





Muscles of the Leg

Muscle	Origin	Insertion	Nerve Supply	Blood Supply	Action	Image
Anterior fascial compartment of the leg						
The tibialis anterior	Lateral surface of the shaft of tibia.	^ _	Deep peroneal nerve.	Anterior tibial artery.	<p>-Dorsiflexion (to stand up on the heels). [AKA extension of the foot at the ankle joint].</p> <p>- invert the foot at subtalar and transverse tarsal joints.</p>	
Extensor digitorum longus	The anterior surface of shaft of fibula.	^ _	Deep peroneal nerve.	Anterior tibial artery.	-Dorsiflexion (to stand up on the heels). [AKA extension of the foot at the ankle joint and the 4 lateral toes].	
Extensor hallucis longus		^ _	Deep peroneal nerve.	Anterior tibial artery.	-Dorsiflexion (to stand up on the heels). [AKA extension of the foot at the ankle joint and the big toe].	
Peroneus tertius		^ _	Deep peroneal nerve.	Anterior tibial artery.	<p>-Dorsiflexion (to stand up on the heels). [AKA extension of the foot at the ankle joint].</p> <p>- Everts foot at subtalar and transverse tarsal joints.</p>	

Muscle	Origin	Insertion	Nerve Supply	Blood Supply	Action	Image

Remember:

The arrangement of the muscles from medial to lateral in front of the medial malleolus is summarized with the mnemonic: **Tom Has Very Nice Dogs & Pigs.**

T = *Tibialis anterior*

H = *Extensor hallucis longus*



V = *Vessels*

N = *Nerve*


D = *Extensor digitorum longus*



P = *Peroneus tertius*

Lateral fascial compartment of the leg



Peroneus longus	lateral surface of shaft of fibula.	Base of first metatarsal and the medial cuneiform bone (passes through a groove in the Cuboid bone).	Superficial <u>peroneal</u> nerve. Peroneal=fibular	Branches from the <u>peroneal</u> artery (branch from posterior tibial artery).	-flex the foot at the ankle joint. -Evert the foot at the subtalar and transverse tarsal joints.	
Peroneus brevis		^ _ ^				



Posterior fascial compartment of the leg (*Superficial group of muscles*)

Gastrocnemius	<u>Lateral head:</u> lateral condyle of femur. <u>Medial head:</u> above medial condyle.	Via tendo calcaneus into posterior surface of calcaneum.	Tibial nerve.	Posterior tibial artery.	- Flex ankle (plantar flexion, standing on the tip of your toes). - powerful plantar flexor of ankle joint; provides main propulsive force in walking and running. -Flexes knee joint.	
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Muscle	Origin	Insertion	Nerve Supply	Blood Supply	Action	Image
Plantaris	This muscle is sometimes absent		Tibial nerve.	Posterior tibial artery.	Powerful plantar flexor of ankle joint; provides main propulsive force in walking and running.	
Soleus			Tibial nerve.	Posterior tibial artery.	Powerful plantar flexor of ankle joint; provides main propulsive force in walking and running.	

Posterior facial compartment of the leg (Deep group of muscles)

Popliteus	☺	^ _ ^	Tibial nerve.	Posterior tibial artery.	<u>Unlocks the knee joint by lateral rotation of femur on tibia.</u>	
Flexor digitorum longus	☺	^ _ ^	Tibial nerve.	Posterior tibial artery.	Flexes the distal phalanges of the lateral 4 toes. Plantarflexion of the foot at the ankle joint	

Muscle	Origin	Insertion	Nerve Supply	Blood Supply	Action	Image
Flexor hallucis longus	☺	^ _ ^	Tibial nerve.	Posterior tibial artery.	Flexes the distal phalanx of the big toe. Plantarflexion of the foot at the ankle joint.	
Tibialis posterior	☺	^ _ ^	Tibial nerve.	Posterior tibial artery.	Plantarflexion of the foot at the ankle joint. Inverts foot at subtalar and transverse tarsal joint.	

Remember:

The arrangement of the muscles from medial to lateral behind the medial malleolus is summarized with the mnemonic:

Tom Does Very Nice Hats

T = *Tibialis posterior*

H = *Flexor hallucis longus*

V = *Vessels (posterior tibial artery)*

N = *Nerve (tibial nerve)*

D = *Extensor digitorum longus*



Mnemonics for the compartments of the leg



- Anterior fascial compartment of the leg:

Teena has 2 Eraser & 1 Pencil.

Tibialis & 3 Extensor & 1 Peroneus.



- Lateral fascial compartment of the leg:

Leena has 2 Pencils.

Lateral has 2 Peroneus.



- Posterior fascial compartment of the leg (Superficial group of muscles):

Group of People Smiling.

Gastrocnemius, Plantaris & Soleus.



- Posterior facial compartment of the leg (Deep group of muscles):

Popli got Fresh Fruits from Tree.

Popliteus, Flexor digitorum longus, Flexor hallucis longus & Tibialis posterior.

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