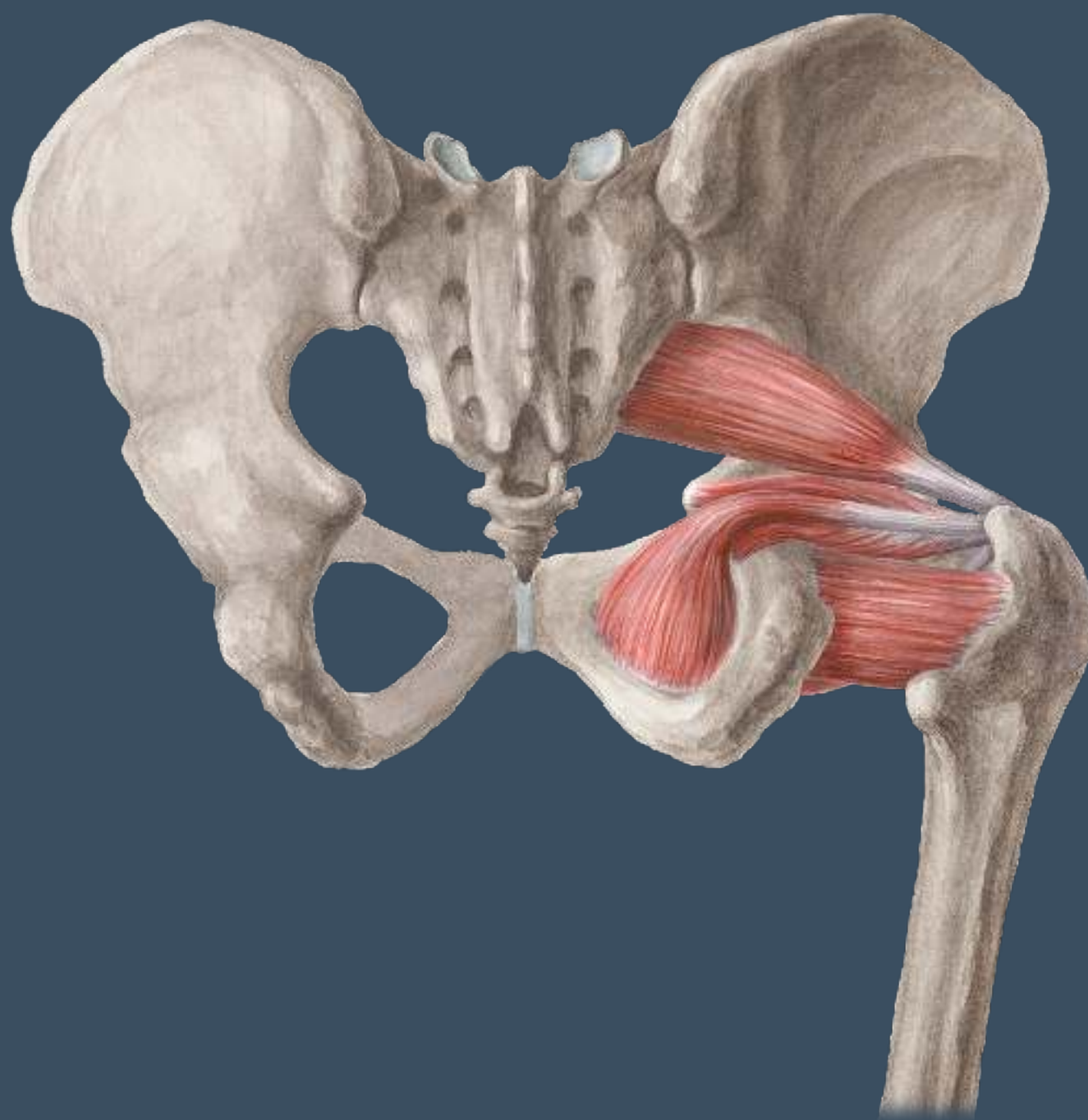
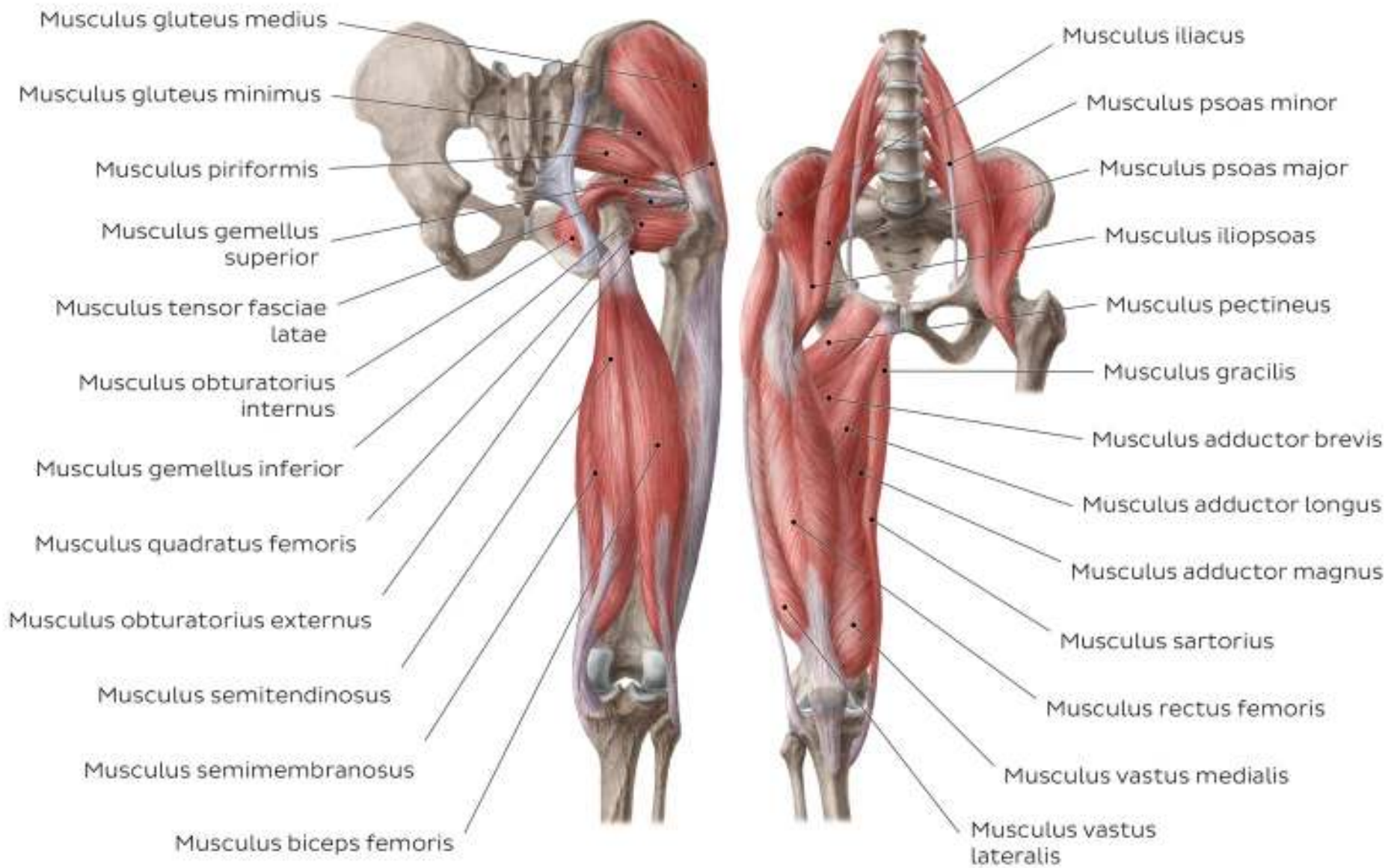


