



وَذَا النُّونِ إِذْ ذَهَبَ مُغَاضِبًا فَظَنَّ أَنْ لَنْ نَجِدَ عَلَيْهِ فِتْنَادَىٰ فِي السَّمَوَاتِ أَنْ لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

MUSCLES of lower limb

Muscles	Origin	Insertion	Action
Iliopsoas	Iliacus: iliac fossa Psoas major: (T12 - L5) vertebrae	lesser trochanter of femur	flexes the thigh Psoas major: Flexes trunk on thigh; if thigh is fixed
Quadriceps femoris	has four head with different origin	Patella and tibia tuberosity via the patellar ligament	extends knee. (Rectus femoris) flexes thigh also
Sartorius	anterior superior iliac spine (S6S)	upper medial surface of shaft of tibia	1) Tailor position. 2) flexes the thigh, abducts laterally rotates the thigh 3) flexes, medially rotates the knee

Thigh: The Thigh is divided into 3 compartments

anterior, medial, posterior.

Muscles of anterior compartment of the thigh

note:- All are innervated by the FEMORAL nerve.

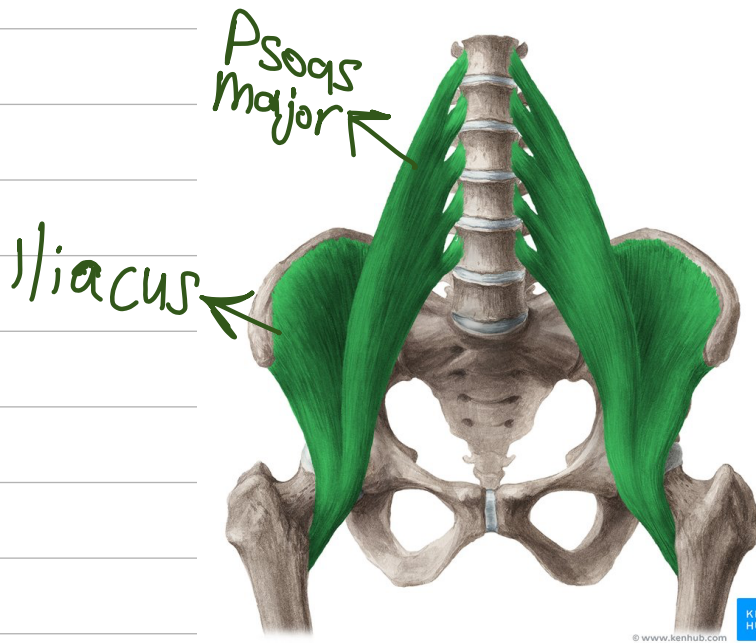
Except, Psoas Major by L1, 2, 3

note:- the 4 head of Quadriceps femoris

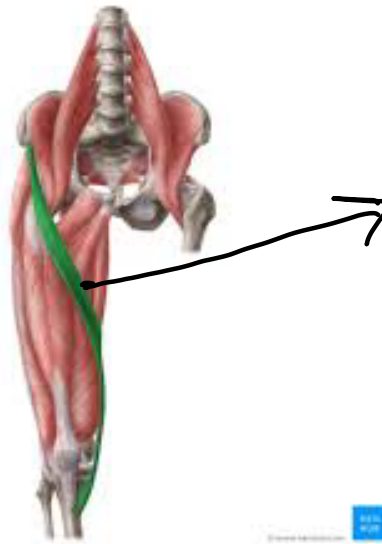
1) Rectus femoris 2) Vastus intermedius 3) vastus lateralis

4) vastus medialis

Now let's look at some Photos of muscles above.



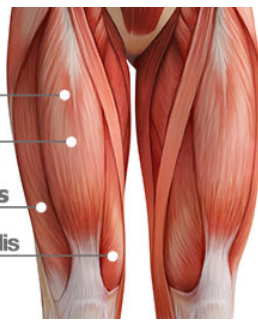
(Iliopsoas)



(Sartorius)

