Muscles

Name	Attachments	Functions	Innervation
Pectoralis Major	medial 1/3 of clavicle sternum (ribs #1-6) humerus (lateral lip of inter- tubercular groove)	adducts and medcially rotates humerus draws scapula anteriorly and inferiorly	lateral and medial pecotral nerves C5,6,7,8, T1
Pectoralis Minor	1. 2nd,3rd,4th or 3rd,4th 5th CC 2. medial border of superior surface of coracoid process of scapula		medial pectoral nerve C8, T1
Serratus anterior	1. external surfaces of lateral parts of 1st-8th ribs 2. anterior surface of medial border of scapula	protracts scapula holds it against thoracic wall rotates scapula	**long thoracic C5,6,7**
External Intercostal **Internal Intercostal** **Innermost Intercostal**			spinal nerves
Trapezius	1. Medial 1/3 of superior nuchal line *External occipital protuberence (occiput) Nuchal ligament *spinous processes of C7-T12 2. lateral third of clavicle, acromion and spine of scapula	elevates, retracts, and rotates scapula;	**Accessory nerve** **Cranial Nerve XI (motor)**
Latissimus dorsi	1. spinous processes of inferior 6 thoracic vert. lumbar apaneurosis iliac crest inferior 3 or 4 ribs 2. Floor of intertubercular groove of humerous	extends, adducts, and medially rotates humerus; raises body toward arms during climbing	thoracodorsal nerve C6,7,8
Levator Scapulae	posterior tubercles of the transverse processes of C1-4 vert. superior angle of scapula "superior part of medial border of scapula"	elevates scapula and tilts its glenoid cavity inferiorly by rotating scapula	Dorsal scapular C5 and cervical (C3-4)
Rhomboid Major and Minor	1. medial border of scapula	retract scapula and rotate it to depress glenoid cavity;	dorsal scapular nerve (C4,5)

	2. Minor: spinous processes of C7-T1 2. Major: spinous processes of T2-5	fix scapula to thoracic wall	(Brachial Plexus)
Deltoid	lateral third of clavicle, acromion, and spine of scapula deltoid tuberosity of humerous	flexes, medially rotates arm abducts arm extends and laterally rotates arm	**axillary nerve C5,6**
Infraspinatus	1. infraspinous fossa of scapula 2. middle facet on greater tubercle of the humerus	laterally roates arm; help to hold humeral head in glenoid cavity of scapula (ROTATOR CUFF)	suprascapular nerve (C5-6)
Supraspinatus	1. supraspinous fossa of scapula 2. superior facet on greater tuberosity of humerus	ROTATOR CUFF initiates and assists deltoid in abduction of arm	suprascapular nerve C4,5,6
Subscapularis	1. subscapular fossa 2. lesser tubercle of humerus	medially roates arm and adducts it; ROTATOR CUFF	upper and lower subscapular nerves (C5,6,7)
Teres Major	1. Dorsal surface of inferior angle of scapula 2. medial lip of intertubercular groove of humerus	adducts and medially rotates arm	lower subscapular nerve C5,6
Teres Minor	1. superior part of lateral border of scapula 2. inferior facet on greater tubercle of humerus	laterally rotates arm; ROTATOR CUFF	**Axillary nerve C5,6**
Erector Spinae (transverse and longitudinal)	connects spinous processes	curve vert dorsally; extends vert column	posterior rami of spinal nerves
Serratus posterior inferior	1. spinous processes of T11-L2 vert 2. inferior border of 8th -12th ribs near their angles	depress ribs	anterior rami of 9th -12th thoracic spinal nerves
Sterno(cleido)mastoid	1. Mastoid process of skull 2. medial 1/3 of clavicle, sternum (manubrium)	tilts head side to side; turns head laterally	spinal root of accessory nerve (motor) and C2 and C3 (sensory)
Coracobrachialus	1. tip of coracoid process of scapula 2. middle third of medial surface of humerus	helps to flex and adduct arm	**muscolocutaneus nerve (C5,6,7)**
splenius			
Triceps: lateral head	1. posterior surface of humerus 2. olecranon	extensor of forearm	radial nerve

