

# Muscles of the thigh and leg

Gluteus group

Gluteus maximus: most superficial

Originates on the posterior ilium and sacrum

Inserts on femur laterally rotates and extends hip

Gluteus maximus



# Muscles of the thigh and leg

Gluteus group

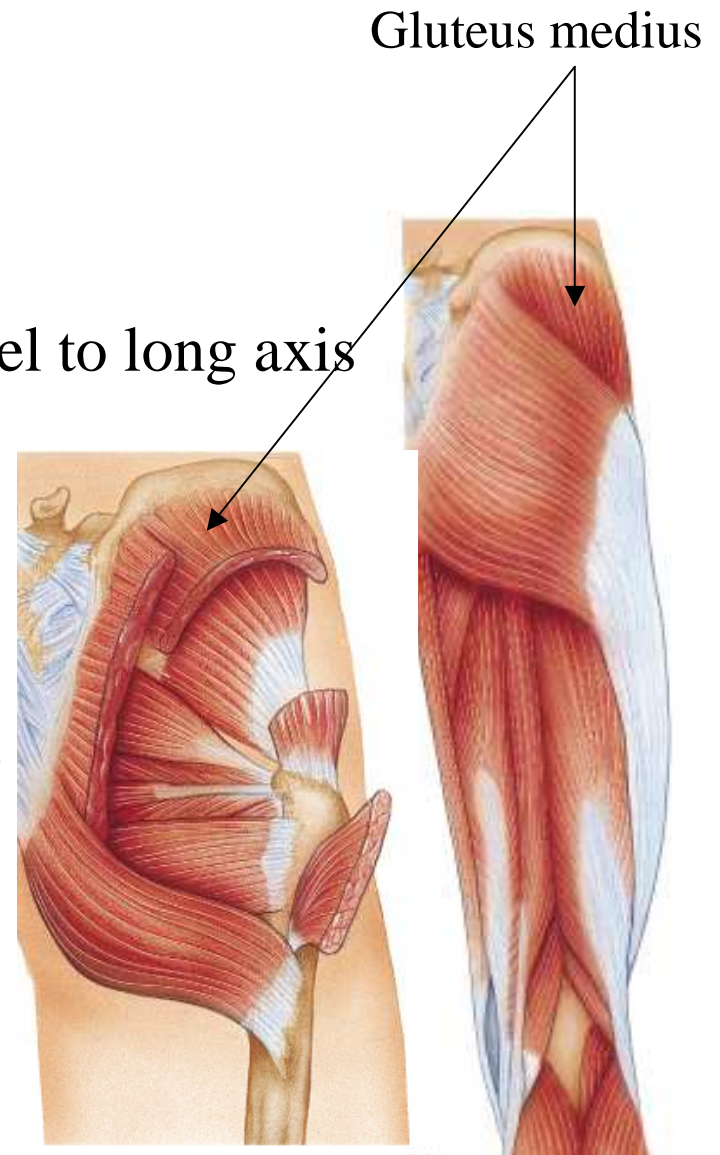
Gluteus medius

Deep to maximus; fibers run parallel to long axis

Origin on ilium

Inserts on femur

Abducts and medially rotates thigh



# Muscles of the thigh and leg

Gluteus group

Gluteus minimus

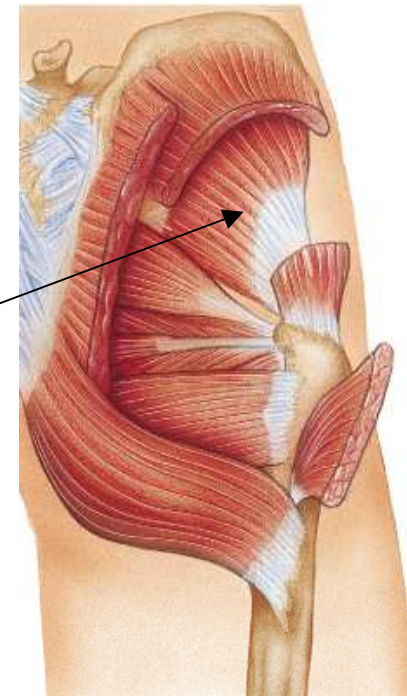
Deep to medius; fibers run parallel to long axis;

origin on ilium

Insertion on femur

Abducts and medially  
rotates femur

Gluteus minimus



# Muscles of the thigh and leg

Hamstrings group

Biceps femoris:

Lateral muscle of posterior thigh; two heads

Extends from the ischial tuberosity  
to the lateral condyle of tibia

Flexes knee and extends the thigh

Biceps femoris →



# Muscles of the thigh and leg

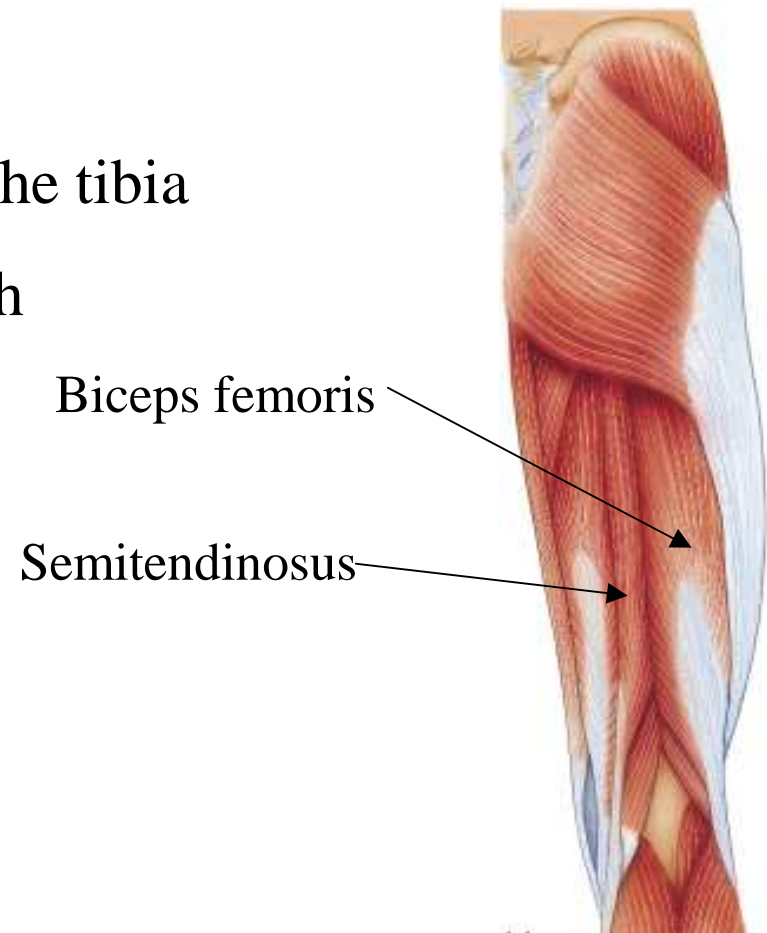
Hamstrings group

Semitendinosus: medial and superficial muscle of posterior thigh

Origin on ischial tuberosity

Inserts on the medial condyle of the tibia

Flexes knee and extends the thigh



# Muscles of the thigh and leg

## Hamstrings group

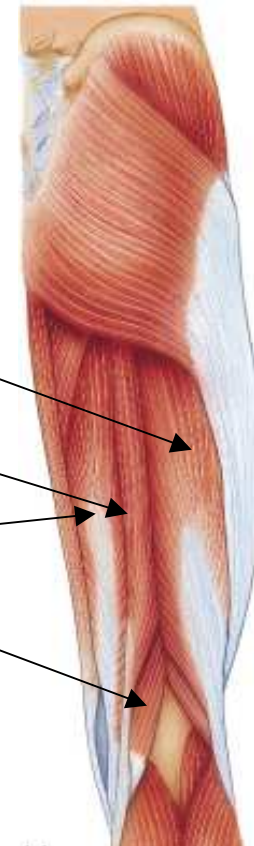
Semimembranosus: medial and deep muscle of posterior thigh

Same origins/insertions as semitendinosus  
same action semitendinosus  
(Flexes knee and extends the thigh)