Cheat Sheet (Latin Terminology)

# Lower Limb: Muscle Charts



# Hip and thigh muscles



Mm. glutei	Origin	Insertion	Innervation	Function
<b>M. gluteus maximus</b>	Lateroposterior surface of os sacrum and os coccygis, Facies glutea alae ossis ilium (behind linea glutea posterior), Fascia thoracolumbalis, Ligamentum sacrotuberale	Tractus iliotibialis, Tuberositas glutea femoris	Nervus gluteus inferior (L5-S2)	Articulatio coxae: Thigh extension, Thigh external rotation, Thigh abduction (superior part), Thigh adduction (inferior part)
<b>M. gluteus medius</b>	Facies glutea alae ossis ilium (between lineae gluteae posterior et anterior)	Lateral aspect of trochanter major femoris	Nervus gluteus superior (L4-S1)	Articulatio coxae: Thigh abduction, Thigh internal rotation (anterior part); Stabilizes pelvis
<b>M. gluteus minimus</b>	Facies glutea alae ossis ilium (between lineae gluteae anterior et inferior)	Anterior aspect of trochanter major femoris		
<b>M. tensor fasciae latae</b>	Spina iliaca anterior superior, Labium externum cristae externae	Tractus iliotibialis		Articulatio coxae: Thigh internal rotation, (Weak abduction); Articulatio genis: Leg external rotation, (Weak leg flexion/extension); Stabilises hip & knee joints

