

## **HIP REGION**

<i>muscle</i>	<i>origin</i>	<i>insertion</i>	<i>function</i>	<i>innervation</i>	<i>blood supply</i>	
<i>pectineus</i>	<i>Superior ramus of Pubis</i>	<i>Posterior surface of Femur (Linea Aspera)</i>	<i>Adduction &amp; Lateral rotaion of Thigh</i>	<i>Femoral N from anterior division of L2-4</i>	<i>Femoral A from Ext.Iliac A.</i>	
<i>Psoas</i>	<i>All Lumbar Vertebrae and their Intervertebral Discs</i>	<i>Lesser Trochanter of Femur</i>	<i>Prime flexion of the Hip joint</i>	<i>Lumber plexus</i>	<i>Lumbar branch of iliopsoas branch of internal iliac A</i>	<i>Below Inguinal Ligament</i>
<i>Iliacus</i>	<i>Iliac fossa</i>	<i>Lesser Trochanter of Femur</i>	<i>Prime flexion of the Hip joint</i>	<i>Femoral N</i>	<i>Lumbar branch of iliopsoas branch of internal iliac A</i>	

## **THIGH**

### *ANTERIOR*

<i>muscle</i>	<i>origin</i>	<i>insertion</i>	<i>function</i>	<i>innervation</i>	<i>blood supply</i>	
<i>Sartorius</i>	<i>ASIS</i>	<i>SGS ( upper medial surfce of tibia)</i>	<i>Flexion &amp; medial rotation Knee joint, flexion lateral rotation &amp;abduction of the Thigh</i>	<i>Femoral N from anterior division of L2-4</i>	<i>Femoral A from Ext.Iliac A.</i>	
<i>Rectus Femoris</i>	<i>AIIS</i>	<i>Superior border of Patella/Tibial tuberosity</i>	<i>Extends the Knee joint</i>	<i>Femoral N from posterior division</i>	<i>Femoral A</i>	
<i>vastus lateralis</i>	<i>Medial lip of Linea Aspra (upper part)</i>	<i>Lateral border of Patella/Tibial tuberosity</i>	<i>Extends the Knee joint</i>	<i>Femoral N from posterior division</i>	<i>Femoral A</i>	
<i>vastus madialis</i>	<i>Lip of Linea Aspra</i>	<i>Madial border of Patella/Tibial tuberosity</i>	<i>Extends the Knee joint</i>	<i>Femoral N from posterior division</i>	<i>Femoral A</i>	
<i>vastus intermadius</i>	<i>Lateral lip of Linea Aspra (upper part)</i>	<i>Superior border of Patella/Tibial tuberosity</i>	<i>Extends the Knee joint</i>	<i>Femoral N from posterior division</i>	<i>Femoral A</i>	

Quadriceps Femoris

<i>MEDIAL</i>						
<i>muscle</i>	<i>origin</i>	<i>insertion</i>	<i>function</i>	<i>innervation</i>	<i>blood supply</i>	
<b>Adductor Longus</b>	Pubic body & medial to pubic tubercle	Linea Aspra	Adduct Hip joint	Obturator N from Anterior division of L2-4	Profunda Femoris A from Femoral A	
<b>Adductor Brevis</b>	Inferior Pubic ramus	Linea Aspra	Adduct Hip joint	Obturator N	Profunda Femoris A	
<b>Adductor Magnus</b>	* <u>Adductor part</u> : Inferior Pubic ramus & Isical ramus * <u>Hamstring part</u> : Ischial tuberosity (lateral part of lower triangular part)	*Linea Aspra * Adductor Tubercle of Femur	* Adduct Hip joint * Extend the Hip joint & Flexes the Knee joint	* Obturator N * Sciatic N Tibial portion	Profunda Femoris A	*Hamsting part
<b>Gracilis</b>	Inferior Pubic ramus & Isical ramus	SGS	Adduct Hip joint & Flex the Knee joint	Obturator N	Profunda Femoris A	
<b>Obturator Externus</b>	Obturator Furamen ( the external margin)	Greater Trochanter of Femur	Lateral rotation of the Hip joint	Obturator N	Profunda Femoris A	
<i>POSTERIOR</i>						
<i>muscle</i>	<i>origin</i>	<i>insertion</i>	<i>function</i>	<i>innervation</i>	<i>blood supply</i>	
<b>Seminembranosus</b>	Ischial tuberosity (upper lateral part of upper quadrangular part)	Medial Condyle of Tibia	Flexes medially rotates Knee joint & Extend Hip joint	Tibial portion from Sciatic N	Profunda Femoris A	
<b>Semitendinosus</b>	Ischial tuberosity (lower medial part of upper quadrangular part)	SGS	Flexes & medially rotates Knee joint & Extend Hip joint	Tibial N	Profunda Femoris A	
<b>Biceps</b>	*Ischial tuberosity (lower medial part of quadrangular * Linea Aspra	Head of Fibula	* Flexes & laterally rotates Knee & Extend Hip * Short head doesn't extend Hip joint	* Tibial N * Common Peroneal N	Profunda Femoris A	