long head	1. infraglenoid process of scapula 2. olecranon		
medial head	1. posterior shaft of the humerus 2. olecranon		
biceps: long head	supraglenoid tubercle/process of scapula radial tuberosity and fascia of forearm	supinates forearm; flexes forearm	**musculocutaneous nerve (C5,6)**
short head	tip of coracoid process of scapula tuberosity of radius and fascia of forearm		
brachioradialus	1. proximal 2/3 of lateral supracondylar ridge of humerus 2. lateral surface of distal end of radius	flexes forearm	radial nerve

brachialis	1. distal half of anterior surface of humerus 2. coronoid process on ulna	flexes forearm	musculocutaneous nerve
pronator teres	1. medial epicondyle of humerus 2. middle of lateral surface of radius	pronates forearm;	median nerve
supinator	1. lateral epicondyle of humerus crest of ulna 2. proximal third of radius	supinates forearm	deep branch of radial nerve
extensor carpi radialis longus	base of 2nd metacarpal bone	extends wrist	radial nerve
' " brevis	base of 3rd metacarpal bone		
extensor digitorum	extensor expansion on medial 4 digits	extends fingers at metacarpal-phalangeal joint; extends hand at wrist joint	radial nerve (deep branch)
extensor indicis	extensor expansion on 2nd digit	extends index finger	deep branch of radial n.
extensor digiti minimi	extensor expansion on 5th digit	extends pinky finger	deep branch of radial n.
abductor pollicis longus	base of 1st metacarpal	abducts thumb at carpo-metacarpal joint	deep branch of radial n.
extensor pollicis longus	base of distal phalanx of thumb	extends distal phalanx of thumb at metacarpophalangeal and interphalangeal joint	deep branch of radial n.
extensor pollicis brevis	base of proximal phalanx of thumb	extends proximal phalanx of thumb at carpometacarpal jo	' "
extensor carpi ulnaris	1. lateral epicondyle of humerus 2. base of 5th metacarpal bone	extends and adducts hand at wrist joint	deep branch of radial n.
flexor carpi radialis	1. common flexor attachment (medial epicondyle of humerus) 2. base of 2nd metacarpal	flexes and abducts wrist	median n.
flexor carpi ulnaris	1. common flexor attachment (medial epicondyle of humerus) 2. pisform bone (in carpal region)	flexes and adducts hand	**ulnar n.**
palmaris longus	1. common flexor attachment (medial epicondyle of humerus) 2. palmar aponeurosis	flexes wrist and tightens palmar aponeurosis	median n.
flexor digitorum superficialis	1. common flexor attachment (medial epicondyle of humerus)	flexes middle phalanges at proximal interphalangeal	median

2. bodies of middle phalanges of medial 4 digits	joints of medial 4 digits; also can flex metacarpal-phalangeal joints and hand at wrist

