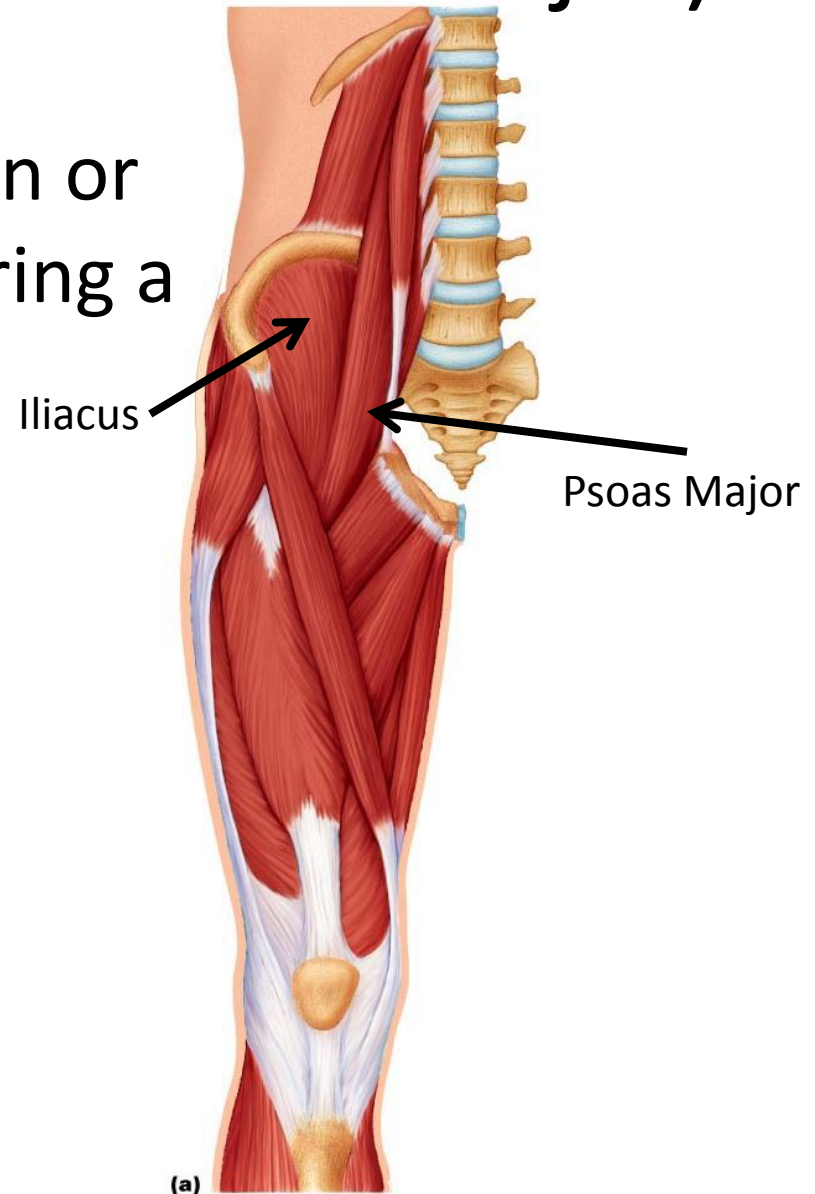


Muscles of the Human Body!