Hamsting part

<b><u>TIBIAL AND FIBULAR REGION</u></b>						
<i>ANTERIOR</i>						
<i>muscle</i>	<i>origin</i>	<i>insertion</i>	<i>function</i>	<i>innervation</i>	<i>blood supply</i>	
<b><i>Tibialis anterior</i></b>	<i>Tibia (lateral surface) + Interosseous membrane</i>	<i>Medial cuniform bone + base of 1st metatarsal bone</i>	<i>Dorsiflex ankle joint + invert foot</i>	<i>Deep peroneal N.</i>	<i>Anterior Tibial A</i>	<b><i>Tom Has Very Nice Dog and Pig</i></b>
<b><i>Extensor Digitorum Elongus</i></b>	<i>Fibula (anterior surface )</i>	<i>Extensor expansion of lateral 4 toes</i>	<i>Dorsiflex ankle joint + Extend lateral 4 toes</i>	<i>Deep Peroneal N.</i>	<i>Anterior Tibial A</i>	
<b><i>Extensor Hallucis Elongus</i></b>	<i>Fibula (anterior surface )</i>	<i>Base of Distal phalanx of big toe</i>	<i>Dorsiflex ankle joint + Extend bid toe</i>	<i>Deep Peroneal N.</i>	<i>Anterior Tibial A</i>	
<b><i>Peroneus Tertius</i></b>	<i>Fibula (anterior surface )</i>	<i>Base 5th Metatarsals bone</i>	<i>Dorsiflex ankle joint</i>	<i>Deep Peroneal N.</i>	<i>Anterior Tibial A</i>	
<b><i>extensor digitorum Brevis</i></b>	<i>Calcaneum</i>	<i>Four tendon into proximal phalanx of big toe and long extensor tendons to toes 2, 3 and 4</i>	<i>Extends MTP</i>	<i>Deep Peroneal N.</i>	<i>Anterior Tibial A</i>	
<i>LATERAL</i>						
<i>muscle</i>	<i>origin</i>	<i>insertion</i>	<i>function</i>	<i>innervation</i>	<i>blood supply</i>	
<b><i>Peroneus (Fibularis) Longus</i></b>	<i>Fibula</i>	<i>Medial cuniform bone + base of 1st metatarsal bone ((groove of cuboid ))</i>	<i>Planter flexes ankle + Evert the foot</i>	<i>Superficial peroneal N</i>	<i>Peroneal A from Posterior Tibial A</i>	
<b><i>Peroneus (Fibularis) Brevis</i></b>	<i>Fibula</i>	<i>5th Metatarsals bone</i>	<i>Planter flexes ankle + Evert the foot</i>	<i>Superficial peroneal N</i>	<i>Peroneal A from Posterior Tibial A</i>	
<i>POSTERIOR</i>						
<i>muscle</i>	<i>origin</i>	<i>insertion</i>	<i>function</i>	<i>innervation</i>	<i>blood supply</i>	
<b><i>Gastrocnemius</i></b>	<i>Medial &amp; Lateral heads: Medial &amp; Lateral condyle of femur</i>	<i>Posterior surface of calcaneum (via tendo calcaneus )</i>	<i>Plantar flexion of the ankle joint</i>	<i>Tibial N</i>	<i>Peroneal A from Posterior Tibial A</i>	

