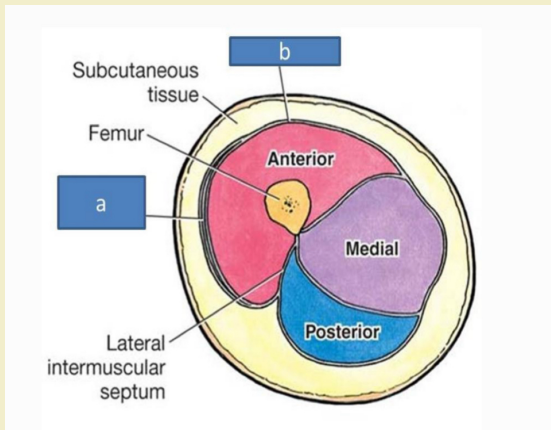


* Thigh

Has 3 compartments

1. Anterior
2. Medial
3. Posterior



1. Anterior

- i. Iliopsoas
- ii. Quadriceps Femoris
- iii. Sartorius

Nerve supply: Femoral Nerve
except Psoas Major by L1, L2, L3

i. Iliopsoas its a muscle consisting of 2 muscles that had a connection together which are 1. Iliacus 2. Psoas Major

Origin:

Iliacus: iliac fossa

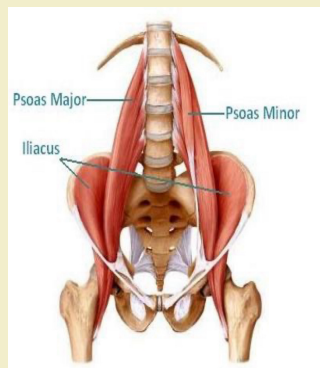
Psoas Major: T12-L5 vertebrae

Insertion: Lesser trochanter of femur.

Action: 1. Flexes the thigh and hip joint

2. Psoas Major flexes trunk on thigh, if thigh is fixed

3. Extension of leg



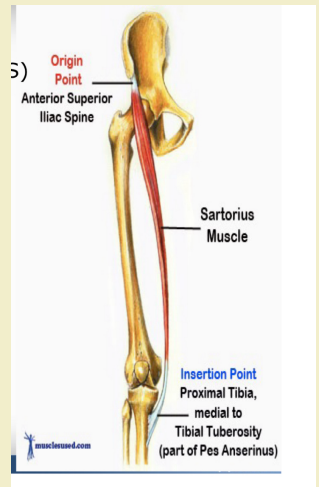
ii: Sartorius

Origin: Anterior Superior iliac spine

Insertion: Upper medial shaft of Tibia

Action: Tailor Position

↳ flexes, abducts, laterally rotates the thigh
↳ flexes, medially rotates the knee



iii. Quadriceps femoris

4

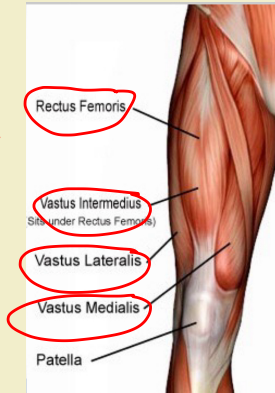
has 4 heads with different origin but same insertion

1. Rectus femoris

2. Vastus intermedius → under l.
in middle

3. Vastus lateralis
lateral

4. Vastus medialis
medially

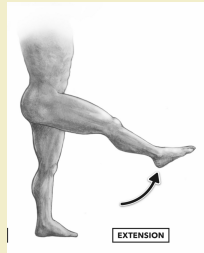


Insertion: Patella and Tibial tuberosity
by Patellar ligament

Action: Extension of Knee

Note: Rectus femoris

↳ flexes the thigh
as well along with Sartorius
(help in extension) muscle



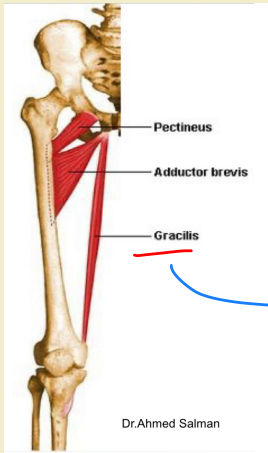
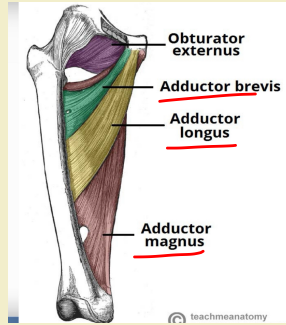
extension
of knee

