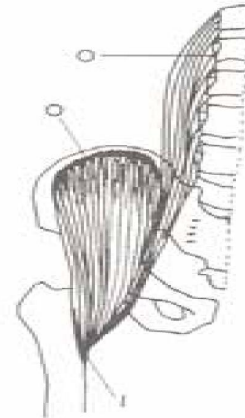


Lower Extremity

iliopsoas



- (O): Iliac fossa, anterior and lateral surfaces of T12 through L5
- (I): Lesser trochanter
- (A): Hip flexion
- (N): Iliacus portion: Femoral nerve
Psoas major portion: L2 and L3

rectus femoris



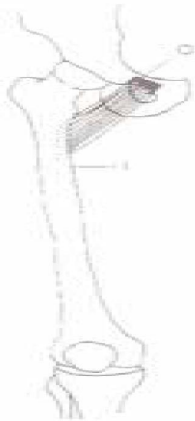
- (O): Anterior inferior iliac spine
- (I): Tibial tuberosity
- (A): Hip flexion, knee extension
- (N): Femoral nerve

sartorius



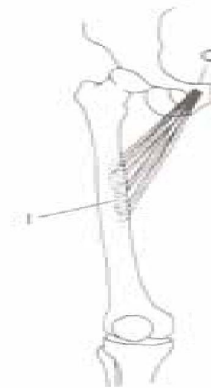
- (O): Anterior superior iliac spine
- (I): Proximal medial aspect of tibia
- (A): Combination of hip flexion, abduction, lateral rotation
- (N): Femoral nerve

pectineus



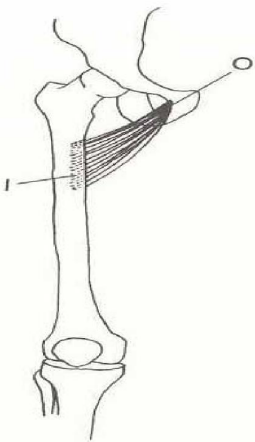
- (O): Superior ramus of pubis
- (I): Pectineal line of femur
- (A): Hip flexion and adduction
- (N): Femoral nerve

adductor longus



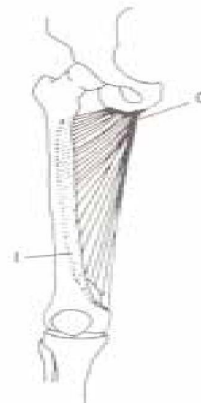
- (O): Pubis
- (I): Middle one- third of the linea aspera
- (A): Hip adduction
- (N): Obturator nerve

adductor brevis



- (O): Pubis
- (I): Pectineal line and proximal linea aspera
- (A): Hip adduction
- (N): Obturator nerve

adductor magnus



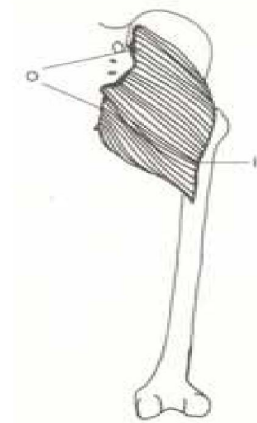
- (O): Ischium and pubis
- (I): Entire linea aspera and adductor tubercle
- (A): Hip adduction
- (N): Obturator nerve

gracilis



- (O): Pubis
- (I): Anterior medial surface of proximal end of tibia
- (A): Hip adduction
- (N): Obturator nerve

gluteus maximus



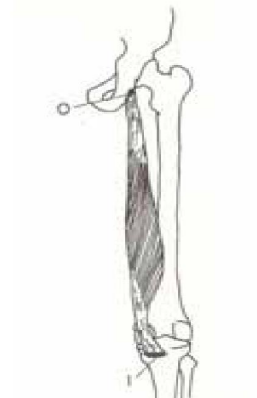
- (O): Posterior sacrum and ilium
- (I): Posterior femur distal to greater trochanter
- (A): Hip extension, hyperextension, lateral rotation
- (N): Inferior gluteal nerve

deep rotators



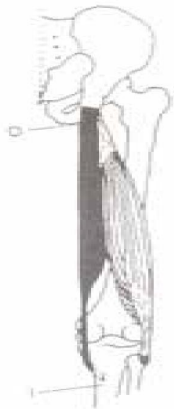
- A: Obturator externus
- B: Obturator internus
- C: Quadratus femoris
- D: Piriformis
- E: Gemellus superior
- F: Gemellus inferior
- (A): Hip lateral rotation