Biceps femoris

Semitendinosus

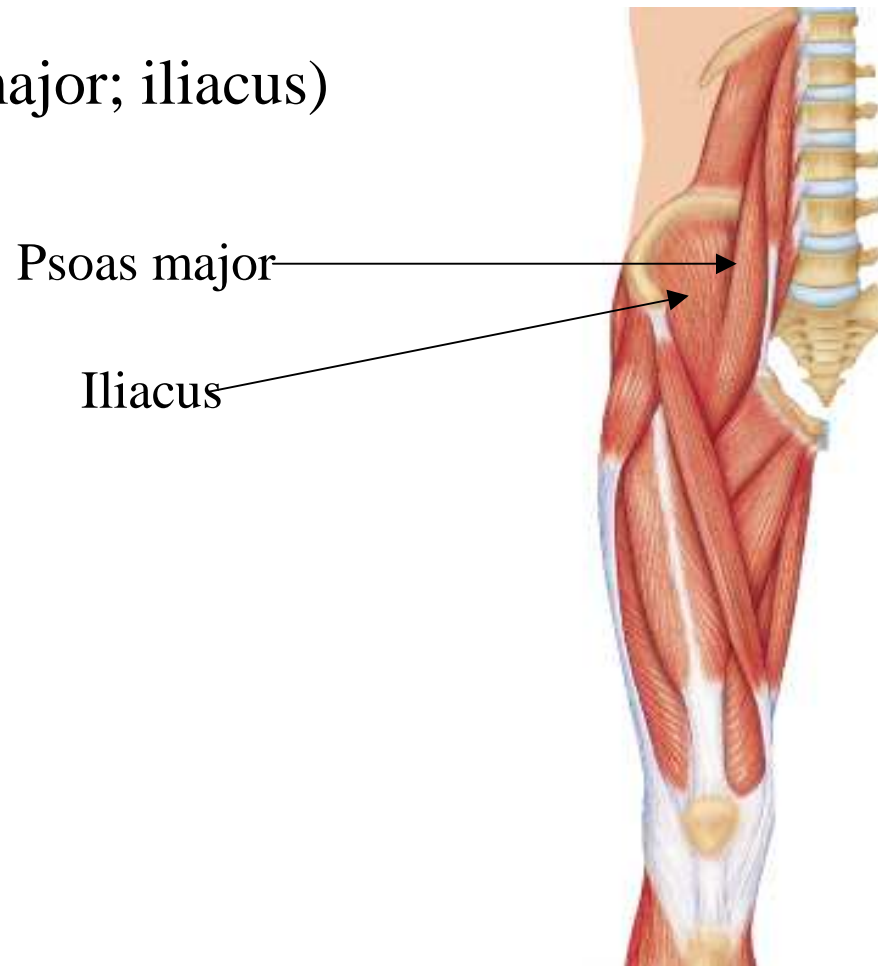
Semimembranosus



# Muscles of the anterior hip and thigh

Iliopsoas group

Hip flexors (psoas major; iliacus)