flexor digitorum profundus	1. proximal 3/4 of medial and anterior surface of ulna and interosseous membrane 2. bases of distal phalanges of medial 4 digits	flexes distal phalanges at distal interphalangeal joints of medial 4 digits; assists with flexion of hand	**digits 2 and 3: MEDIAN** **digits 4 and 5: ULNAR**
pronator quadratus	1. distal fourth of anterior surface of radius 2. distal fourth of anterior surface of ulna	pronates forearm/wrist	median n.
flexor pollicis longus ***thenar muscle**	1.anterior surface of radius and interosseous membrane 2. base of distal phalanx of thumb	flexes phalanges of thumb	anterior interosseous nerve from MEDIAN n.
flexor pollicis brevis ***thenar muscle**	1. flexor retinaculum and tubercles of scaphoid and trapezium 2. lateral side of base of proximal phalanx of thumb	flexes thumb	recurrent branch of MEDIAN n.
abductor pollicis brevis ***thenar muscle**	1. flexor retinaculum and tubercles of scaphoid and trapezium 2. lateral side of base of proximal phalanx of thumb	abducts thumb; helps oppose it	recurrent branch of MEDIAN n.
opponuns pollicis ***thenar muscle**	1. flexor retinaculum and tubercles of scaphoid and trapezium 2. lateral side of 1sdt metacarpal	draws first metacarpal bone laterally to oppose thumb towaqrd center of palm and rotate it medially	recurrent branch of MEDIAN n.
adductor pollicis ***NOT thenar muscle**	1. Oblique head: bases of 2nd and 3rd metacarpals, capitate and adjacent carpals Transverse head: anterior surface of body of 3rd metacarpal 2. medial side of base of proximal phalanx of thumb	adducts thumb toward middle digit	deep branch of ULNAR n.
palmar interossei 1-3	1. palmar surfaces of 2nd, 4th and 5th metacarpals 2. extensor expansions and bases of proximal phalanges of digits 2, 4 and 5	adducts digits toward axial line; assist lumbricals in flexing metacarpophalangeal joints and extending interphalangeal joint	deep branch of ULNAR n.
dorsal interossei 1-4	1. adjacent sides of 2 metacarpals (bipennate muscles) 2. extensor expansions and bases of proximal phalanges of digits 2-4	abducts digits from axial line and act with lumbrical to flex metacarpophalangeal joints and extend interphalangeal joints	deep branch of ULNAR n.
lumbricals	1. lateral sides of extensor expansions 2. tendon of flexor digitum profundus	flex digits at metacarpophalangeal joints and extend interphalangeal joints	**digits 2 and 3: MEDIAN** **digits 4 and 5: ULNAR**

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levator palpebrae superioris	lesser wing of sphenoid bone, optic canal superior eyelid	elevates eyelid	CN III Oculomotor

superior rectus	common tendonous ring	elevates, adducts, and rotates eyeball medially "UP AND IN"	CN III Oculomotor
inferior rectus	common tendonous ring	depresses, adducts, and rotates eyeball medially '"DOWN AND IN"	CN III Oculomotor
lateral rectus	common tendonous ring	abducts eye	abducens CN VI
medial rectus	common tendonous ring	medially rotates eyeball	CN III Oculomotor
inferior oblique	anterior part of floor of orbit	abducts elevates and laterally rotates eyeball '"UP AND OUT"	CN III Oculomotor
superior oblique	body of sphenoid bone to sclera via tendonous trochlea	abducts, depresses and medially rotates eyeball "DOWN AND OUT"	trochlear CN IV
Masseter	1. inferior border and medial surface of zygomatic arch 2. lateral surface of ramus of mandible (and coronoid process)	elevates and protrudes mandible, thus closing jaw;	Mandibular Nerve (CN V3) via Masseteric nerve
Temporalis	1. floor of temporal fossa and deep surface of temporal fascia 2. tip and medial surface of coronoid process and anterior border of ramus of mandible	elevates mandible, closing jaw; posterior fibers retrude mandible after protrusion	Mandibular Nerve (CN V3) via Deep Temporal Branches
Medial Pterygoid	**1a. medial surface of lateral pterygoid plate** and pyramidal process of palatine bone 1b. tuberosity of maxilla 2. Medial surface of ramus of mandible, inferior to mandibular foramen	bilaterally--elevates mandible, closing jaw; assists in protruding mandible; acting alternatively--grinding	Mandibular Nerve (CN V3) via medial pterygoid nerve
Lateral Pterygoid	1a. lateral surface of lateral pterygoid plate 1b. infratemporal surface and infratemporal crest of greater wing of sphenoid bone 2. Neck of mandible, (pterygoid fovea); articular disc and capsule of TMJ	acting together--protrude mandible and depress chin acting alternatively--grinding	Mandibular Nerve (CN V3) via lateral pterygoid nerve from anterior trunk
digastric, anterior belly	1. digastric fossa of mandible 2. intermediate tendon to body and greater horn of hyoid bone	depresses mandible, raises hyoid bone and steadies it during swallowing and speaking	nerve to mylohyoid from inferior alveolar from V3