Muscles that Move the Thigh, Leg,
Ankle, & Toes

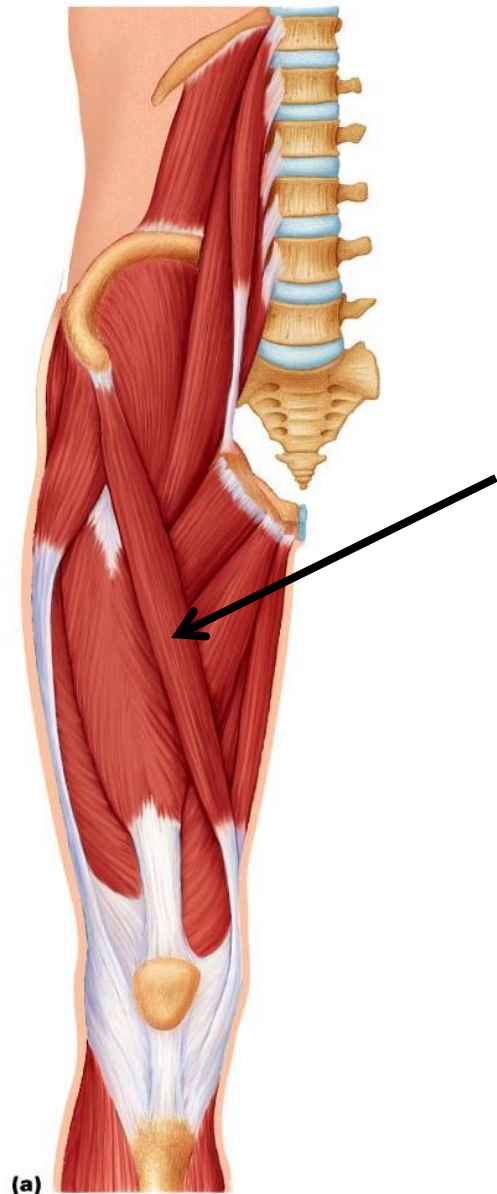
Iliopsoas (Iliacus and Psoas Major)

Prime mover of thigh flexion or flexing trunk on thigh during a bow



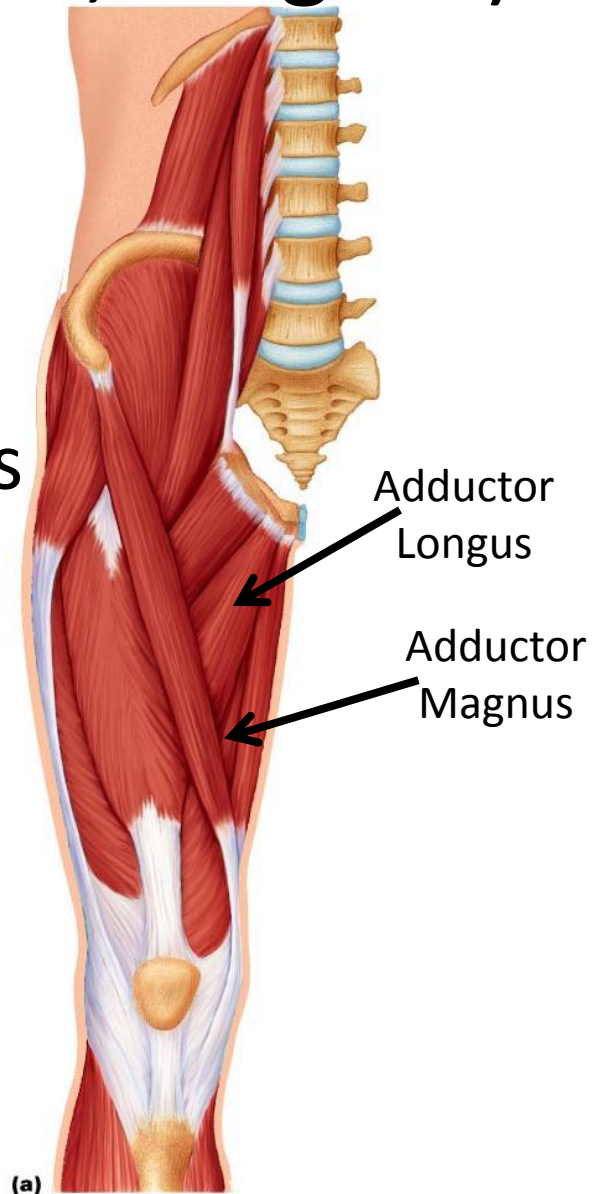
Sartorius

- Flexes, abducts, and laterally rotates thigh; flexes knee (weak) as in a soccer kick
- Known as “tailor’s muscle” because it helps effect cross-legged position in which tailors are often depicted