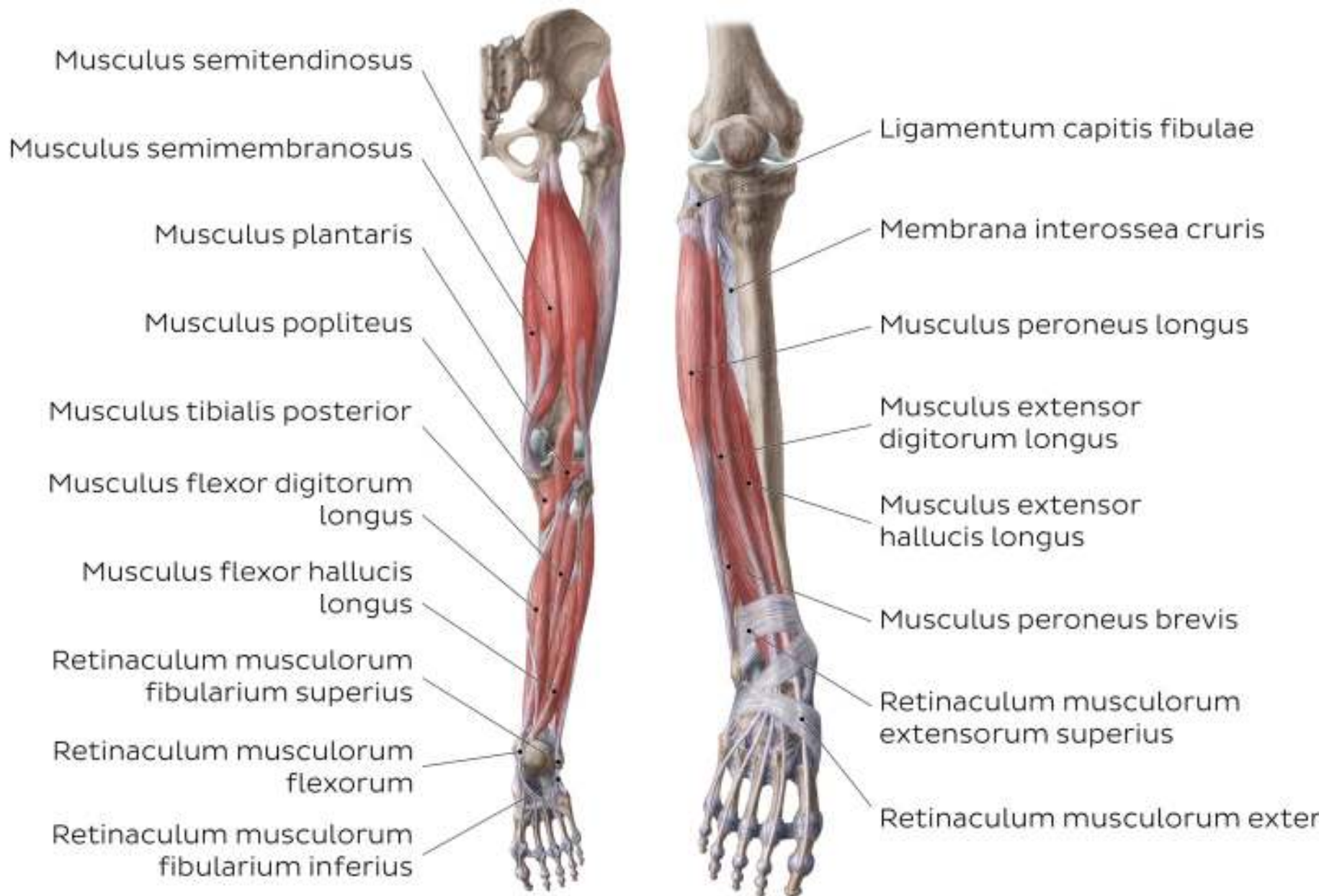
Inner Hip Muscles	Origin	Insertion	Innervation	Function	
M. Iliacus	Fossa iliaca	Trochanter minor femoris	Nervus femoralis (L1-L3)	Articulatio coxae: Thigh/trunk flexion, Thigh external rotation; Trunk lateral flexion (Psoas major/minor only)	
M. psoas major	Corpus of vertebrae T12-L4, Disci intervertebrales between T12-L4, Processus costales L1-L5				
M. psoas minor	Corpus of vertebrae T12-L1		Rami anteriores of nervi spinales L1-L3		
M. obturator externus	Anterior surface of membrana obturatoria, Bony boundaries of foramen obturatum	Fossa trochanterica femoris	Nervus obturatorius (L3, L4)	Articulatio coxae: Thigh external rotation, Thigh abduction (from flexed hip); Stabilises head of femur in acetabulum	
M. triceps coxae	M. obturator internus	Ramus ischiopubicus, Facies posterior of membrana obturatoria	Medial aspect of trochanter major femoris		Nervus musculi obturatorii interni (L5-S2)
	M. gemellus superior	Spina ischiadica	Medial surface of trochanter major femoris (via tendo musculi obturatorius internus)		Nervus musculi quadrati femoris (L4-S1)
	M. gemellus inferior	Tuber ischiadicum			
M. piriformis	Facies anterior of os sacrum (between S2-S4), Facies glutea ossis ilii, (Ligamentum sacrotuberale)	Apex of trochanter major femoris	Nervus musculi piriformis (S1-S2)		
M. quadratus femoris	Tuber ischiadicum	Crista intertrochanterica femoris	Nervus musculi quadrati femoris (L4-S1)	Articulatio coxae: Thigh external rotation; Stabilises head of femur in acetabulum	