# Muscles of the anterior hip and thigh

## Quadriceps group

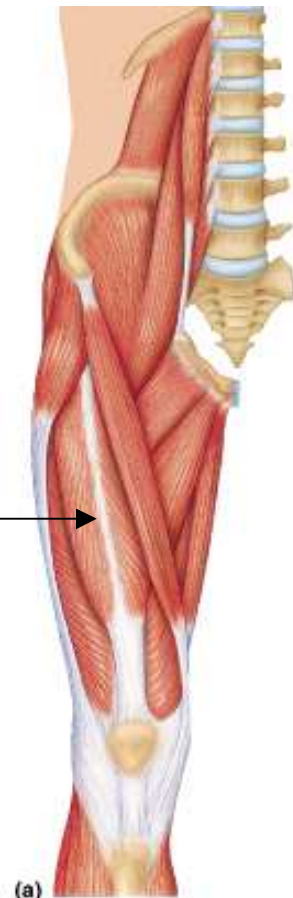
### Rectus femoris

#### Straight muscle

Extends from inferior iliac spine to  
tibial tuberosity

Flexes thigh and extends the leg

Rectus femoris





# Muscles of the anterior hip and thigh

## Quadriceps group

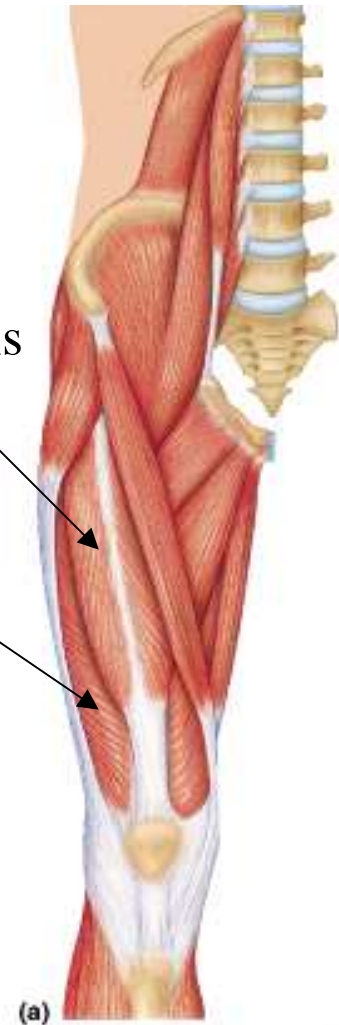
### Vastus lateralis

From greater trochanter to tibial tuberosity

Flexes thigh and extends the leg

Vastus lateralis

Rectus femoris

