

LOWER LIMB MUSCLES OVERVIEW

MUSCLES OF GLUTEAL REGION

Deep group of small muscles which are mainly lateral rotators of the femur at the hip joint:

1. Piriformis
2. Obturator internus
3. Gemellus superior
4. Gemellus inferior
5. Quadratus Femoris

Superficial group of larger muscles, which mainly abduct and extend the hip

1. Gluteus minimus
2. Gluteus medius
3. Gluteus maximus
4. Tensor Fascia Latae

MUSCLES OF THIGH

ANTERIOR COMPARTMENT

- contains muscles that mainly extend the leg at the knee joint
- Innervated by femoral nerve

1. Quadriceps Femoris
 - a) Sartorius
 - b) Rectus Femoris
 - c) Vastus lateralis
 - d) Vastus intermedius
2. Psoas major
3. Iliacus

POSTERIOR COMPARTMENT

- Contains muscles that mainly extend the thigh at the hip joint and flex the leg at the knee joint
- Innervated by sciatic nerve
- Include the three hamstring muscles

1. Biceps Femoris
2. Semitendinosus
3. Semimembranosus

MEDIAL COMPARTMENT

- Consist of muscles that mainly adduct the thigh at the hip joint
 - Innervated by obturator nerve
1. Gracilis
 2. Pectineus
 3. Adductor longus
 4. Adductor brevis
 5. Adductor magnus
 6. Obturator externus

MUSCLES OF THE LEG

POSTERIOR COMPARTMENT

- Mainly plantarflex and invert the foot and flex the toes
 - All muscles are innervated by tibial nerve
- a) SUPERFICIAL GROUP**
1. Gastrocnemius
 2. Plantaris
 3. Soleus
- b) DEEP GROUP**
1. Popliteus
 2. Flexor hallucis longus
 3. Flexor digitorum longus
 4. Tibialis posterior

LATERAL COMPARTMENT

Evert the foot (turn the sole outward) and are innervated by superficial fibular nerve

1. Fibularis longus
2. Fibularis brevis

ANTERIOR COMPARTMENT

1. Tibialis anterior
2. Extensor hallucis longus
3. Extensor digitorum longus
4. Fibularis tertius

MUSCLES OF THE FOOT

Contain extrinsic muscles and intrinsic muscles

Intrinsic muscles

- Dorsal aspect
- Plantar aspect

DORSAL ASPECT

1. Extensor digitorum brevis
2. Extensor hallucis brevis

PLANTAR ASPECT

- **FIRST LAYER (SUPERFICIAL)**
 1. Abductor Hallucis
 2. Flexor digitorum brevis
 3. Abductor digiti minimi

- **SECOND LAYER**
 1. Quadratus plantae
 2. Lumbricals (four muscles)

- **THIRD LAYER**
 1. Flexor hallucis brevis
 2. Adductor hallucis
 3. Flexor digiti minimi brevis

- **FOURTH LAYER**
 1. Plantar interossei
 2. Dorsal interossei