digastric, posterior belly	1. mastoid notch of temporal bone 2. intermediate tendon to body and greater horn of hyoid bone	depresses mandible, raises hyoid bone and steadies it during swallowing and speaking	facial nerve VII
omohyoid	1. inferior border of hyoid bone 2. superior border of scapula near suprascapular notch	depresses, retracts, and steadies hyoid bone	C1-C3 branches of ansa cervicalis
sternohyoid	1. manubrium of sternum and medial end of clavicle 2. body of hyoid bone	depresses hyoid bone after it has been elevated during swallowing	C1-C3 by a branch of ansa cervicalis
sternothyroid	1. posterior surface of manubrium of sternum 2. oblique line of thyroid cartilage	depresses hyoid bone and larynx	C2-C3 by a branch of ansa cervicalis
thyrohyoid	1. oblique line of thyroid cartilage 2. inferior border of body and greater horn of hyoid bone	depresses hyoid bone and elevates larynx	C1 via hypoglossal nerve
stylohyoid	1. styloid process of temporal bone 2. body of hyoid bone	elevates and retracts hyoid bone, thereby elongating floor of the mouth	cervical branch of facial nerve VII
mylohyoid	1. mylohyoid line of mandible 2. raphe and body of hyoid bone	elevates hyoid bone, floor of mouth and tongue during swallowing and speaking	nerve to mylohyoid from inferior alveolar from V3
geniohyoid	1. inferior mental spine (aka geniod tubercle) of mandible 2. body of hyoid bone	pulls hyoid bone anterosuperiorly, shortens floor of mouth, widens pharynx	C1 via hypoglossal nerve
hyoglossus	1. body and greater horn of hyoid bone 2. side and inferior aspect of tongue	depresses and retracts tongue	hypoglossal nerve XII
genioglossus	1. superior part of mental spine (geniod tubercle) of mandible 2. dorsum of tongue and body of hyoid bone	depresses tongue; posterior part pulls tongue anteriorly for protrusion	hypoglossal nerve XII
superior constrictors	1. pterygomandibular raphe, pterygoid hamulus, and others 2. median raphe and others	constrict wall of pharynx for swallowing	Vagus
middle constictors	1. stylohyoid ligament and greater and lesser horns of hyoid 2. median raphe	constrict wall of pharynx for swallowing	Vagus
inferior constrictors	1. oblique line of thyroid cartilage and side of cricoid 2. median raphe	constrict wall of pharynx for swallowing	Vagus

palatoglossus	1. palatine aponeurosis 2. side of tongue	elevates posterior part of tonuge and draws soft palate onto tongue	Vagus
palatopharyngeus	1. hard palate and palatine aponeurosis 2. lateral wall of pharynx	tenses soft palate and pulls walls of pharynx superiorly, anteriorly, and medially during swallowing	Vagus
levator veli palatini	1. cartilage of auditory tube and petros part of temporal bone 2. palatine aponeurosis	elevates soft palate during swallowing and yawning	Vagus
tensor veli palatini	1.medial pterygoid plate, sphenoid bone, auditory cartilage 2. palatine aponeurosis	tenses soft palate and opens mouth of auditory tube during swallowing and yawning	medial ptyergoid nerve from V3
styloglossus	1. styloid process 2. side and inferior aspect of tongue	retracts tongue and draws it up to create a trough for swallowing	hypoglossal nerve CN XII
stylopharyngeus	1. styloid process of temporal bone 2. posterior and supeior borders of thyroid cartilage	elevates pharynx and larynx during swallowing and speaking	glossopharyngeal nerve CN IX
salpingopharyngeus	1. cartilage of auditory tube 2. blends with palatopharyngeus	elevates pharynx and larynx during swallowing and speaking	Vagus
cricothyroideus	1. anterior part of cricoid cartilage 2. inferior margin and inferior horn of thyroid cartilage	stretches and tenses vocal chords	external branch of superior laryngeal nerve from Vagus
posterior cricoarytenoids	1. posterior surface of laminae of cricoid cartilage 2. muscular process of arytenoid cartilage	abducts vocal chords	recurrent laryngeal nerve from Vagus
lateral cricoarytenoids	1. arch of cricoid cartilage 2. muscular process of arytenoid cartilage	adducts vocal chords	recurrent laryngeal nerve from Vagus
transverse aryteniods	1. posterolateral border of one arytenoid 2. posterolateral border of adjacent arytenoid	closes intercartilaginous portion of glottis	recurrent laryngeal nerve from Vagus
oblique artyeniods/ aryepiglottic	1. posterolateral border of one arytenoid 2. posterolateral border of adjacent arytenoid	closes intercartilaginous portion of glottis	recurrent laryngeal nerve from Vagus
vocalis	1. vocal process of arytenoid cartilage	relaxes tension on posterior vocal ligament while	recurrent laryngeal nerve