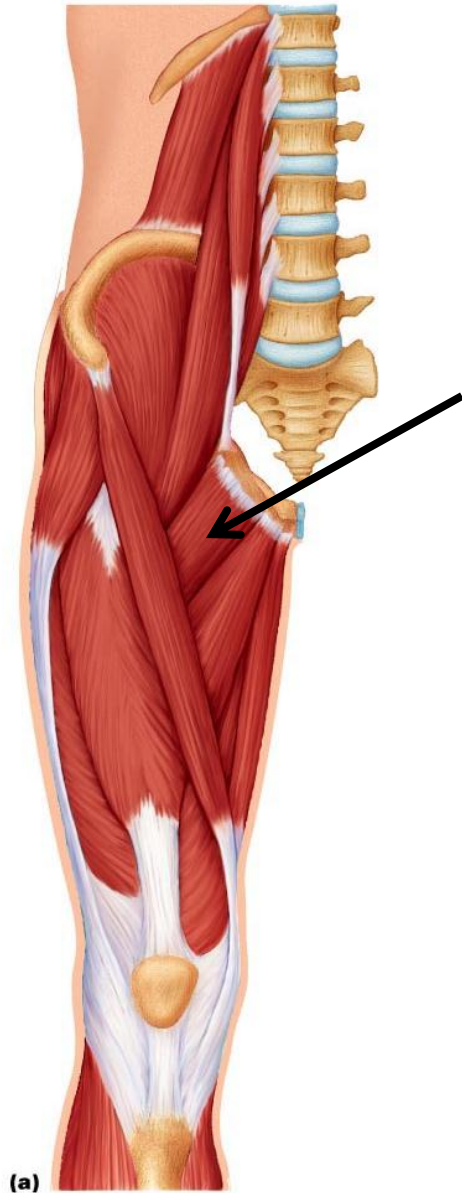
Adductors (Brevis, Longus, Magnus)

- Adducts thigh, medially rotates thigh and thigh flexor; (groin muscles)
- Used in movements that press thighs together
- Ex. Sitting on a horse



Pectineus

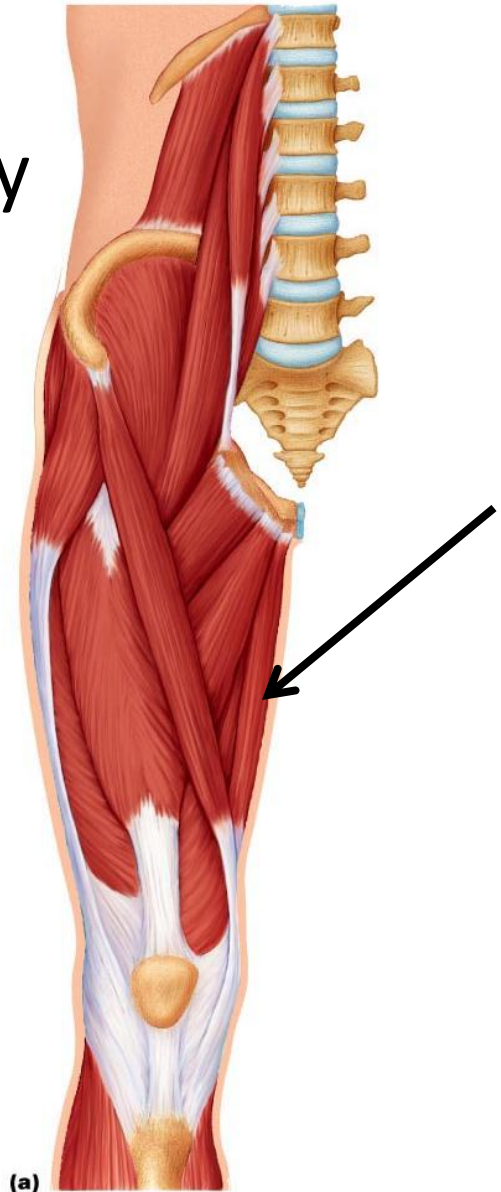
Adducts, flexes, and medially rotates thigh



(a)

Gracilis

Adducts thigh, flexes and medially rotates thigh, especially during walking; flexes knee.