Anterior thigh muscles	Origin	Insertion	Innervation	Function	
M. sartorius	Spina iliaca anterior superior	Proximal end of tibia below condylus medialis (via pes anserinus)	Nervus femoralis (L2-L4)	Articulatio coxae: Thigh flexion, Thigh abduction, Thigh external rotation; Articulatio genus: Leg flexion, Leg internal rotation	
M. quadriceps femoris	M. rectus femoris	Spina iliaca anterior inferior, Sulcus supraacetabularis		Tuberositas tibiae (via lig. patellae), Os patella	Articulatio coxae: Thigh flexion; Articulatio genus: Leg extension
	M. vastus intermedius	Facies anterior of corpora femoris		Tuberositas tibiae (via lig. patellae), Patella, (Condylus lateralis tibiae)	Articulatio genus: Leg extension
	M. vastus lateralis	Linea aspera femoris, Trochanter major femoris			
	M. vastus medialis	Linea intertrochanterica, Linea spiralis, Linea aspera, Linea supracondylaris medialis of femur		Tuberositas tibiae (via lig. patellae), Patella, (Condylus medialis tibiae)	

Posterior thigh muscles	Origin	Insertion	Innervation	Function
<b>M. semimembranosus</b>	(Impressio superolateralis of) Tuber ischiadicum	Condylus medialis tibialis	Divisio tibialis nervi ischiadici (L5-S2)	Articulatio coxae: Thigh extension, Thigh internal rotation; Articulatio genus: Leg flexion, Leg internal rotation; Stabilises pelvis
<b>M. semitendinosus</b>	(Impressio posteromedialis of) Tuber ischiadicum	Proximal end of tibia below condylus medialis (via pes anserinus)		
<b>M. biceps femoris</b>	<p><b>Caput longus:</b> (Impressio inferomedialis of) Tuber ischiadici, Ligamentum sacrotuberale</p> <p><b>Caput breve:</b> Linea aspera femoris, Linea supracondylaris lateralis</p>	(Lateral aspect of) Caput fibulae	<p><b>Caput longus:</b> Divisio tibialis nervi ischiadici (L5-S2)</p> <p><b>Caput breve:</b> Divisio fibularis communis nervi ischiadici (L5-S2)</p>	Articulatio coxae: Thigh extension, Thigh external rotation; Articulatio genus: Leg flexion, Leg internal rotation; Stabilises pelvis