	2. vocal ligaments	maintaining or increasing tension on anterior part	from Vagus
tyroaryteniods	1. posterior surface of thyroid cartilage 2. muscular process of arytenoid cartilage	relaxes vocal chords	recurrent laryngeal nerve from Vagus
External Oblique	1. external surface of 5th -12th ribs 2. linea alba, pubic tubercle, anterior half of iliac spine to ASIS	compress and support abdominal viscera, flex and rotate trunk	inferior 6 thoracic nerves and subcostal nerve
Internal Oblique	1. lumbar fascia, anterior 2/3 of iliac crest and lateral 2/3 of inguinal ligament 2. inferior border of 10th - 12th ribs, linea alba, and pectineal line of pubic bone via conjoint tendon	compress and support abdominal viscera, flex and rotate trunk	inferior 6 thoracic nerves and first lumbar nerve T7-L1
Transverse Abdominus	1. internal surfaces of 7th-12th CC, lumbar fascia, iliac crest lateral 1/3 of inguinal ligament 2. linea alba, pubic crest, and pectineal line of pubic bone via conjoint tendon	compresses and supports abdominal viscera	inferior 6 thoracic nerves and first lumbar nerve T7-L1
Rectus Abdominus	1. pubic symphysis and pubic crest 2. xiphisternum and 5th -7th CC	flexes trunk and compresses abdominal viscera (indirectly opposing diaphragm)	inferior 6 thoracic nerves
Psoas Major	1. sides of T12 to L5 vert., transverse processes of all the Lumbar vert 2. Lesser trochanter of femer	flexes and rotates thigh lateral at hip joint; when thigh is fixed, flexes lumbar vert. anteriorly and laterally	L1, L2, L3 nerves
Psoas Minor	1. Sides of T12-L1 **2. pectineal line,** iliopectineal eminence via iliopectineal arch (?)	acts conjointly with psoas major in flexing the thing at hip joint and in stabalizing this joint	L1 and L2 nerves
Quatratus Lumorum	1. medial half of inferior border of 12th rib and tips of lumbar transverse processes 2. iliolumbar ligament and internal lip of iliac crest	extends and laterally flexes vert. column; fixes 12th rib during inspiration	T12, L1-4 nerves
Crus musculotendonous bundle	anterior portion of lumbar vertebrae (R:L1-L3, L:L1-L2)	'--forms the median arcuate ligament, and the R Crus forms the sling around the esophageal opening in the diaphragm	Phrenic?