Quadriceps Femoris

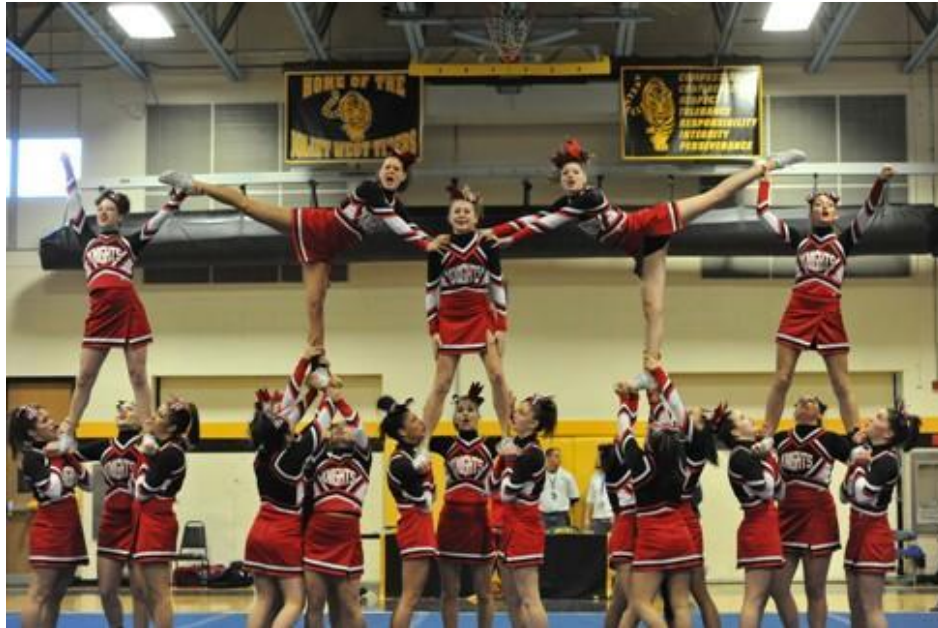
(Rectus Femoris & Vastus Muscles)

- Prime mover of knee extension – used in climbing, jumping, running, and rising from a seated position. Plays an important role in strengthening the knee joint



Gluteus Maximus

Prime mover in thigh extension. role in abduction and lateral rotation.



Gluteus Medius



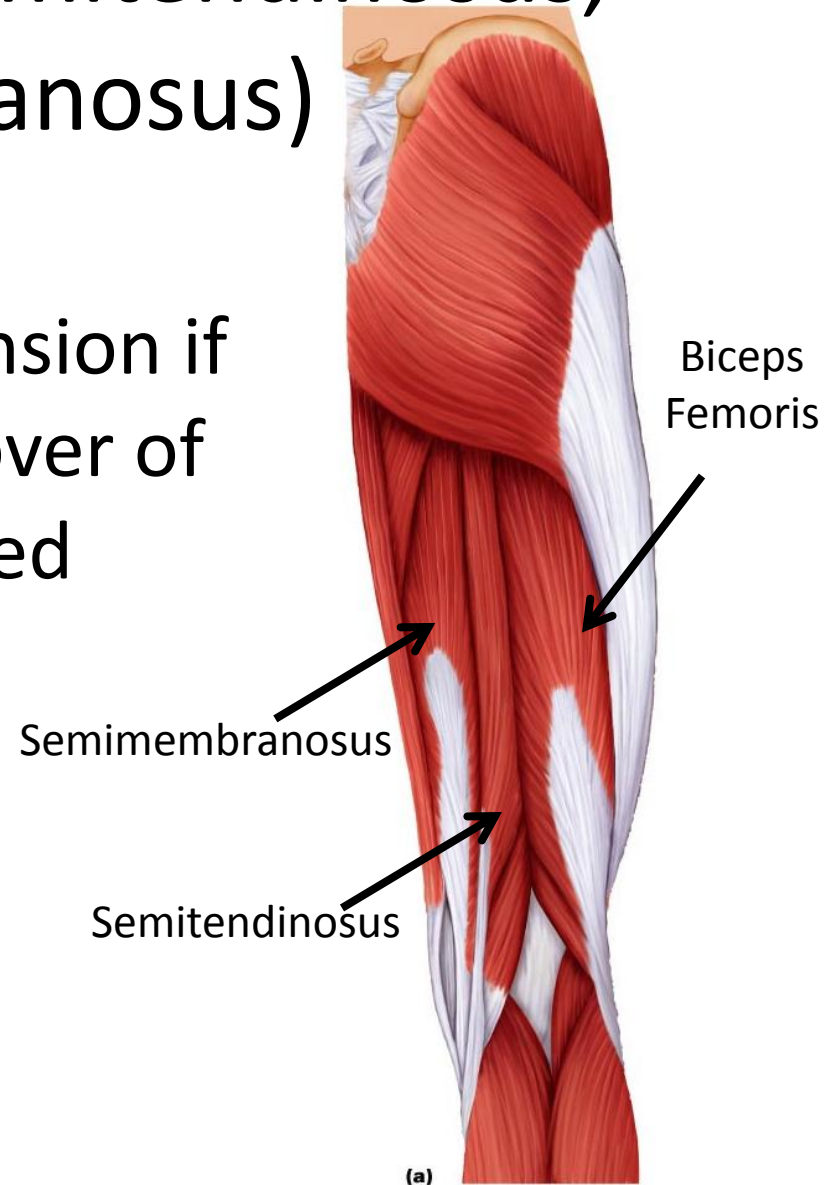
Prime mover of abduction. Medially rotates thigh – extremely important in walking