semimembranosus



- (O): Ischial tuberosity
- (I): Posterior surface of medial condyle of tibia
- (A): Extend hip and flex knee
- (N): Sciatic nerve

semitendinosus



- (O): Ischial tuberosity
- (I): Anteromedial surface of proximal tibia
- (A): Extend hip and flex knee
- (N): Sciatic nerve

biceps femoris



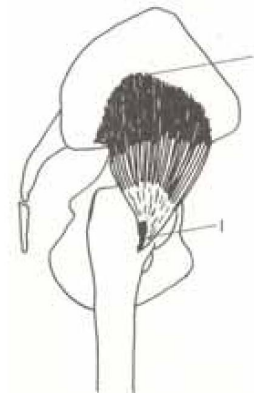
- (O): Long head: Ischial tuberosity
Short head: Lateral lip of linea aspera
- (I): Fibular head
- (A): Long head: Extend hip and flex knee
Short head: Flex knee
- (N): Long head: Sciatic nerve
Short head: Common peroneal nerve

gluteus medius



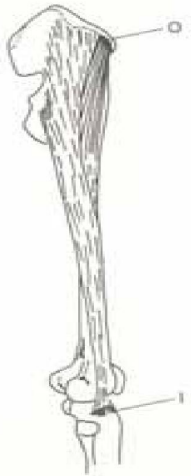
- (O): Lateral ilium
- (I): Greater trochanter
- (A): Hip abduction
- (N): Superior gluteal nerve

gluteus minimus



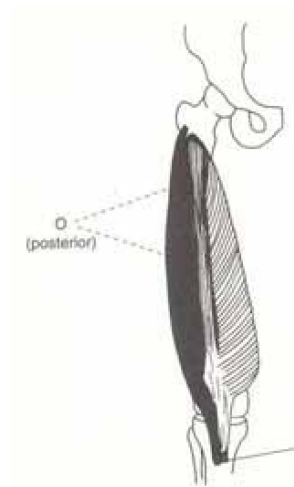
- (O): Lateral ilium
- (I): Anterior surface of the greater trochanter
- (A): Hip abduction, medial rotation
- (N): Superior gluteal nerve

tensor fascia latae



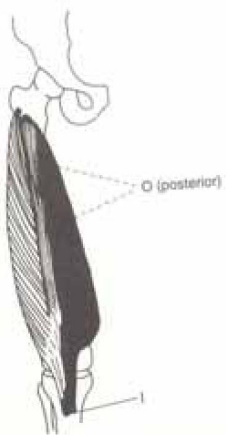
- (O): Anterior super iliac spine
- (I): Lateral condyle of tibia
- (A): Combined hip flexion and abduction
- (N): Superior gluteal nerve

vastus lateralis



- (O): Linea aspera
- (I): Tibial tuberosity via patellar tendon
- (A): Knee extension
- (N): Femoral nerve

vastus medialis



- (O): Linea aspera
- (I): Tibial tuberosity via patellar tendon
- (A): Knee extension
- (N): Femoral nerve

vastus intermedius



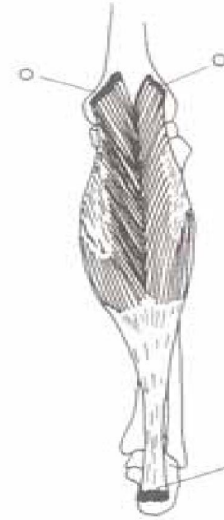
- (O): Anterior femur
- (I): Tibial tuberosity via patellar tendon
- (A): Knee extension
- (N): Femoral nerve

popliteus



- (O): Lateral condyle of femur
- (I): Posteriorly on medial condyle of tibia
- (A): Initiates knee flexion
- (N): Tibial nerve

gastrocnemius



- (O): Medial and lateral condyles of femur
- (I): Posterior calcaneus
- (A): Knee flexion, ankle plantar flexion
- (N): Tibial nerve

soleus



- (O): Posterior tibia and fibula
- (I): Posterior calcaneus
- (A): Ankle plantar flexion
- (N): Tibial nerve

plantaris



- (O): Posterior lateral condyle of femur
- (I): Posterior calcaneus
- (A): Very weak assist in knee flexion, ankle plantar flexion
- (N): Tibial nerve