Medial thigh muscles	Origin	Insertion	Innervation	Function
<b>M. pectineus</b>	Pectin ossis pubis	Linea pectinea femoris, Linea aspera femoris	Nervus femoralis (L2-L3) (Nervus obturatorius (L2-L3))	Articulatio coxae: Thigh flexion, Thigh adduction, Thigh external rotation, Thigh internal rotation; Pelvis stabilization
<b>M. adductor magnus</b>	<p><b>Pars adductoria:</b> Ramus inferior ossis pubis, Ramus ossis ischii</p> <p><b>Pars ischiocondylaris:</b> Tuber ischiadicum</p>	<p><b>Pars adductoria:</b> Tuberositas glutea, Linea aspera (labium mediale), Linea supracondylaris medialis</p> <p><b>Pars ischiocondylaris:</b> Tuberculum adductorium femoris</p>	<p><b>Pars adductoria:</b> Nervus obturatorius (L2-L4)</p> <p><b>Pars ischiocondylaris:</b> Divisio tibialis nervi ischiadici (L4)</p>	Articulatio coxae: Thigh flexion, Thigh adduction, Thigh external rotation (pars adductoria); Thigh extension, Thigh internal rotation (pars ischiocondylaris); Pelvis stabilization
<b>M. adductor minimus</b>	Ramus inferior ossis pubis	Tuberositas glutea femoris	Nervus obturatorius (L2-L3)	Articulatio coxae: Thigh adduction, Thigh external rotation
<b>M. adductor longus</b>	Facies anterior of corpus ossis pubis	Linea aspera femoris (labium mediale)		Articulatio coxae: Thigh flexion, Thigh adduction, Thigh external rotation; Pelvis stabilization
<b>M. adductor brevis</b>	Facies anterior of corpus ossis pubis, Ramus inferior ossis pubis			
<b>M. gracilis</b>	Facies anterior of corpus ossis pubis, Ramus inferior ossis pubis, Ramus ossis ischii	Proximal end of tibia below condylus medialis (via pes anserinus)		Articulatio coxae: Thigh flexion, Thigh adduction; Articulatio genus: Leg flexion, Leg internal rotation