<i>Superficial la</i>	<b>Soleus</b>	<i>Soleal line of Tibia, Proximal 1/4 of Fibula &amp; Tendinous arch</i>	<i>Posterior surface of calcaneum</i>	<i>Plantar flexion of the ankle joint (Main)</i>	<i>Tibial N</i>	<i>Peroneal A from Posterior Tibial A</i>	
	<b>Plantaris</b>	<i>Lateral condyle of femur</i>	<i>Posterior surface of calcaneum</i>	<i>Plantar flexion of the ankle joint</i>	<i>Tibial N</i>	<i>Peroneal A from Posterior Tibial A</i>	<i>sometime is absent</i>
<i>Deep layer</i>	<b>Tibialis Posterior</b>	<i>Tibia + Fibula</i>	<i>Navicular bone</i>	<i>Plantar flexion of the ankle joint + Inversion of the foot</i>	<i>Tibial N</i>	<i>Posterior Tibial A</i>	<b>Tom Dose Very Nice Hat</b>
	<b>Flexor Digitorum Elongus</b>	<i>Tibia ( posterior surface )</i>	<i>Base of distal phalanx of lateral 4 toes</i>	<i>Plantar flexion of the ankle joint</i>	<i>Tibial N</i>	<i>Posterior Tibial A</i>	
	<b>Flexor Hallucis Elongus</b>	<i>Fibula ( posterior surface )</i>	<i>Base of distal phalanx of big toes</i>	<i>Plantar flexion of the ankle joint &amp; the big toe</i>	<i>Tibial N</i>	<i>Posterior Tibial A</i>	
	<b>Popliteus</b>	<i>lateral surface of lateral epicondyle on the femur</i>	<i>posterior surface of the body of tibia above the soleal line</i>	<i>Unlock the knee - Initiates flexion of the extened knee</i>	<i>Tibial N</i>	<i>Posterior Tibial A</i>	
<b><u>GLUTEAL REGION</u></b>							
<b>muscle</b>	<b>origin</b>	<b>insertion</b>	<b>function</b>	<b>innervation</b>	<b>blood supply</b>		
<b>Gluteus Maximus</b>	<i>Sacrum, Ilium (posterior line) , Coccyx &amp; sacrotuberous ligament</i>	<i>Upper 2/3 Iliotibial tract Lower 1/3 Linea Aspra of femur</i>	<i>Lateral rotation of Hip joint Extend the hip (the main)</i>	<i>Inferior gluteal N from sacral plexus L5;S1,2</i>	<i>Inferior and superior gluteal A and the 1st perforating branch of the profunda femoris A</i>		
<b>Gluteus Medius</b>	<i>Outer surface of Ilium</i>	<i>Greater trochanter of Femur</i>	<i>Abduct Hip joint, steadies Pelvis during walking and running &amp; medial rotation</i>	<i>Superior Gluteal N from superior &amp; inferior division</i>	<i>Superior Gluteal A</i>		
<b>Gluteus Minimus</b>	<i>Outer surface of Ilium</i>	<i>Greater trochanter of Femur</i>	<i>Abduct Hip joint, steadies Pelvis during walking and running &amp; medial rotation</i>	<i>Superior Gluteal N from inferior division</i>	<i>Superior Gluteal A</i>		

<b>Tensor Fascia Lata</b>	<i>Iliac Crest</i>	<i>Iliotibial tract</i>	<i>Extension of the Knee joint (along with Gluteus Maximus)</i>	<i>Superior Gluteal N L4,5;S1</i>	<i>Superior gluteal and lateral circumflex femoral A</i>	
<b>Piriformis</b>	<i>Anterior surface of Sacrum inside the Pelvis then leaves through the Greater Sciatic Foramen</i>	<i>Greater trochanter of Femur</i>	<i>Lateral rotation of Hip joint</i>	<i>Sacral Plexus</i>	<i>Superior and inferior gluteal and internal pudendal A</i>	
<b>Obturator Internus</b>	<i>Inner Aspect of Obturator membrane / Foramen then leaves through the Lesser Sciatic Foramen</i>	<i>Greater trochanter of Femur</i>	<i>Lateral rotation of Hip joint</i>	<i>Sacral Plexus</i>	<i>Internal pudendal and superior and inferior gluteal A</i>	
<b>Gemellus Superior</b>	<i>Spine of Ischium</i>	<i>Greater trochanter of Femur</i>	<i>Lateral rotation of Hip joint</i>	<i>Sacral Plexus</i>	<i>Inferior gluteal A</i>	
<b>Gemellus Inferior</b>	<i>Ischial Tuberosity</i>	<i>Greater trochanter of Femur</i>	<i>Lateral rotation of Hip joint</i>	<i>Sacral Plexus</i>	<i>Inferior gluteal A</i>	
<b>Quadratus Femoris</b>	<i>Ischial Tuberosity</i>	<i>Greater trochanter of Femur</i>	<i>Lateral rotation of Hip joint</i>	<i>Sacral Plexus</i>	<i>Medial circumflex femoral A, inferior gluteal A, 1st-4th perforating arteries ,obturator A</i>	
<b>Obturator externus</b>						