Hamstrings

(Biceps Femoris, Semitendinosus, Semimembranosus)

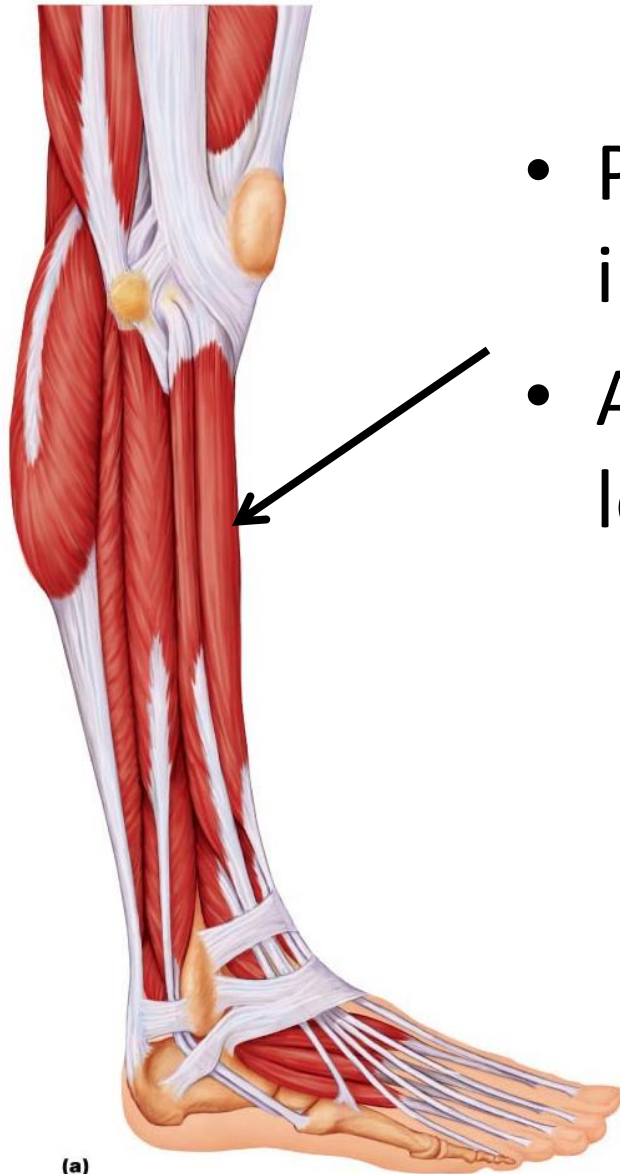
Prime movers of thigh extension if knee is extended, prime mover of knee flexion if hip is extended flexes knee