# Leg muscles

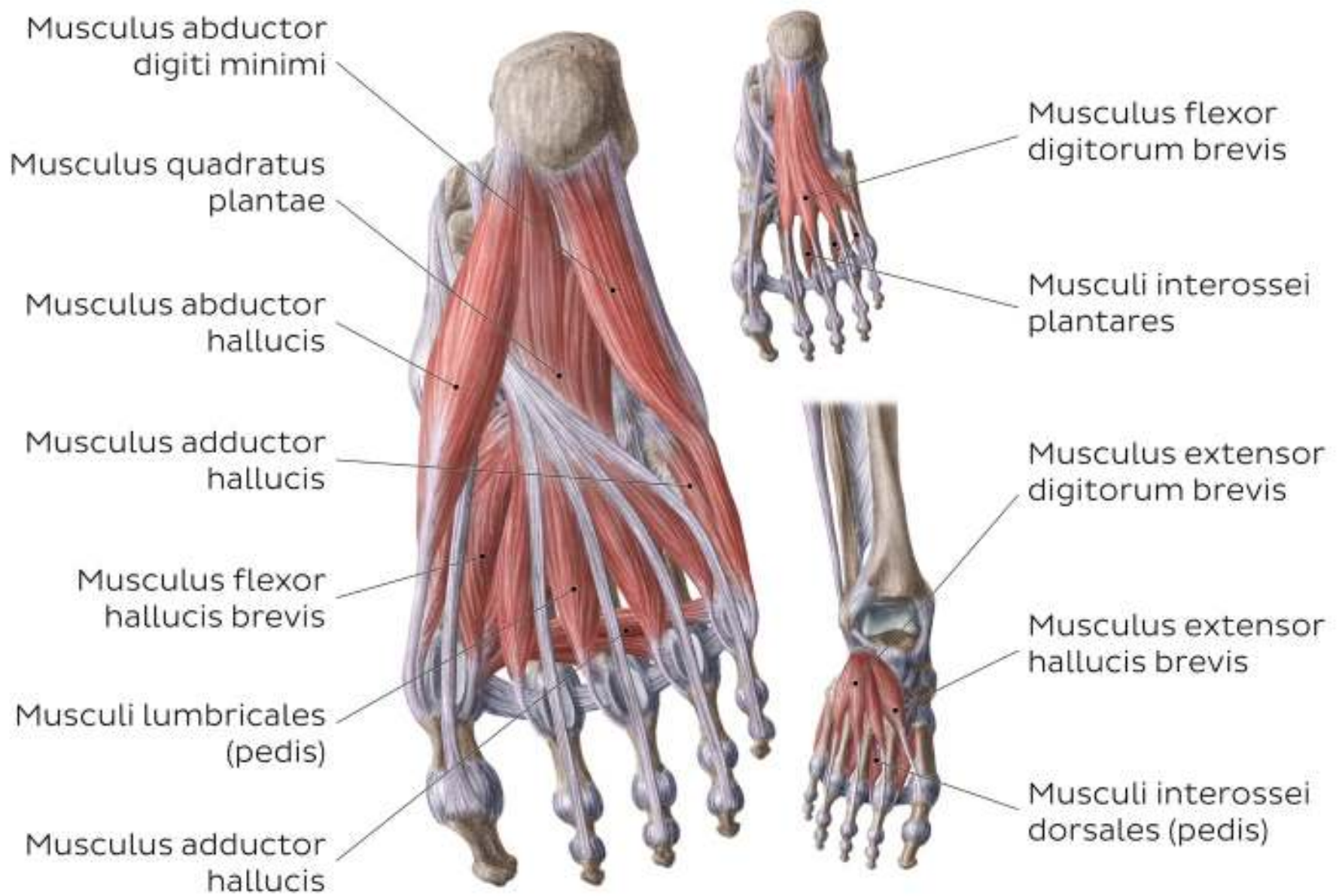


Anterior leg muscles	Origin	Insertion	Innervation	Function
<b>M. tibialis anterior</b>	Condylus lateralis tibiae, (Proximal half of) Facies lateralis tibiae, Membrana interossea	Os cuneiforme mediale, Basis ossis metatarsi 1	Nervus fibularis profundus (L4, L5)	Articulatio talocruralis: Foot dorsiflexion; Articulatio subtalaris: Foot inversion; Supports arcus longitudinalis medialis pedis
<b>M. extensor hallucis longus</b>	(Middle third of) Facies medialis fibulae, Membrana interossea	Basis phalangis distalis of hallux	Nervus fibularis profundus (L5, S1)	Articulatio metatarsophalangealis et articulatio interphalangealis 1: Great toe extension; Articulatio talocruralis: Foot dorsiflexion
<b>M. extensor digitorum longus</b>	(Proximal half of) Facies medialis fibulae, Condylus lateralis tibiae, Membrana interossea	Phalanges distales et phalanges mediae of digits 2-5		Articulatio metatarsophalangealis et articulatio interphalangealis 2-5: Toe extension; Articulatio talocruralis: Foot dorsiflexion; Articulatio subtalaris: Foot inversion
<b>M. fibularis tertius</b>	(Distal third of) Facies medialis fibulae, Septum intermusculare anterius	Dorsal surface of basis ossis metatarsi 5		Articulatio talocruralis: Foot dorsiflexion; Articulatio subtalaris: Foot eversion

Lateral leg muscles	Origin	Insertion	Innervation	Function
<b>M. fibularis longus</b>	Caput fibulae, Proximal 2/3 of facies lateralis fibulae, Septi intermusculares cruris anterior et posterior	Os cuneiforme mediale, Os metatarsale 1	Nervus fibularis superficialis (L5, S1)	Articulatio talocruralis: Foot plantar flexion; Articulatio subtalaris: Foot eversion, Supports arcus longitudinalis lateralis et transversus pedis
<b>M. fibularis brevis</b>	Distal 2/3 of facies lateralis fibulae, Septum intermusculare cruris anterior	Basis ossis metatarsi 5		Articulatio talocruralis: Foot plantar flexion; Articulatio subtalaris: Foot eversion

