus maximus</b>	Ilium posterior to posterior gluteal line, dorsal surface of sacrum and coccyx, sacrotuberous ligament	Most fibers end in iliotibial tract that inserts into lateral condyle of tibia; some fibers insert into gluteal tuberosity of femur	Inferior gluteal nerve	Extends flexed thigh, assists in lateral rotation, and abducts thigh	Inferior gluteal arteries mainly, and superior gluteal arteries occasionally	Gluteal region
<b>Gluteus medius</b>	Lateral surface of ilium between anterior and posterior gluteal lines	Lateral surface of greater trochanter of femur	Superior gluteal nerve	Abducts and medially rotates thigh at hips; steadies pelvis on leg when opposite leg is raised	Superior gluteal artery	Gluteal region
<b>Gluteus minimus</b>	Lateral surface of ilium between anterior and inferior gluteal lines	Anterior surface of greater trochanter of femur	Superior gluteal nerve	Abducts and medially rotates thigh at hips; steadies pelvis on leg when opposite leg is raised	Main trunk and deep branch of superior gluteal artery	Gluteal region
<b>Inferior gemellus</b>	Ischial tuberosity	Medial surface of greater trochanter of femur	Nerve to quadratus femoris	Laterally rotates extended thigh at the hip	Medial circumflex femoral artery	Gluteal region
<b>Obturator internus</b>	Pelvic surface of obturator membrane and surrounding bone	Medial surface of greater trochanter of femur	Nerve to obturator internus	Laterally rotates extended thigh, abducts flexed thigh at hip	Internal pudendal and obturator arteries	Gluteal region
<b>Piriformis</b>	Anterior surface of sacral segments 2–4, sacrotuberous ligament	Superior border of greater trochanter of femur	Ventral rami of L5, S1, S2	Laterally rotates extended thigh, abducts flexed thigh at hip	Superior and inferior gluteal arteries, internal pudendal artery	Gluteal region
<b>Quadratus femoris</b>	Lateral margin of ischial tuberosity	Quadrate tubercle on intertrochanteric crest of femur	Nerve to quadratus femoris	Laterally rotates thigh at hip	Medial circumflex femoral artery	Gluteal region
<b>Superior gemellus</b>	Outer surface of ischial spine	Medial surface of greater trochanter of femur	Nerve to obturator internus	Laterally rotates extended thigh at the hip	Inferior gluteal and internal pudendal arteries	Gluteal region
<b>Tensor fasciae latae</b>	Anterior superior iliac spine and anterior part of iliac crest	Iliotibial tract that attaches to lateral condyle of tibia	Superior gluteal nerve	Abducts, medially rotates, and flexes thigh at hip; helps to keep knee extended	Ascending branch of lateral circumflex femoral artery	Gluteal region
<b>Fibularis peroneus brevis</b>	Distal 2/3 of lateral surface of fibula	Dorsal surface of tuberosity on lateral side of 5th metatarsal	Superficial fibular nerve	Everts foot and weakly plantarflexes foot at ankle	Anterior tibial and fibular arteries	Lateral leg
<b>Fibularis peroneus longus</b>	Head and proximal 2/3 of lateral fibula	Plantar base of 1st metatarsal and medial cuneiform	Superficial fibular nerve	Everts foot and weakly plantarflexes foot at ankle	Anterior tibial and fibular arteries	Lateral leg
<b>Adductor brevis</b>	Body and inferior pubic ramus	Pectineal line and proximal part of linea aspera of femur	Obturator nerve	Adducts thigh at hip, weak hip flexor	Profunda femoris, medial circumflex femoral, and obturator arteries	Medial thigh
<b>Adductor longus</b>	Body of pubis inferior to pubic crest	Middle third of linea aspera of femur	Obturator nerve (anterior division)	Adducts thigh at hip	Profunda femoris and medial circumflex femoral arteries	Medial thigh
<b>Adductor magnus</b>	Inferior pubic ramus, ramus of ischium <i>Hamstring part:</i> sciatic nerve (tibial division)	Gluteal tuberosity, linea aspera, medial supracondylar line <i>Hamstring part:</i> adductor tubercle of femur	<i>Adductor part:</i> obturator nerve <i>Hamstring part:</i> sciatic nerve (tibial division)	<b>Adductor part:</b> adducts and flexes thigh <b>Hamstring part:</b> extends thigh	Femoral, profunda femoris, and obturator arteries	Medial thigh