Tibialis Anterior

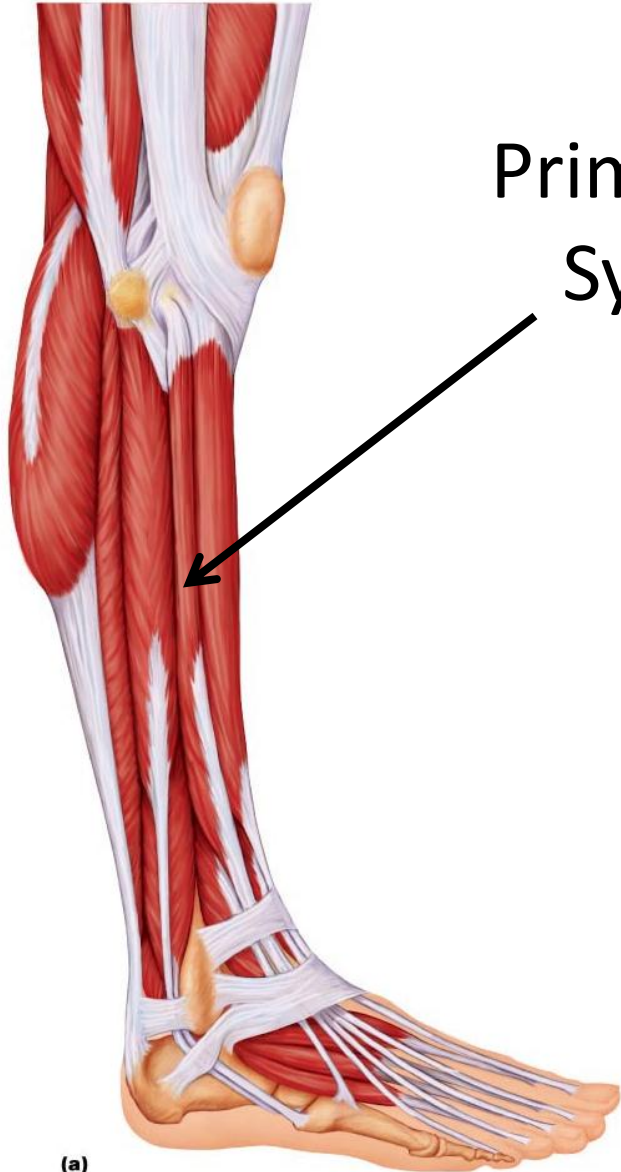


- Prime mover of dorsiflexion; inverts foot.
- Assists in supporting medial longitudinal arch of foot