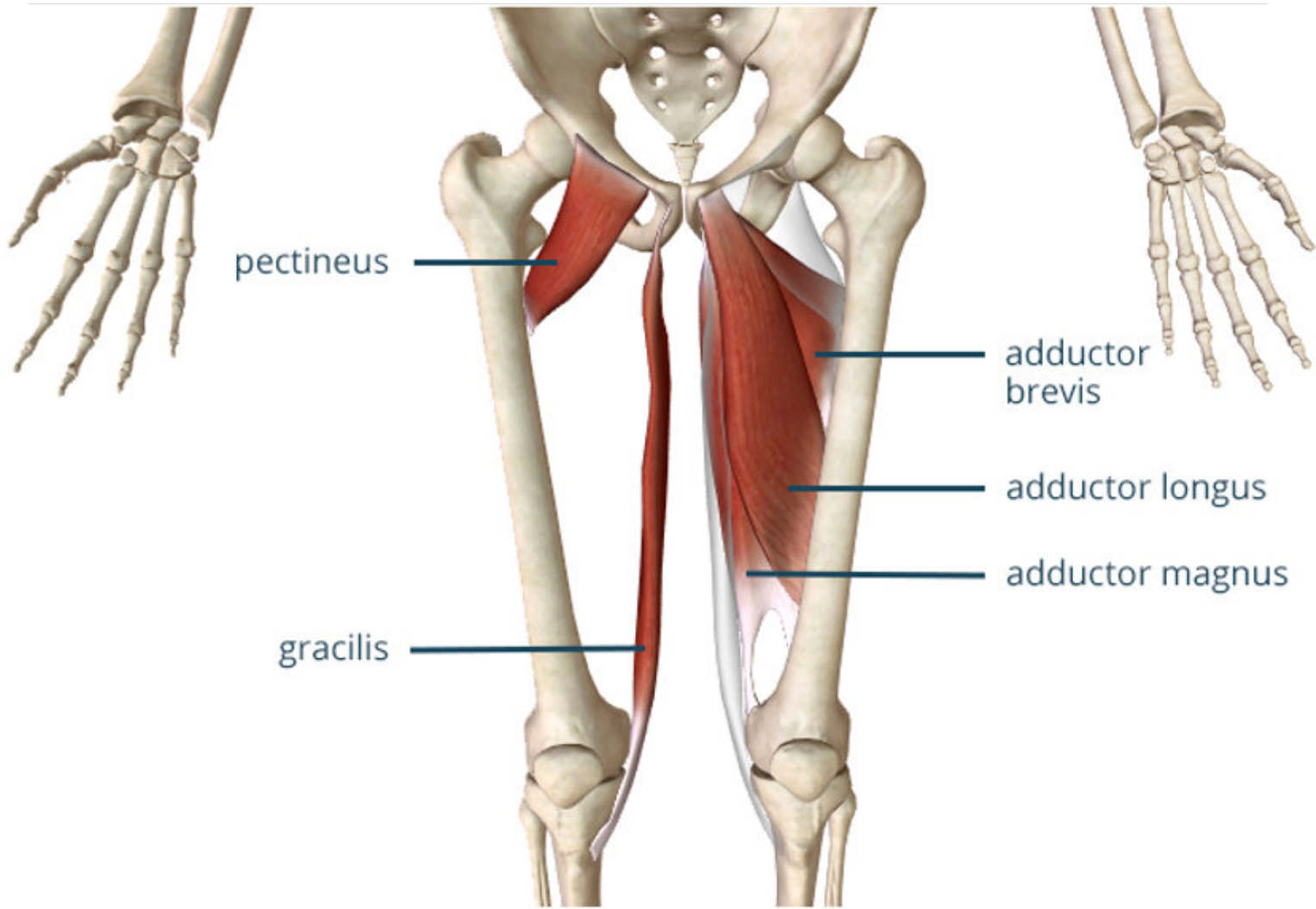
this photo shows the 4 head of quadriceps femoric

- ① Rectus femoris
- ② Vastus intermedius (Beneath rectus femoris)
- ③ Vastus lateralis
- ④ Vastus medialis



(Quadriceps femoris)

*Muscles of medial compartment of thigh (adductors)



① Adductor brevis

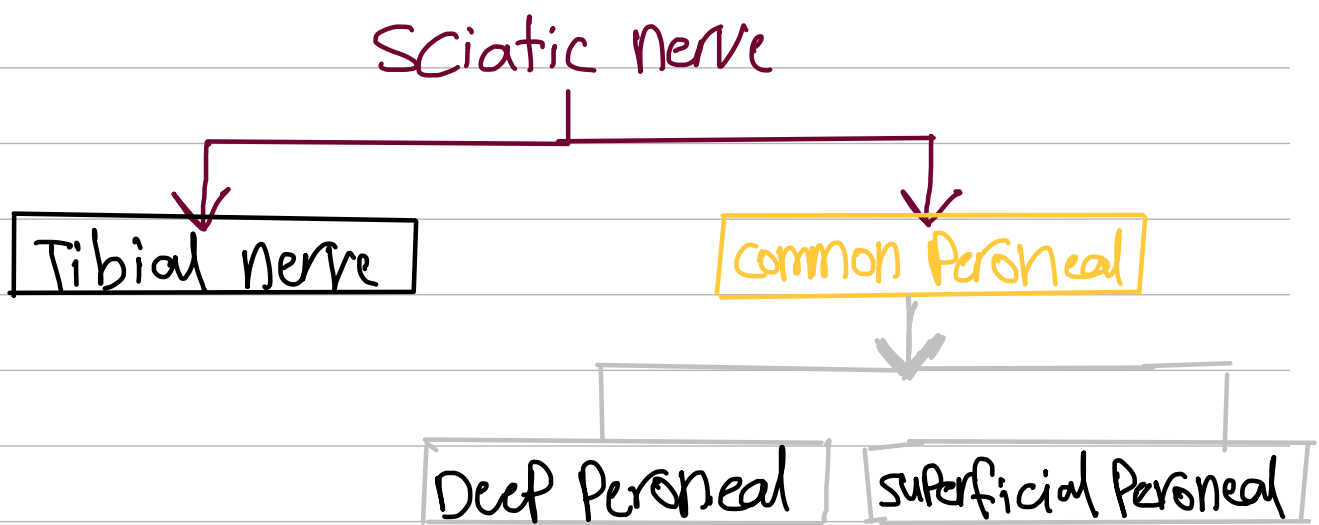
② Adductor longus

③ Adductor magnus (pubic head)

④ gracilis

Note: All are innervated by the OBTURATOR nerve.

