

Table 1-1

## Anatomy of Human Skeletal Muscles

Muscle	Origin	Insertion	Innervation	Nerve Root	Number of Joints Crossed
Extensor hallucis longus	Medial anterior fibular surface	Dorsal surface of distal phalanx	Deep peroneal	L4, L5, S1	>3
Extensor digitorum longus	Anterior fibular surface	Dorsal surface of toes 2–5	Deep peroneal	L4, L5, S1	>3
Flexor hallucis longus	Posterior fibular surface	Plantar surface of distal phalanx	Tibial	L5, S1, S2	>3
Flexor digitorum longus	Posterior fibular surface	Plantar surface of distal phalanx of toes	Tibial	L5, S1, S2	3
Tibialis anterior	Lateral tibial surface	Medial and plantar side of medial cuneiform	Deep peroneal	L4, L5, S1	2
Tibialis posterior	Posterior surface of tibia, fibula, and interosseus membrane	Medial navicular surface	Tibial	L4, L5, S1	2
Peroneus tertius	Lower fibular anterior surface	Dorsal surface of base of 5th metatarsal	Deep peroneal	L4, L5, S1	2
Peroneus brevis	Lateral fibular surface	Dorsal surface of base of 5th metatarsal	Superficial peroneal	L4, L5, S1	2
Soleus	Posterior proximal surface of fibula and medial border of tibia	Posterior surface of calcaneus	Tibial	L5, S1, S2	1
Gastrocnemius	Posterior/superior surfaces of lateral and medial femoral condyles	Posterior surface of calcaneus	Tibial	S1, S2	3
Plantaris	Lateral supracondylar line of femur	Posterior surface of calcaneus	Tibial	L4, L5, S1	3
Popliteus	Lateral femoral epicondyle	Soleal line on posterior surface of tibia	Tibial	L4, L5, S1	1
Vastus lateralis	Lateral lip of linea aspera	Lateral patellar border	Femoral	L2, L3, L4	1
Vastus medialis	Distal half of intertrochanter line and medial lip of linea aspera	Medial patellar border	Femoral	L2, L3, L4	1
Vastus intermedius	Anterior femoral surface	Superior patellar border	Femoral	L2, L3, L4	1
Rectus femoris	Anterior inferior iliac spine	Superior patellar border	Femoral	L2, L3, L4	2
Tensor fasciae latae	Lateral surface of anterior inferior iliac spine	Lateral tibial condyle	Superior gluteal	L4, L5, S1	2
Gracilis	Body of pubis	Medial tibial condyle	Obturator	L3, L4	2
Sartorius	Anterior superior iliac spine	Medial surface of tibia	Femoral	L2, L3, L4	2
Semimembranosus	Ischial tuberosity	Medial tibial condyle	Sciatic	L4, L5, S1, S2	2
Semitendinosus	Ischial tuberosity	Medial tibial surface	Sciatic	L4, L5, S1, S2	2
Biceps femoris	Long head—ischial tuberosity; Short head—lateral lip of linea aspera	Fibular head and lateral tibial condyle	Sciatic	L5, S1, S2, S3	2
Piriformis	Pelvic surface of sacrum	Superior border of greater trochanter	Sacral plexus	L5, S1, S2	1
Obturator internus	Pelvic surface of ischium	Medial surface of greater trochanter	Sacral plexus	L5, S1, S2	1
Obturator externus	Rami of pubis and ischium	Greater trochanter	Obturator	L3, L4	1
Gemellus superior	External surface of ischial spine	Medial surface of greater trochanter	Sacral plexus	L5, S1, S2	1

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