MUSCLES ACTING ON THE THIGH AND LEG
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MUSCLES ACTING ON THE THIGH AND LEG:

RIGHT THIGH:

MUSCLES ACTING ON FEMUR: (p 371) most arise from the pelvis except:

principle flexor of hip, together called iliopsoas, both insert into lesser trochanter by same tendon, under inguinal ligament

iliopsoas major and minor  origin: lumbar vertebrae (beef tenderloin: filet mignon, chateaux briand)(p. minor is absent in 40% pop)
iliopsoas iliacus  origin: iliac crest and fossa  insert: lesser trochanter (psoas inserts distal to lesser trochanter)

GLUTEAL (BUTTOCKS):

Gluteus maximus extensor and lateral rotator  origin: ilium, sacrum and coccyx.  Insert: iliotibial band&gluteal tuberosity

Gluteus medius abduct, medially rotate  outer surf. ilium to lat. surf. of greater trochanter, passes above hip joint

Gluteus minimus abduct, medially rotate  outer surf. ilium to ant. surface of greater trochanter, passes anteriorly

tensor fascia lata:  (lata: broad)  fascia lata invests all of the thigh muscles. inserts into iliobibial band, stabilizes knee.

THIGH (p 371) divided into three compartments, anterior, posterior, medial: Bottom, 373

MEDIAL COMPARTMENT: adductor compartment (of thigh), all originate fr pubis, adduct thigh (pulled = pulled groin muscle)

- adductor magnus Inserts along whole length of linea aspera
- adductor longus Inserts middle third of linea aspera, anterior to magnus
- adductor brevis Inserts upper portion of linea aspera, anterior to magnus
- pectineus most proximal. origin: superior pubic ramus

MUSCLES ACTING ON LEG: (p 373)

gracilis: in med. compartment, but inserts medial surf. tibia: flex leg, assist adduction.

ANTERIOR COMPARTMENT: extensor compartment (all extend the knee)

- quadriceps femoris: formed from four muscles, all insert into patella, different origins:
  - rectus femoris Origin: anterior inferior iliac spine and superior acetabular rim
  - vastus lateralis Origin: below greater trochanter
  - vastus intermedius Origin: anterior surface femur, linea aspera
  - vastus medialis Origin: length of linea aspera (large on bicyclers)
- sartorius: Origin: ant. sup. iliac spine  Insertion: medial tibial tuberosity, flexes both leg and thigh, lateral rotation

POSTERIOR COMPARTMENT flexor compartment (of the knee) Hamstring muscles. All originate from ischial tuberosities.

- biceps femoris lateral most, tendon also lateral at knee (2nd origin: along linea aspera of femur)
- semimembranosus head of fibula, lateral condyle tibia. At insertions, all posterior compartment tendons form popliteal fossa.
- semitendinosus medial most, lies on top of membranosus, long tendon of insertion