

Muscle	Origin	Insertion	Innervation	Action
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Anterior Fascial compartment of the Thigh

Sartorius	Anterior superior iliac spine	Upper medial surface of shaft of tibia	Blood supply: Femoral artery Nerve supply: Femoral nerve	Flexes, abducts, laterally rotates thigh at hip joint. Flexes and medially rotates leg at knee joint.
Pectineus	Superior ramus of pubis	Upper end of linea aspera of shaft of femur	Femoral nerve ("2 nerves to pectineus")	Flexes and adducts thigh at hip joint
Psoas major	Transverse processes, bodies, and intervertebral disc of the 12th thoracic and five lumbar vertebrae	Lesser trochanter of femur	Lumbar plexus Blood supply: Femoral artery Nerve supply: Femoral nerve	It flexes thigh on trunk; if thigh is flexed (the insertion is fixed while the origin is moving). It flexes the trunk on thigh as it sitting up from lying down. Sit - up exercise
Iliacus	Iliac fossa of hip bone	Lesser trochanter of femur	Femoral artery Nerve supply: Femoral nerve	
The quadriceps femoris :- ① The Vastus lateralis ② The Vastus medialis ③ The Vastus intermedius ④ The Rectus femoris	← upper end and shaft of femur (linear origin) ← Anterior and lateral surfaces of shaft of femur A) Straight head from anterior inferior iliac spine. B) Reflected head from iliac above acetabulum	Patella, via the ligamentum patellae, to the tibial tuberosity (the real insertion)	↑ ↓	→ Extends the leg at knee joint. → Flexes thigh at hip joint (only the rectus femoris head)

Medial Fascial compartment of the Thigh

Adductor longus	Body of pubis, medial to pubic tubercle	Posterior surface of shaft of femur (linea aspera)	Blood supply: Profunda femoris artery Nerve supply: obturator nerve	Adduct thigh at hip joint
Adductor brevis	Inferior ramus of pubis	Posterior surface of shaft of femur (linea aspera)		Adduct thigh at hip joint
Adductor magnus (pubic part)	Ischio-pubic ramus	mainly linea aspera, gluteal tuberosity and medial supracondylar line		Adduct thigh at hip joint

Muscle	Origin	Insertion	Innervation	Action
Gracilis	Inferior ramus of pubis, ramus of ischium	Upper part of shaft of tibia on medial surface (SGS) area	Blood supply: Profunda femoris artery and obturator artery	Adducts thigh at hip joint. Flexes leg at knee joint
Obturator externus	Outer surface of obturator foramen and pubic and ischial rami	Medial surface of greater trochanter	Nerve supply: obturator nerve	Laterally rotates thigh at hip joint

Posterior Fascial compartment of the Thigh


Biceps femoris	<ul style="list-style-type: none"> ① Long head: ischial tuberosity ② Short head: linea aspera, lateral supracondylar ridge of shaft of femur 	Head of fibula	Blood supply: Branches of the profunda femoris artery Nerve supply: Sciatic nerve (tibial portion)	Flexes and laterally rotates leg at knee joint; long head also extends thigh at hip joint
Semitendinosus	Ischial tuberosity	Upper part of medial surface of shaft of tibia (SGS) area.	Sciatic nerve (tibial portion) Except the short head of Biceps femoris from common peroneal portion of sciatic nerve	Flexes and medially rotates leg at knee joint; extends thigh at hip joint
Semimembranosus	Ischial tuberosity	Medial condyle of tibia		Flexes and medially rotates leg at knee joint; extends thigh at hip joint
Adductor magnus (hamstring portion) or ischial part	Ischial tuberosity	Adductor tubercle of femur		Extends thigh at hip joint

Muscles of the Gluteal Region

Gluteus maximus	<ul style="list-style-type: none"> Ilium (area behind the posterior gluteal line) Back of sacrum and coccyx Back of sacrotuberous ligament 	<ul style="list-style-type: none"> The superficial three-fourths are inserted into the iliotibial tract The lower deep part is inserted into the gluteal tuberosity of femur 	Inferior gluteal nerve (L5/S1/S2)	<ul style="list-style-type: none"> Extends thigh, some lateral rotation (main extensor of the hip joint) Supports the extended knee joint through iliotibial tract Plays an important role in climbing, cycling and upstairs
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Gluteus medius	Ilium	Greater trochanter of femur	Superior gluteal nerve (L4/L5/S1)	<ul style="list-style-type: none"> Abduction (main abductor of the hip joint) Medial rotation (anterior fibers) Both muscle contract reflex on each side alternatively during walking to prevent tilting of the pelvis to the unsupported side
Gluteus minimus				
Short Lateral rotator muscles: 1. Piriformis 2. Superior gemellus 3. Obturator internus 4. Inferior gemellus 5. Quadratus femoris 6. Obturator externus			Sacral plexus	Lateral rotation of the thigh at hip joint

Anterior Fascial Compartment of the leg

Tibialis anterior	Lateral surface of the shaft of tibia	To memorize this:- From medial to lateral in front of the medial malleolus:-	Blood supply: Anterior tibial artery	Dorsiflexion (stand up on the heels)
Extensor digitorum longus	The anterior surface of shaft of fibula		Nerve supply: Deep peroneal nerve	→ inversion (to raise the medial border of the foot toward body) (at foot) (Tibialis)
Extensor hallucis longus				→ eversion (to raise the lateral border of the foot away from body) (at foot) (Peroneus)
Peroneus tertius				