Posterior leg muscles	Origin	Insertion	Innervation	Function
<b>M. triceps surae</b>	<b>M. gastrocnemius</b>  <b>Caput laterale:</b> Posterolateral surface of condylus lateralis femoris  <b>Caput mediale:</b> (Facies posterior of) Condylus medialis femoris, Facies poplitea femoris	Facies posterior calcanei (via tendo calcaneus)	Nervus tibialis (S1, S2)	Articulatio talocruralis: Foot plantar flexion; Articulatio genus: Knee flexion
	<b>M. soleus</b>  Linea musculi solei, Margo medialis tibiae, Caput fibulae, Margo posterior fibulae			Articulatio talocruralis: Foot plantar flexion
<b>M. plantaris</b>  Linea supracondylaris lateralis femoris, Ligamentum popliteum obliquum genus	Articulatio talocruralis: Foot plantar flexion; Articulatio genus: Knee flexion			
<b>M. popliteus</b>	Condylus lateralis femoris, cornu posterior of meniscus lateralis genus	Proximal part of facies posterior tibiae	Nervus tibialis (L5-S2)	Unlocks and stabilizes articulatio genus
<b>M. tibialis posterior</b>	Facies posterior tibiae, Facies posterior fibulae, Membrana interossea	Tuberositas ossis navicularis, Ossa cuneiformia, Bases of ossa metatarsi 2-4 (Os cubdoideum)	Nervus tibialis (L4, L5)	Articulatio talocruralis: Foot plantar flexion; Articulatio subtalaris: Foot inversion; Supports medial longitudinal arch of foot
<b>M. flexor digitorum longus</b>	Facies posterior tibiae (inferior to linea musculi solei)	Bases phalangium distalium of digits 2-5	Nervus tibialis (S1, S2)	Articulatio metatarsophalangealis et articulatio interphalangealis 2-5: Toe flexion; Articulatio talocruralis: Foot plantar flexion; Articulatio subtalaris: Foot inversion
<b>M. flexor hallucis longus</b>	(Distal 2/3 of) Facies posterior fibulae, Membrana interossea, Septum intermusculare cruris posterior, Fascia musculi tibialis posterioris	Basis phalangis distalis of hallux	Nervus tibialis (S2, S3)	Articulatio metatarsophalangealis et articulatio interphalangealis 1: Great toe flexion; Articulatio talocruralis: Foot plantar flexion; Articulatio subtalaris: Foot inversion

# Foot muscles



Medial plantar muscles	Origin	Insertion	Innervation	Function
<b>M. abductor hallucis muscle</b>	Processus medialis of tuber calcanei, Retinaculum musculorum flexorum, Aponeurosis plantaris	Basis phalangis proximalis of hallux	Nervus plantaris medialis (S1-S3)	Articulatio metatarsophalangealis 1: Toe abduction, Toe flexion; Support of arcus longitudinalis pedis
<b>M. flexor hallucis brevis muscle</b>	Tendo musculi tibialis posterioris, Os cuneiforme medialis, Os cuneiforme lateralis, Os cuboideum	Lateral and medial aspects of basis phalangis proximalis of hallux	Nervus plantaris medialis (S1,S2)	Articulatio metatarsophalangealis 1: Toe flexion; Support of arcus longitudinalis pedis
<b>M. adductor hallucis muscle</b> (*located in central compartment)	<b>Caput obliquum:</b> Bases of ossa metatarsi 2-4, Os cuboideum, Os cuneiforme laterale; <b>Caput transversum:</b> Ligg. metatarsophalangeales plantares and ligg. metatarsalia transversa profunda of digits 3-5	Lateral aspect of basis phalangis proximalis of hallux	Nervus plantaris lateralis (S2,S3)	Articulatio metatarsophalangealis 1: Toe adduction, Toe flexion; Support of arcus longitudinalis and transversus pedis

Central plantar muscles	Origin	Insertion	Innervation	Function
<b>M. flexor digitorum brevis</b>	Processus medialis of tuber calcanei, Apon. plantaris	Phalanges mediae of digits 2-5	Nervus plantaris medialis (S1-3)	Articulationes metatarsophalangeales 2-5: Flexion, Supports arcus longitudinalis pedis
<b>M. quadratus plantae</b>	Facies medialis calcanei, Processus lateralis of tuber calcanei	Tendon musculi flexor digitorum longus	Nervus plantaris lateralis (S1-3)	Articulationes metatarsophalangeales 2-5: Flexion
<b>M. lumbricales (4)</b>	Tendines musculi flexor digitorum longus	Medial aspect of bases phalangium proximalium/ Apon. extensoria of digits 2-5	Nervus plantaris medialis (M. 1), Nervus plantaris lateralis (Mm. 2-4) (S2-3)	Articulationes metatarsophalangeales 2-5: Flexion, Adduction; Articulationes interphalangeales 2-5: Extension
<b>Mm. interossei plantares (3)</b>	Medial aspects of ossa metatarsi 3-5	Medial aspect of bases phalangium proximalium/ Apon. extensoria of digits 3-5	Nervus plantaris lateralis (S2-3)	Articulationes metatarsophalangeales 3-5: Flexion, Adduction; Articulationes interphalangeales 3-5: Extension
<b>Mm. interossei dorsales (4)</b>	Opposing sides of ossa metatarsi 2-4	<b>M. 1:</b> Medial aspect of basis phalangis proximalis 2, <b>Mm. 2-4:</b> Lateral aspect of bases phalangium proximalium/Apon. extensoria of digits 2-4		Articulationes metatarsophalangeales 2-4: Flexion, Abduction; Articulationes interphalangeales 2-4: Extension