Obturator internus	1.pelvic surface of obturator membrane and surrounding bones 2. medial surface of greater trochanter of femur **via lesser sciatic foramen**	laterally rotates thigh, steadies head of femur in acetabulum	nerve to obturator internus from L5 and S1
Levator ani (pubococcygeus Iliococcygeus)	1. body of pubis, tendonous arch, obturator fascia, ischial spine 2. RAPHE and COCCYX, "perineal body, coccyx, anococcygea ligament, walls of prostate or vagina, rectum and anal canal"	helps to support pelvic siscera and resists increases in intraabdominal pressure	nerve to levator ani (S4) and inferior anal (rectal) nerve and coccygeal plexus
coccygeus	1. ischial spine 2. inferior end of sacrum	forms small part of pelvic diaphragm that supports pelvic visera; flexes coccyx	branches of S4 and S5
piriformis	1. anterior surface of sacrum and sacrotuberous ligament 2. superior border of greater trochanter of femur **via GREAT SCIATIC FORAMEN**	laterally rotate extended thigh and abduct flexed thigh; steady femoral head in acetabulum	branches of anterior rami of S1 and S2
Ischiocavernosus	1. internal surface of ischiopubic ramus and ischial tuberosity 2. crus of penis or clitoris	maintains erection of penis/clitoris by compressing out-flow veins and pushing blood into body of penis/clitoris	deep branch of perineal nerve, a branch of the pudendal nerve (S234)
Bulbospongiosus	in Males:1. median raphe, ventral surface of bulb of penis, and perineal body 2. corpora spongiosum and cavernosa and fascia of bulb of per in Females: 1. perineal body 2. fascia of corpus cavernosa	works w/ ext. anal sphincter to support/fix perineal body Male: compresses bulb of penis to expel last drops of urine/semen; assists erection by pushing blood into body of penis and compression outflow veins Female: "sphincter" of vagina and assists in erection of clitoris	deep branch of perineal nerve, a branch of the pudendal nerve (S234)

Superificial transverse perineal	1. compressor urethrae portion only 2. Perineal body	support and fix perineal body (pelvic floor) to support abdominopelvic viscera and resist increased intra-abdominal pressure	deep branch of perineal nerve, a branch of the pudendal nerve (S234)
Deep transverse perineal	1. internal surface fo ischiopubic ramus and ischial tuberosity 2. median raphe, perineal body, and ext. anal sphincter	support and fix perineal body (pelvic floor) to support abdominopelvic viscera and resist increased intra-abdominal pressure	deep branch of perineal nerve, a branch of the pudendal nerve (S234)
Obturator Externus	1. margins of obturator foramen and obturator membrane 2. Trochanteric fossa of femur	laterally rotates thigh; steadies head of femur in acetabulum	obturator nerve (L3 and L4)
Superior Gemelles	1. Ischial spine 2. medial surface of greater trochanter (trochanteric fossa)	laterally rotate extended thigh and abduct flexed thigh; steady femoral head in acetabulum	Nerve to obturator internus (L5 and S1)
Inferior Gemelles	1. Ischial tuberosity 2. medial surface of greater trochanter (trochanteric fossa)	laterally rotate extended thigh and abduct flexed thigh; steady femoral head in acetabulum	Nerve to quadratus femoris (L5 and S1
Quadratus Femoris	1. lateral border of ischial tuberosity 2. quadrate tubercle on intertrochanteric crest of femur and area inferior to it	laterally rotate thigh; steady femoral head in acetabulum	Nerve to quadratus femoris (L5 and S1
Gluteus Minumus	1. external surface of ilium between anterior and inferior gluteal lines 2. anterior surface of greater trochanter	abducts and medially rotates thigh; keeps pelvis level when opposite leg is raised off ground	superior gluteal nerve (L5 and S1)
Gluteus Medius	1. external surface of ilium between anterior and posterior gluteal lines 2. lateral surface of greater trochanter	abducts and medially rotates thigh; keeps pelvis level when opposite leg is raised off ground	superior gluteal nerve (L5 and S1)
Gluteus Maximus	1. Ilium posterior to posterior gluteal line; (dorsal surface of sacrum and coccyx and sacrotuberous ligament) 2. Iliotibial tract (which inserts into lateral condyle of tibia)	extends thigh (especially from flexed position) and assists in its lateral rotation; steadies thigh and assists in rising from sitting position	inferior gluteal nerve (L5, S1, S2)
Tensor Fasciae Latae	1. anterior superior iliac spine and anterior part of iliac crest 2. Iliotibial tract that attaches to lateral condyle of tibia	abducts, medially rotates, and flexes thigh; help to keep knee extended; steadies trunk on thigh	superior gluteal (L4 and L5)
Adductor Magnus	Adductor Part:1. inferior ramus of pubis and ramus of ishcium	Both Adduct Thigh	Adductor: Obturator Nerve (posterior

