

Muscle	Origin	Insertion	Innervation	Action
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 (obturator nerve) "2 nerves to sartorius"	Flexes, abducts, laterally rotates thigh at hip joint. Flexes and medially rotates leg at knee joint.
Pectenius	Superior ramus of pubis	Upper end of linea aspera of shaft of femur	Femoral nerve	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	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.
Iliacus	Iliac fossa of hip bone	Lesser trochanter of femur	Femoral artery Nerve supply: Femoral nerve	Flexes the trunk on thigh as it sitting up from lying down.
The quadriceps femoris :-	<p>① The Vastus lateralis</p> <p>② The Vastus medialis</p> <p>③ The Vastus intermedius</p> <p>④ The Rectus femoris</p>	<p>← upper end and shaft of femur (linear origin)</p> <p>Anterior and lateral surfaces of shaft of femur</p> <p>(A) Straight head from anterior inferior iliac spine.</p> <p>(B) Reflected head from iliac above acetabulum</p>	<p>Patella, via the ligamentum patellae, to the tibial tuberosity (the real insertion)</p>	<p>Extends the leg at knee joint.</p> <p>Flexes thigh at hip joint (only the rectus femoris head)</p>

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	Adduct thigh at hip joint
Adductor brevis	Inferior ramus of pubis	Posterior surface of shaft of femur (linea aspera)	and obturator artery	Adduct thigh at hip joint
Adductor magnus (pubic part)	Ischio-pubic ramus	Mainly linea aspera, gluteal tuberosity and medial supracondylar line	Nerve supply: obturator nerve	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.
Obturator externus	Outer surface of obturator membrane and pubic and ischial rami	Medial surface of greater trochanter	Nerve supply: obturator nerve	Flexes leg at knee joint Laterally rotates thigh at hip joint
Posterior Fascial compartment of the Thigh				
Biceps femoris	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	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)	Flexes and medially rotates leg at knee joint; extends thigh at hip joint
Semimembranosus	Ischial tuberosity	Medial condyle of tibia	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
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 cocyx 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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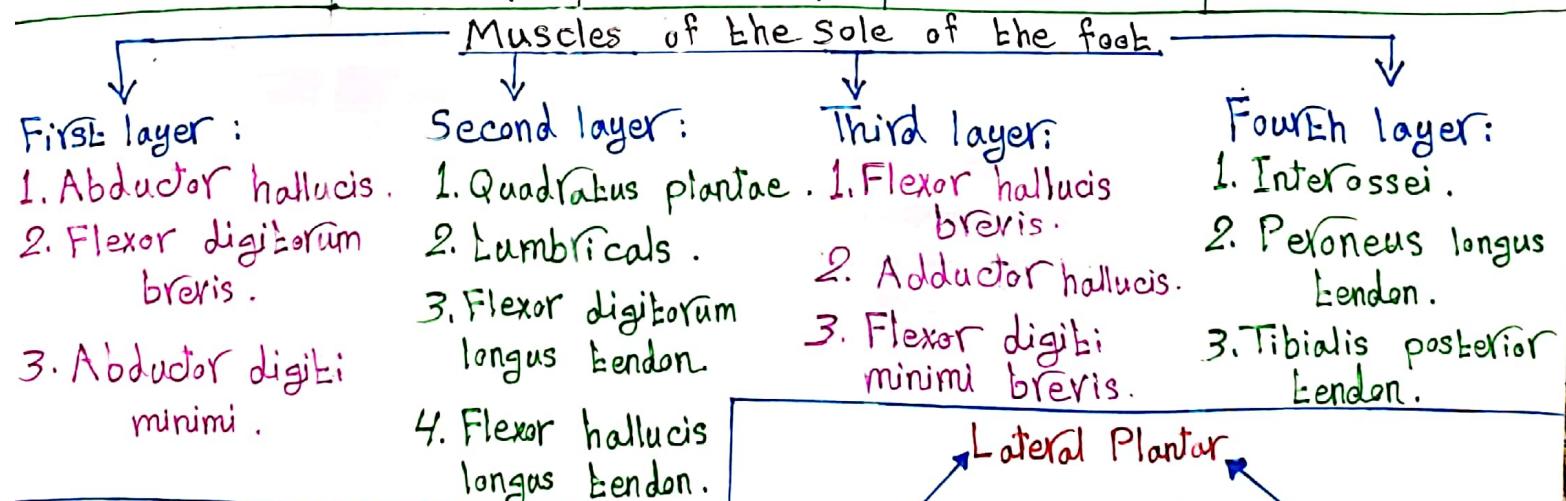
Muscle	Origin	Insertion	Innervation	Action
Gluteus medius	Ilium	Greater trochanter of femur	Superior gluteal nerve (L4/L5/S1)	<ul style="list-style-type: none"> • Abduction (main abductor of the hip joint) • Medial rotation (anterior fibers) • Both muscle contract reflex on each side alternatively during walking to prevent tilting of the pelvis to the unsupported side
Gluteus minimus				
Short lateral rotator muscles:			Sacral plexus	Lateral rotation of the thigh at hip joint
1. Piriformis				
2. Superior gemellus				
3. Obturator internus				
4. Inferior gemellus				
5. Quadratus femoris				
6. Obturator externus				

Anterior Fascial Compartment of the leg

Tibialis anterior	Lateral surface of the shaft of fibula	To memorize this:- From medial to lateral in front of the medial malleolus:- Tom Has Very Nice Dogs and Pigs (Tibialis) (Hallucis) (Vessels) (Nerve) (Digitorum) (Peroneus)	Blood supply: Anterior Tibial artery Nerve supply: Deep peroneal nerve	Dorsiflexion (stand up on the heels) → inversion (to raise the medial border of the foot toward body) (at foot) (Tibialis) → eversion (to raise the lateral border of the foot away from body) (at foot) (Peroneus)
Extensor digitorum longus	The anterior Surface of shaft of fibula			
Extensor hallucis longus				
Peroneus tertius				

	Origin	Insertion	Innervation	Action
Peroneus longus	Lateral Fascial Compartment of the leg	From the lateral surface of shaft of fibula	Base of 1st metatarsal and medial cuneiform bone (Pass through a groove in the cuboid bone)	Blood supply: Branches from the peroneal artery (branch from posterior tibial artery) Nerve supply: Superficial peroneal nerve
Peroneus brevis			5th metatarsal	• Flex the foot at the ankle joint • Evert the foot at the subtalar and transverse tarsal joints

	Posterior Fascial Compartment of the leg			
Superficial group:-				
① Gastrocnemius	Lateral head from lateral condyle of femur Medial head from medial condyle of femur	Via tendo calcaneus into posterior surface of calcaneus	Blood supply:- Posterior Tibial artery Nerve supply:- Tibial nerve	Flexes knee joint Gastrocnemius + Soleus + Plantaris ↓ Powerful plantar flexor of ankle joint, provides main propulsive force in walking and running
② Soleus	Shafts of tibia and fibula			
③ Plantaris (This muscle sometimes is absent)				
Deep group:- (Behind the medial malleolus)	Tom (Tibialis posterior) Does (Flexor digitorum) Very (Vessels) Nice (Nerve) Hats (Flexor hallucis)			



The sole muscles have few delicate functions and are chiefly concerned with supporting the arches of the foot.

Role function: control of individual toes.