2. Medial muscles compartment: (Adductors)

- i. Adductor longus
- ii. Adductor brevis
- iii. Adductor magnus
- IV. Gracilis

Nerve Supply:

Obturator nerve



action: flexion and medial Rotation of leg as well as Adduction

Same as iliopsoas

action: Adduction of thigh

→ opposite action of Sartorius muscle
→ Abduction

Some Notes about Sciatic Nerve

→ it has 2 branches

Tibial Nerve

Common Peroneal

Superficial Peroneal

Deep Peroneal

3. Posterior Compartment of thigh (hamstring)

- i. Biceps femoris (long and short head)
femur
- ii. Semitendinosus
- iii. Semimembranosus
- IV. Adductor Magnus (origin: ischial hump)

Nerve Supply:

Sciatic Nerve

Specifically tibial branch of Sciatic Nerve

Except

short head of biceps femoris

→ Common Peroneal branch of Sciatic Nerve

action: Extension of Hip

Except short head of biceps femoris

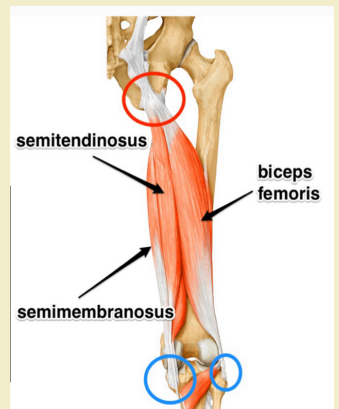
→ Flexion of knee

(Same as Sarcocox muscle)

Note:

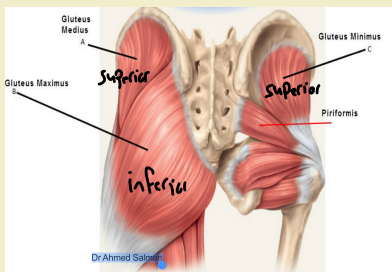
Lateral muscles → Lateral Rotation of knee

Medial muscles → Medial Rotation of knee



* Gluteal Region

- i. Gluteus Maximus
 - ii. Gluteus medius
 - iii. Gluteus minimus
- } inferior in position
- } Superior in position



→ found under i and ii

i. Gluteus Maximus

Nerve Supply:
inferior gluteal nerve

Action:
Extends and lateral rotation of thigh

→ same as Sartorius

ii Gluteus medius

iii Gluteus minimus

Nerve Supply:
superior gluteal nerve

Action:
1. Abduction
2. prevent tilting of the Pelvis when the opposite limb is raised
(aka, helps the pelvis to be in place while walking)

* Clinical anatomy

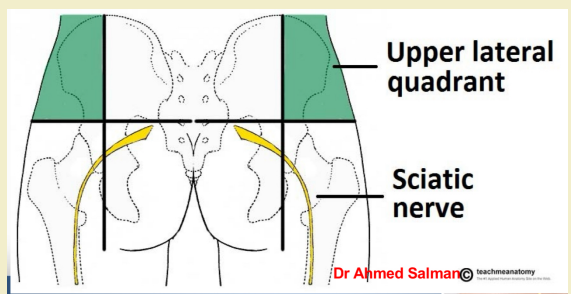
I.M → Intramuscular injection

Place of injection

→ Upper Lateral quadrant

Why?

→ to avoid hitting the Sciatic Nerve



* The Leg

Note: fibialis → Inversion
 Peroneus → eversion

1. Anterior compartment

Nerve supply: deep fibular nerve
 action: Dorsiflexion

- 1. Tibialis anterior → inversion of foot
- 2. Extensor hallucis longus → extension of big toe
- 3. Extensor digitorum longus → extension of 4 toes
- 4. Peroneus tertius → eversion of foot

2. Lateral compartment

Nerve supply: Superficial fibular nerve
 Action: plantar flexion and Eversion of foot
 Peroneus

- 1. Fibularis longus
- 2. Fibularis brevis

3. Posterior compartment

Nerve supply: fibial nerve

Superficial

- 1. Gastrocnemius
- 2. Soleus
- 3. Plantaris

action: plantar flexion of foot and small toe flexion

insertion: Calcaneus base of the foot

Deep

- 1. Popliteus
action: flex and unlocks the knee
- 2. Tibialis posterior
action: inversion of foot
- 3. Flexor digitorum longus
action: flexion of toes
- 4. Flexor hallucis longus
action: flexion of big toe