<b>Gracilis</b>	Body and inferior ramus of pubis	Superior part of medial surface of tibia	Obturator nerve	Adducts thigh, flexes and medially rotates leg	Profunda femoris artery, medial circumflex femoral artery	Medial thigh
<b>Obturator externus</b>	Margins of obturator foramen, obturator membrane	Trochanteric fossa of femur	Obturator nerve	Laterally rotates thigh, stabilizes head of femur in acetabulum	Medial circumflex femoral artery, obturator artery	Medial thigh
<b>Pectineus</b>	Superior ramus of pubis	Pectineal line of femur	Femoral nerve and sometimes obturator nerve	Adducts and flexes thigh at hip	Medial circumflex femoral artery, obturator artery	Medial thigh
<b>Flexor digitorum longus</b>	Medial part of posterior tibia inferior to soleal line	Plantar bases of distal phalanges of lateral four digits	Tibial nerve	Flexes lateral four digits and plantarflexes foot at ankle; supports longitudinal arches of foot	Posterior tibial artery	Posterior leg
<b>Flexor hallucis longus</b>	Distal 2/3 of posterior fibula and interosseous membrane	Base of distal phalanx of great toe (hallux)	Tibial nerve	Flexes all joints of great toe, weakly plantarflexes foot at ankle	Fibular artery	Posterior leg

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<b>Gastrocnemius</b>	<b>Lateral head:</b> lateral aspect of lateral condyle of femur <b>Medial head:</b> popliteal surface above medial condyle of femur	Posterior aspect of calcaneus via calcaneal tendon	Tibial nerve	Plantarflexes foot at ankle joint, assists in flexion of knee joint, raises heel during walking	Popliteal and posterior tibial arteries	Posterior leg
<b>Plantaris</b>	Inferior end of lateral supracondylar line of femur and oblique popliteal ligament	Posterior aspect of calcaneus via calcaneal tendon	Tibial nerve	Weakly assists gastrocnemius	Popliteal artery	Posterior leg
<b>Popliteus</b>	Lateral aspect of lateral condyle of femur, lateral meniscus	Posterior tibia superior to soleal line	Tibial nerve (L4–S1)	Weakly flexes knee and unlocks it by rotating femur on fixed tibia	Inferior medial and lateral genicular arteries	Posterior leg
<b>Soleus</b>	Posterior aspect of head of fibula, proximal 1/4 of posterior surface of fibula, soleal line of tibia	Posterior aspect of calcaneus via calcaneal tendon	Tibial nerve	Plantarflexes foot at ankle, stabilizes leg over foot	Popliteal, posterior tibial, and fibular arteries	Posterior leg
<b>Tibialis posterior</b>	Posterior tibia below soleal line, interosseous membrane, proximal half of posterior fibula	Tuberosity of navicular bone, all cuneiforms, cuboid, and bases of 2nd through 4th metatarsals	Tibial nerve	Plantarflexes foot at ankle and inverts foot	Fibular artery	Posterior leg
<b>Biceps femoris</b>	<b>Long head:</b> ischial tuberosity <b>Short head:</b> Linea aspera and lateral supracondylar line of femur	Lateral side of head of fibula	<b>Long head:</b> sciatic nerve (tibial division) (L5–S2) <b>Short head:</b> sciatic nerve (common fibular division)	Flexes and laterally rotates leg, extends thigh at hip	Perforating branches of profunda femoris, inferior gluteal, and medial circumflex femoral arteries	Posterior thigh
<b>Semimembranosus</b>	Ischial tuberosity	Posterior part of medial condyle of tibia	Sciatic nerve (tibial division)	Flexes leg, extends thigh	Perforating branch of profunda femoris and medial circumflex femoral arteries	Posterior thigh
<b>Semitendinosus</b>	Ischial tuberosity	Superior part of medial surface of tibia	Sciatic nerve (tibial division)	Flexes leg, extends thigh	Perforating branch of profunda femoris and medial circumflex femoral arteries	Posterior thigh