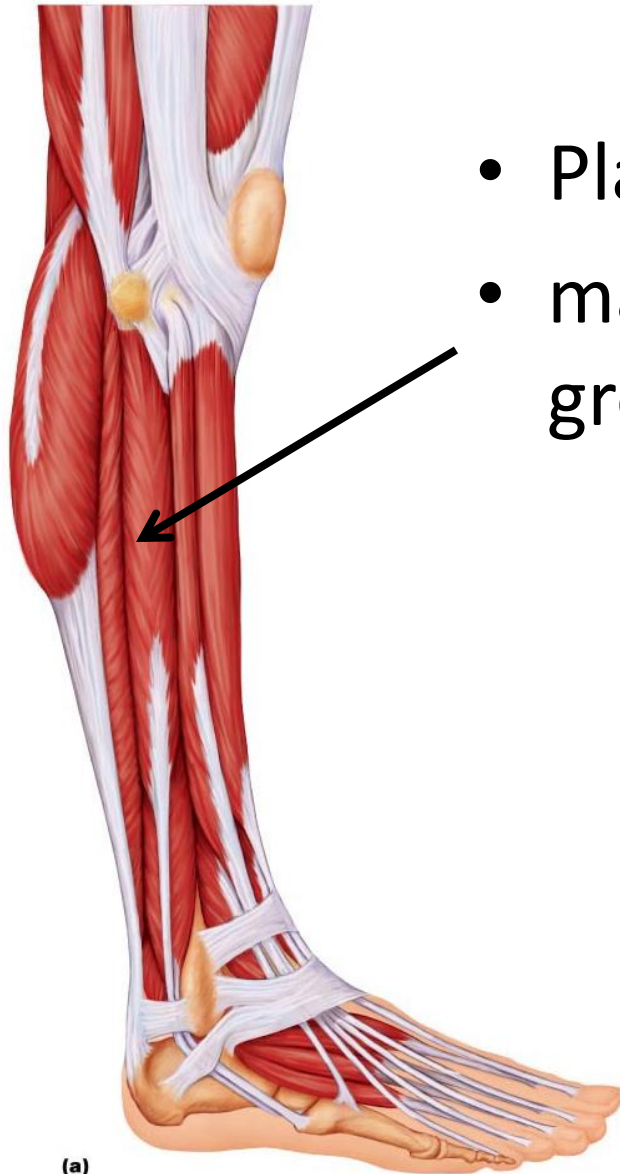


Extensor Digitorum Longus

Prime mover of toe extension.
Synergist of dorsiflexion



Fibularis (Peroneus) Longus

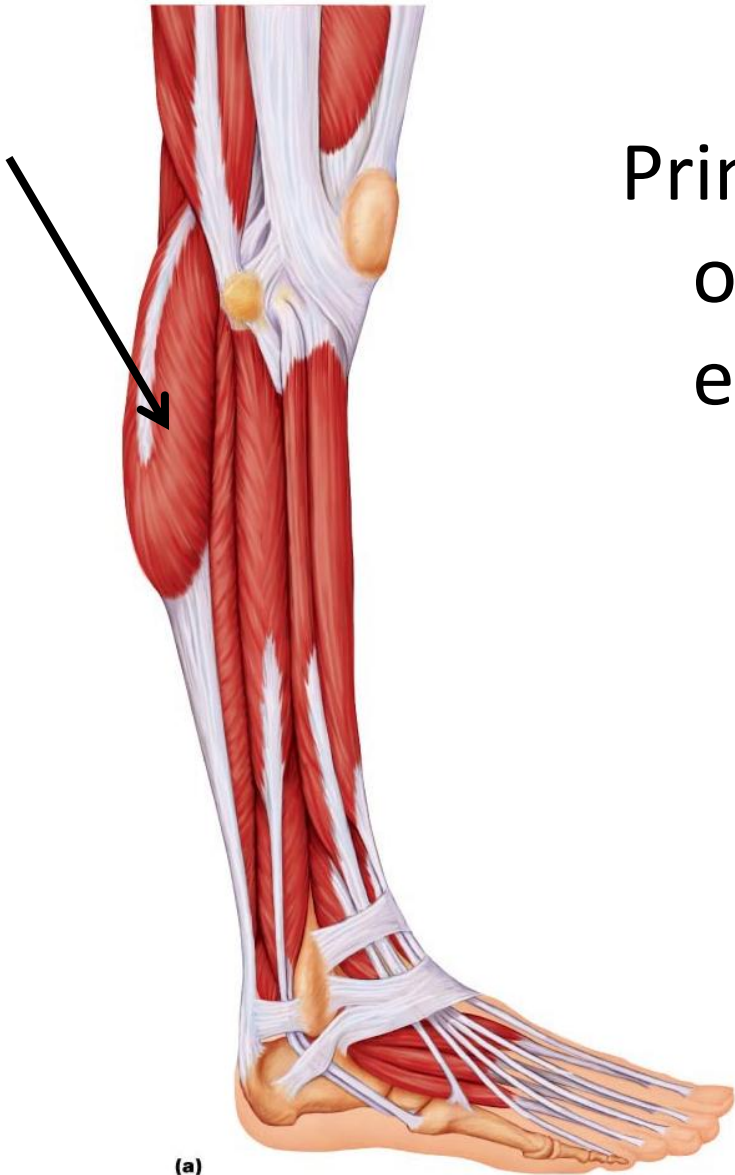


- Plantar flexes and everts foot;
- may help keep foot flat on ground



Gastrocnemius

Prime mover of plantar flexion of foot when knee is extended.



Soleus



- Prime mover of plantar flexion of foot.
- Important locomotor and postural muscle during walking, running, and dancing



Plantaris

- Assists in knee flexion and plantar flexion of foot

