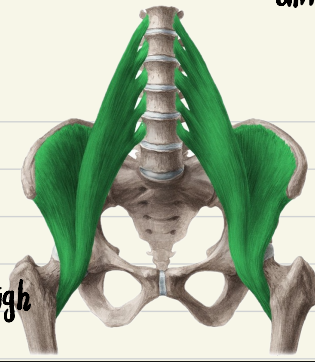


## Iliopsoas



\* flexes the thigh

\* Psoas major flexes trunk on thigh



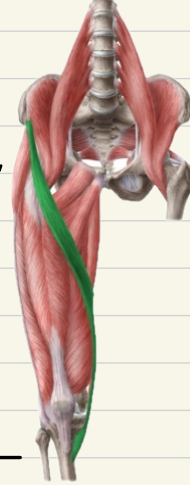
anterior compartment of thighs ~



## Sartorius

\* flexes + abducts + laterally rotates the thigh

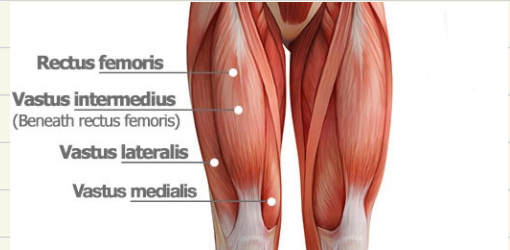
\* flexes + medially rotate the knee



## Quadriceps femoris

\* extends knee

\* rectus femoris → flexes thigh

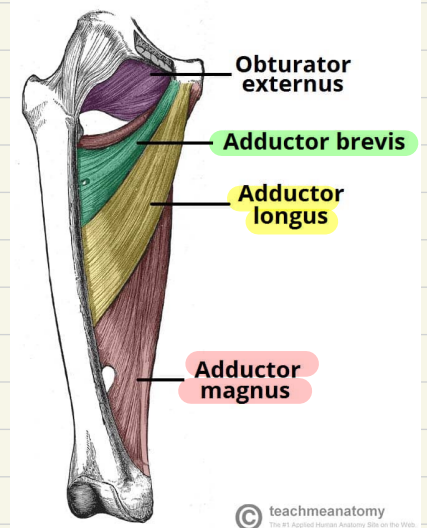


## medial compartment of thighs (adductors)

- adductor longus
- adductor brevis
- adductor magnus
- Gracialis

\* adducts thigh

\* Gracialis: adducts thigh + flex + medially rotate thigh



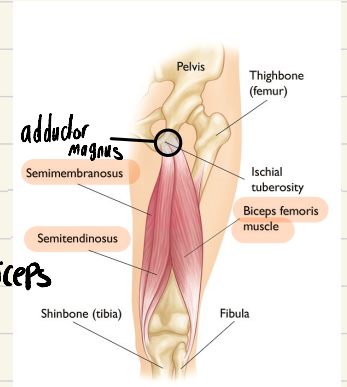
## Hamstring

- biceps femoris (long & short heads)
- Semitendinosus
- Semimembranosus
- adductor magnus (ischial head)

\* all extensors of hip except short head of biceps & flexes the knee

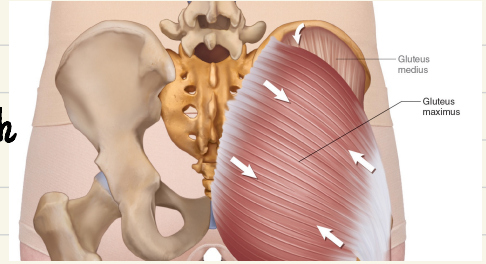
\* lateral muscle → rotate knee laterally  
\* medial muscle → rotate knee medially

## Posterior compartment of thigh



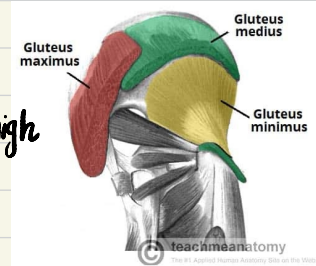
# Gluteus maximus

action: extend & laterally rotate thigh



# Gluteus medius & minimus

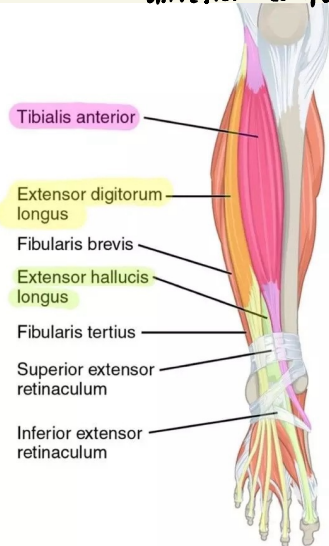
action: abduction & laterally rotates the thigh



all dorsiflexion

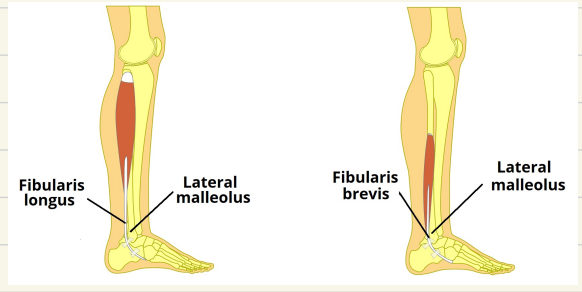
- Tibialis anterior → inversion
- Extensor hallucis longus → Extend big toe
- Extensor digitorum longus → Extend 4 fingers
- peroneus tertius → eversion

muscles of anterior compartment



lateral compartment

- 1- Fibularis (Peroneus) longus
- 2- Fibularis (Peroneus) brevis



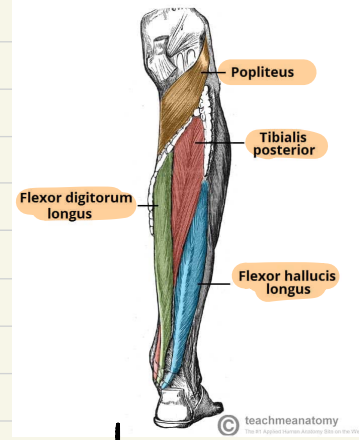
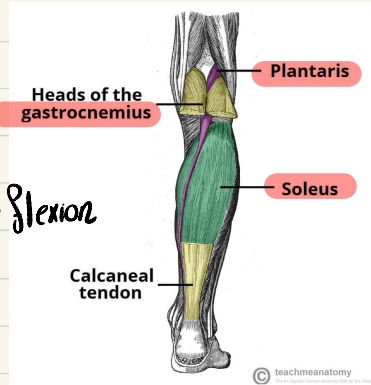
plantar flexion & Eversion

Superficial group

Deep group

Posterior

Superficial



Plantar flexion + weak knee flexion

↓  
all plantar flexion

+

- Flexor digitorum longus : flexes toes
- Flexor hallucis longus : flexes big toe
- Tibialis posterior : inversion
- Popliteus : flex + unlock the knee

وَمِنْهُمْ مَّنْ يَقُولُ رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً  
وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ ﴿٢٠١﴾