Muscle	Adductors	Gracilis
Action	adducts thigh	Adducts thigh, flexes and medial rotate the leg



* posterior compartment of thigh - Hamstring

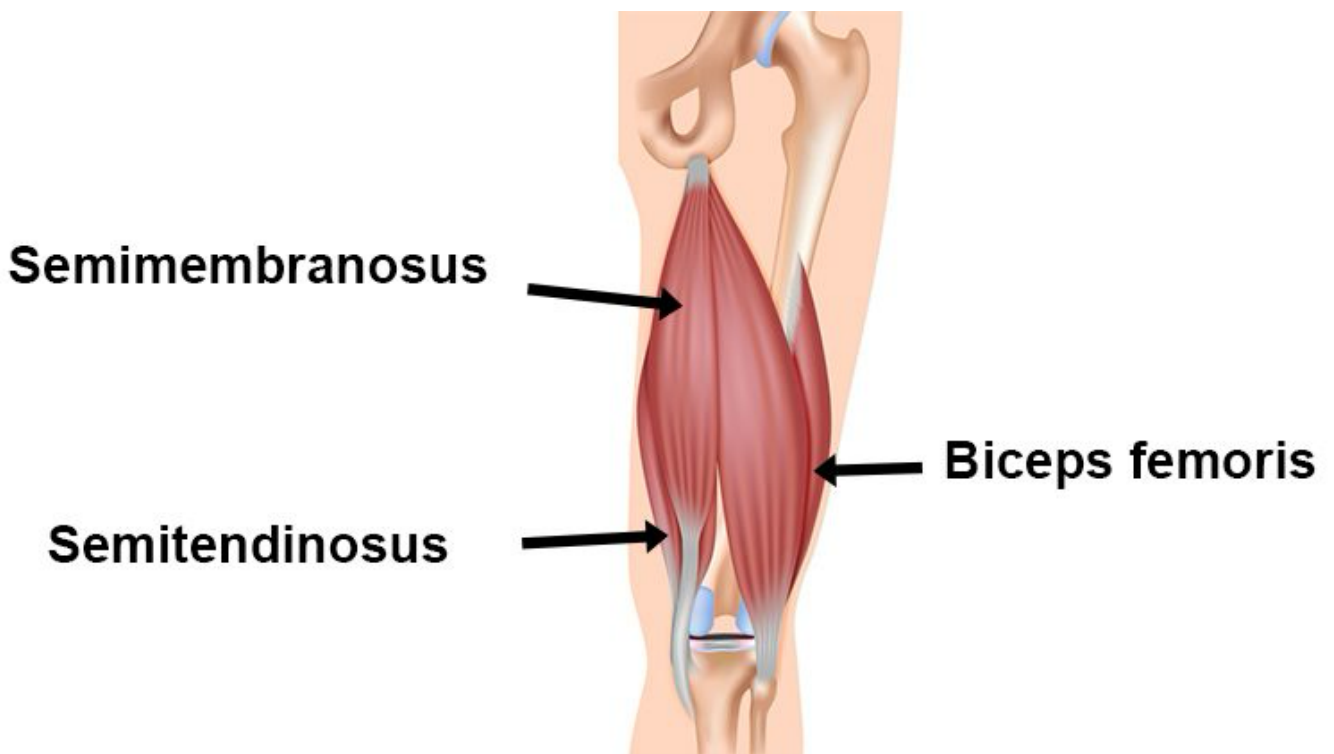
- ① Biceps femoris (long and short heads)
- ② Semitendinosus
- ③ Semimembranosus
- ④ Adductor Magnus (Ischial head)

note:- All are innervated by tibial branch of sciatic nerve. Except: short head of biceps femoris, by common peroneal branch of sciatic nerve.

Action: All are extends the hip (Except: short head of biceps) and flexes the knee

Lateral muscle → rotate the knee laterally.

Medial muscle → rotate the knee medially.



الأذكار المضاعفة

عدد ما خلق	}	سبحان الله
ملء ما خلق		الحمد لله
عدد ما في السموات والأرض		لا اله الا الله
ملء ما في السموات والأرض		لا حول ولا قوة الا بالله
عدد ما أحصى كتابه		الله اكبر
ملء ما أحصى كتابه		استغفر الله
الله عدد كل شيء		
الله ملء كل شيء		