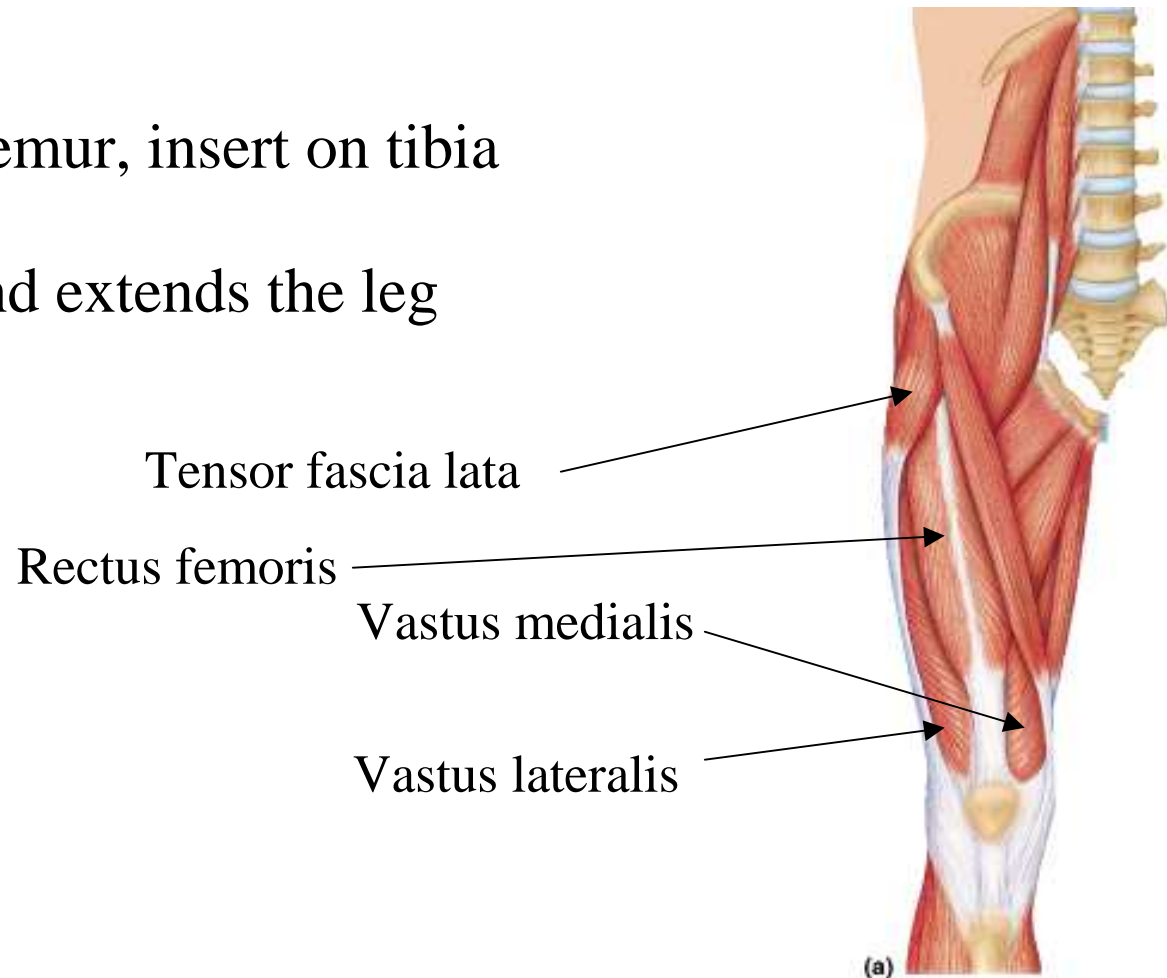


# Muscles of the anterior hip and thigh

Vastus medialis

Originates on femur, insert on tibia

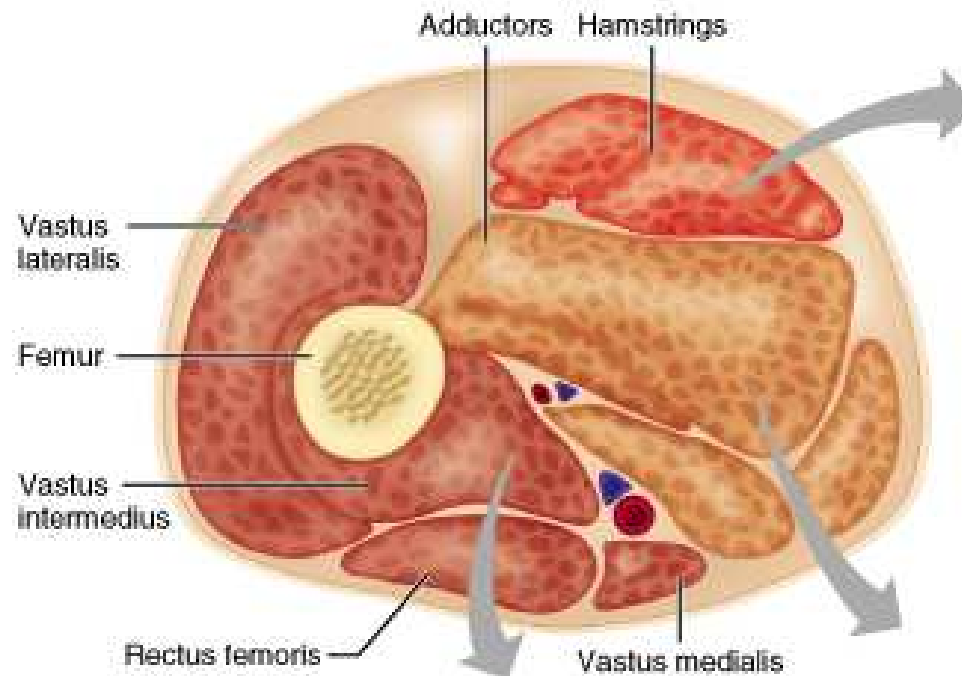
Flexes thigh and extends the leg



# Muscles of the anterior hip and thigh

## Vastus intermedius

Deep to other quadriceps group muscle, can not be seen from surface



# Tensor fascia lata

Lateral aspect of thigh

From iliac crest to tibia (lateral surface)

Flexes and abducts thigh (iliotibial tract)