Lateral plantar muscles	Origin	Insertion	Innervation	Function
<b>M. abductor digiti minimi</b>	Tuber calcanei, Aponeurosis plantaris	Basis phalangis proximalis of digit 5, Os metatarsi 5	Nervus plantaris lateralis (S1-S3)	Articulatio metatarsophalangealis 5: Toe abduction, Toe flexion; Supports arcus longitudinalis pedis
<b>M. flexor digiti minimi brevis</b>	Basis ossis metatarsi 5, Ligamentum plantare longum	Basis phalangis proximalis of digit 5	Nervus plantaris lateralis (S2-S3)	Articulatio metatarsophalangealis 5: Flexion
<b>M. opponens digiti minimi</b>	Ligamentum plantare longum, Basis ossis metatarsi 5, Vagina tendinis m. fibularis longus	Margo lateralis of os metatarsi 5	Nervus plantaris lateralis (S2-S3)	Articulatio metatarsophalangealis 5: Toe abduction, Toe flexion

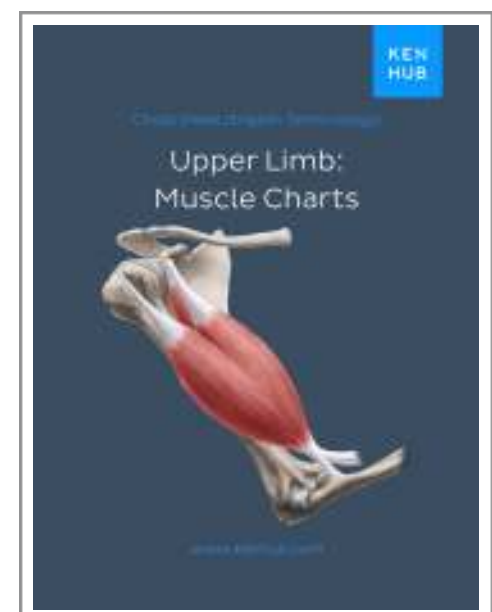
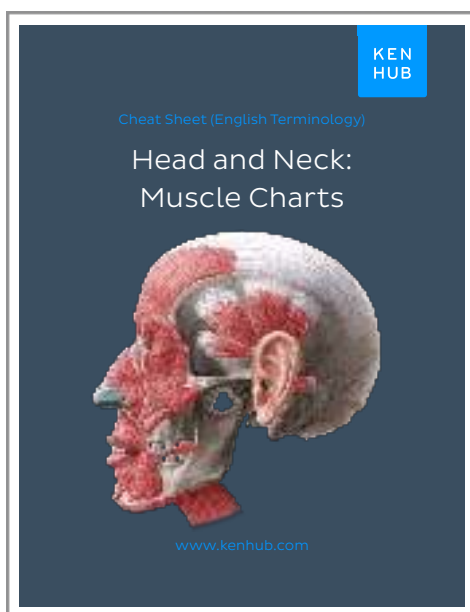
Dorsal muscles	Origin	Insertion	Innervation	Function
<b>M. extensor digitorum brevis</b>	Facies superolateralis of calcaneus, Ligamentum talocalcaneum interosseum, Retinaculum musculorum extensorum inferius	Phalanges mediae of digits 2-4	Nervus fibularis/ peroneus profundus (S1, S2)	Articulationes interphalangeales 2-4: Toe extension
<b>M. extensor hallucis brevis</b>	Facies superolateralis of calcaneus	Phalanx proximalis of hallux		Articulatio metatarsophalangealis 1: Toe extension





## Complete your muscle charts collection

Congratulations - you've conquered the origins, insertions, innervations and functions of the muscles of the lower limb! But there's still a lot of muscles to learn, so don't stop here. The next step is to master the upper limb, trunk wall, and head and neck. Luckily, we have muscle charts on every region of the body. Click below to learn more.



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