	2. gluteal tuberosity linea aspera, medial supracondylar line	Adductor: also flexes thigh	division) L2, L3, L4
	Hamstring Part: 1. Ischial tuberosity	Hamstring: also extends thigh	Hamstring: Tibial Nerve of Sciatic (L4)
	2. adductor tubercle of femur		
Pectineus	1. superior ramus of pubis	adducts and flexes thigh; assists with medial rotation	Femoral Nerve (L2 and L3)

	2. pectineal line of femur; just inferior to lesser trochanter	of thigh	
Adductor Brevis	1. body and inferior ramus of pubis 2. pectineal line and proximal part of linea aspera of femur	adducts thigh and to some extent flexes it	obturator nerve (anterior branch) L2, L3, L4
Adductor Longus	1. body of pubis inferior to pubic crest 2. middle third of linea aspera of femur	adducts thigh	obturator nerve (anterior branch) L2, L3, L4
Gracilis	1. body and inferior ramus of pubis 2. superior part of medial surface of tibia	adducts thigh; flexes leg, helps rotate it medially	obturator nerve
Iliacus	1. Iliac crest, superior two-thirds of iliac fossa, (sacrum and anteior sacroiliac ligaments) 2. lesser trochanter of femur and shaft inferior to it; and to psoas major tendon	flexes thigh and stabilizes hip joint; acts with psoas major	femoral nerve (L2-L4)
Sartorius	1. anterior superior iliac spine and superior part of notch inferior to it 2. superior part of medial surface of tibia	flexes, abducts and laterally rotates thigh at hip joint flexes leg at knee joint	femoral nerve (L2 and L3)
Vastus Lateralis	1. greater trochanter and lateral lip of linea aspera of femur 2. base of patella and by patellar ligament to tibial tuberosity	extend leg at knee joint;	femoral nerve (L2-4)
Vastus Intermedius	1. anterior and lateral surfaces of body of femur 2. base of patella and by patellar ligament to tibial tuberosity	extend leg at knee joint;	femoral nerve (L2-4)
Vastus Medialis	1. intertrochanteric line and medial lip of linea aspera of femur 2. base of patella and by patellar ligament to tibial tuberosity	extend leg at knee joint;	femoral nerve (L2-4)
Rectus Femoris	1. anterior inferior Iliac spine and ilium superior to acetabulum 2. base of patella and by patellar ligament to tibial tuberosity	extend leg at knee joint; steadies hip joint and helps iliopsoas to flex thigh	femoral nerve (L2-4)
Biceps Femoris--Long head **Biceps Femoris--short head**	1. ischial tuberosity 1. linea aspera and lateral supracondylar line of femur 2. lateral side of head of fibula; tendon split at this site by fibular collateral ligament of knee	flexes leg and rotates it lateally when knee is flexed; extends thigh	long head--tibial division of sciatic short head--common fibular nerve of sciatic
Semimembranosus	1. ischial tuberosity	extends thigh; flexes leg and, when knee is flexed,	tibial division of sciatic nerve

	2. Posterior part of medial condyle of tibia; reflected attachment forms the oblique popliteal ligament	rotates it medially; when hip is flexed and knee is extended, can raise trunk against gravity	
Semitendonosus	1. ischial tuberosity 2. medial surface of superior part of tibia	extends thigh; flexes leg and, when knee is flexed, rotates it medially; when hip is flexed and knee is extended, can raise trunk against gravity	tibial division of sciatic nerve