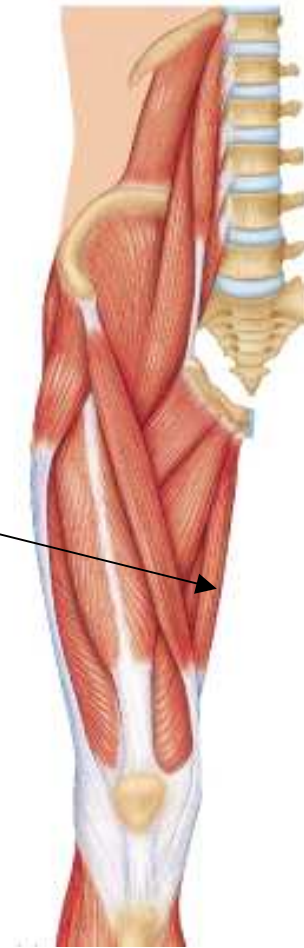
# Muscles that adduct the thigh

Gracilis

From pubic crest to medial condyle of tibia

Adducts thigh

Gracilis



# Muscles that adduct the thigh

## **Adductor magnus**

Origin from inferior ramus of pubis

Inserts on linea aspera of femur

## **Adductor longus**

Origin from pubis symphysis

Inserts on linea  
aspera of femur

Adductor brevis

Adductor longus

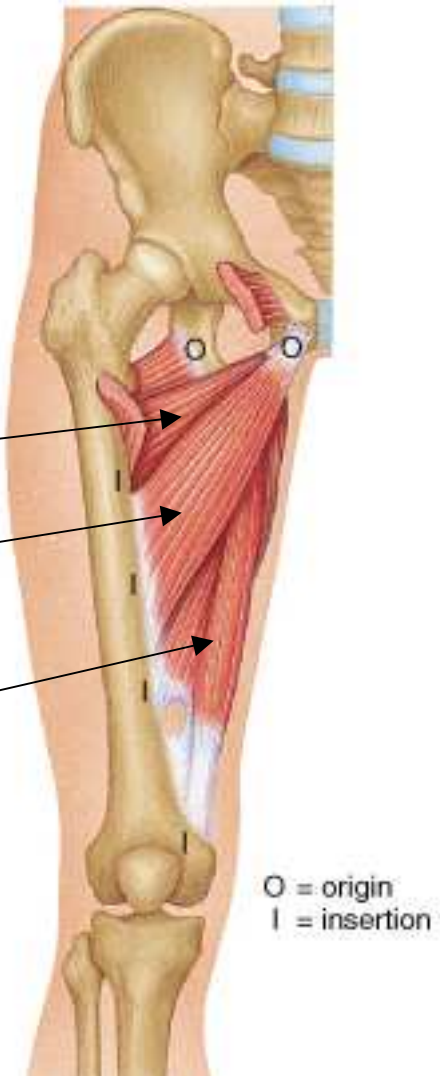
Adductor magnus

## **Adductor brevis**

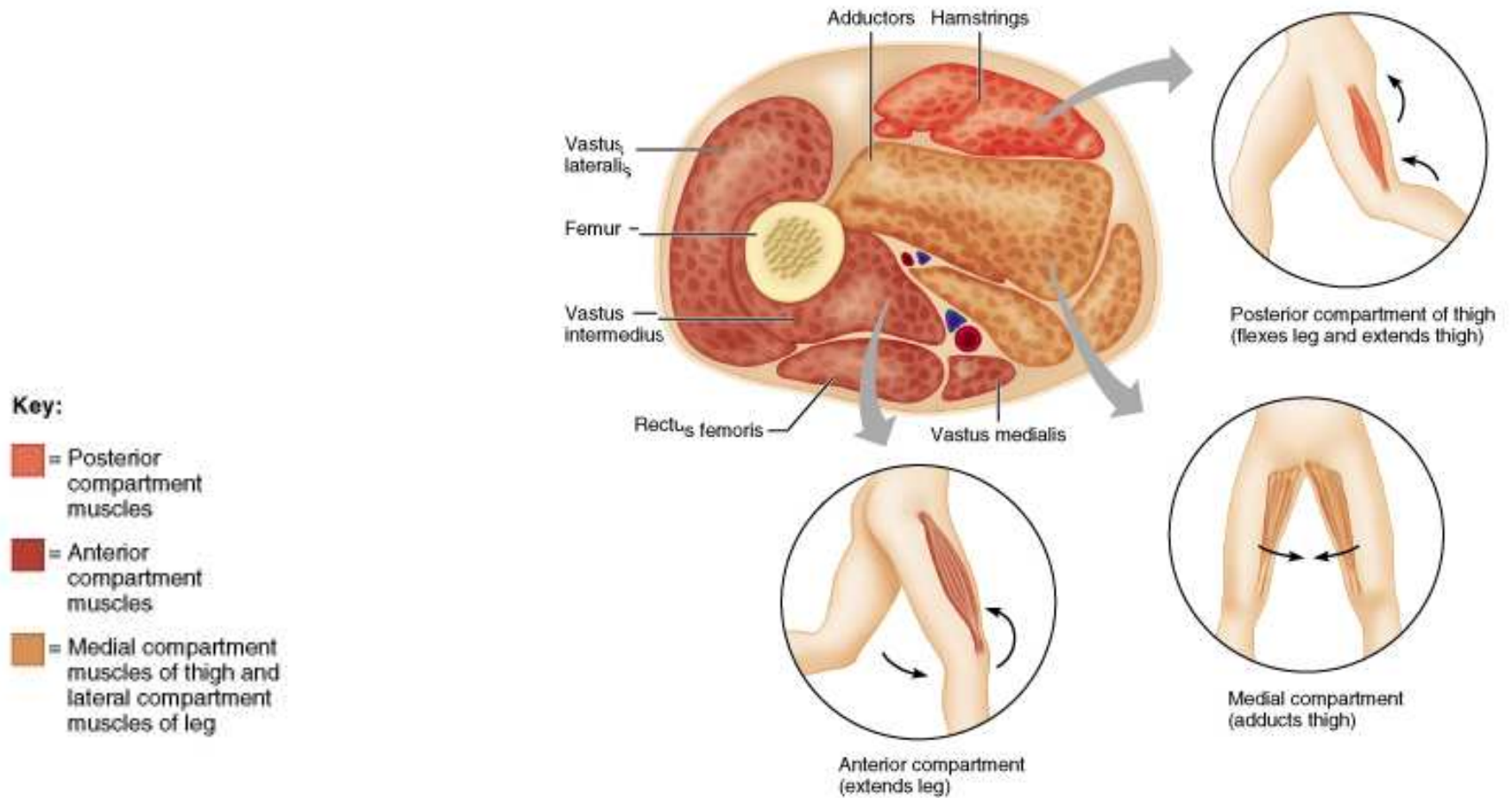
Origin from inferior ramus of pubis

Inserts on linea aspera of femur

**All adduct, and medially rotate the thigh**



# Muscles of the thigh and their actions



# Muscles of the thigh

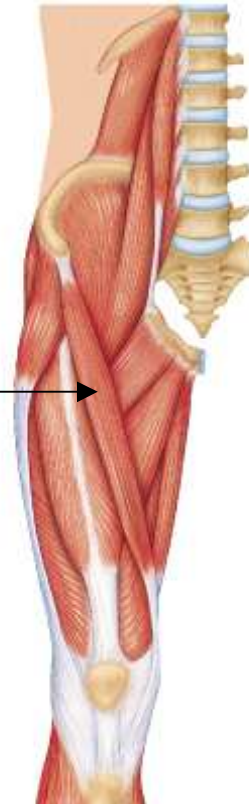
## Sartorius

“Tailor's muscle”: longest muscle in body

Extends from the ilium to the medial body of the tibia

Flexes leg, flexes thigh and laterally rotates the thigh  
as in crossing legs

Sartorius





# Muscles of the leg

## Plantar flexors

### Triceps surae - posterior leg

#### Gastrocnemius

Medial and lateral heads originate on the femoral condyles

Insert on the calcaneus (via Achilles)

Action: Plantar flexion and flexion of leg

Gastrocnemius



# Muscles of the leg

## Soleus

Flat muscle deep to the gastrocnemius

Originates on the head of the fibula  
and on the medial tibia

Inserts on the calcaneus

Action: Plantar flexion and flexion of leg

Soleus





O = origin  
I = insertion

(b)

# Muscles of the leg

## Dorsiflexors

### Tibialis anterior

On anterior aspect of leg;

Extends from the lateral condyle  
of the tibia to the 1st metatarsal

Tibialis Anterior