Popliteus	1. lateral surface of lateral condyle of femur and lateral menisc 2. posterior surface of tibia, superior to soleal line	unlocks knee	tibial nerve
Peroneus (fibularis) longus	1. head and superior 2/3rd of lateral surface of tibia 2. base of 1st metatarsal and medial cuneiform	everts foot (and weakly plantarflexes ankle)	superficial fibular (peroneal) nerve
Peroneus (fibularis) brevis	1. inferior 2/3rd of lateral surface of tibia 2. 5th metatarsal (dorsal surface of tuberosity on lateral side)	everts foot (and weakly plantarflexes ankle)	superficial fibular (peroneal) nerve
Peroneus (fiburlaris) tertius	1. inferior third of anterior surface of fibula and interosseus membrane 2. dorsum of base of 5th metatarsal	dorsiflexes ankle and aids in eversion of foot	deep fibular (peroneal) nerve
Extensor Hallicis Longus	1. middle part of anterior surface of fibula and interosseous me 2. dorsal aspect of base of distal phalanx of big toe	extends big toe and dorsiflexes ankle	deep fibular (peroneal) nerve
Extensor Hallicis Brevis	1. anteriormost portion of superior surface of calcaneus 2. dorsal aspect of base of proximal phalanx of big toe	extends big toe	deep fibular (peroneal) nerve
Tibialis Anterior	1. lateral condyle and superior half of lateral surface of tibia and interosseous membrane 2. medial and inferior surfaces of medial cuneiform and base of 1st metatarsal	dorsiflexes ankle and inverts foot	deep fibular (peroneal) nerve
Extensor Digitorum Longus	1. lateral condyle of tibia and superior 3/4th of medial surface of fibula and interosseous membrane 2. middle and distal phalanges of lateral 4 digits	extends lateral 4 digits and dorsiflexes ankle	deep fibular (peroneal) nerve
Ext. Digitorum Brevis	1. anteriormost portions of lateral and superior surfaces of calcaneus 2. lateral side of long extensor tendons; with slips to the proximal phalanges of 2nd-4th toes	assists in extending middle 3 toes	deep fibular (peroneal) nerve
Plantaris	1. inferior end of lateral supracondylar line of femur and oblique popliteal ligament 2. posterior surface of calcaneous via calcaneal tendon	weakly assists gastrocnemius in plantarflexing and flexing knee	tibial nerve
Gastrocnemius	1. lateral head: lateral aspect of lateral condyle of femur	plantarflexes ankle and when knee is extended,	tibial nerve

	1. medial head: popliteal surface of femur, superior to medial condyle 2. posterior surface of calcaneous via calcaneal tendon	raises heel during walking, flexes leg and knee joint	
Soleus	1. posterior aspect of head of fibula, superior fourth of	plantarflexes ankel independent of position of knee	tibial nerve

	posterior surface of fibula soleal line and medial border of tibia 2. posterior surface of calcaneous via calcaneal tendon	and steadies leg on foot	
Tibialis Posterior	1. interosseous membrane, posterior surface of tibia inferior to soleal line, and posterior surface of fibula 2. tuberosity of navicular, cuneiform, and cuboid and bases of 2nd, 3rd, and 4th metatarsals	plantarflexes ankle and inverts foot	tibial nerve
Flexor Digitorum Longus	1. medial part of posterior surface of tibia inferior to soleal line and by a broad tendon to fibula 2. bases of distal phalanges of medial 4 toes	flexes lateral 4 toes and plantarflexes ankle, supports longitudinal arches of foot	tibial nerve
Flexor Hallucis Longus	1. inferior 2/3rd of posterior surface of fibula and inferior part of interosseous membrane 2. base of distal phalanx of big toe	flexes big toe at all joints and weakly plantarflexes ankle; supports medial longitudinal arches of foot	tibial nerve
Quadratus Plantae	1. medial surface and lateral margin of plantar sruface of calcaneum 2. posterolateral margin of tendon of flexor digitorum longus	assists flexor digitorum longus in flexing lateral 4 digits	lateral plantar nerve
Flexor Digitorum Brevis	1. medial tubercle of tuberosity of calcaneus, plantar aponeuros intermuscular septa 2. both sides of middle plananges of lateral 4 digits	flexes lateral 4 digits	medial plantar nerve