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| --- | --- | --- | --- | --- | --- |
| Muscle | Action | Origin | Insertion | Innervation | Root |
| Biceps Femoris | \*Knee flexion \*External Tibial Rotation  \*Long Head:  --Hip Extension  --Hip External Rotation | Long Head:  - Ischial Tuberosity  -Sacrotuberous Ligament  Short Head:  - Lateral lip of the linea aspera  - Upper 2/3 of the supercondylar line | -Lateral fibular head  - Lateral tibial condyle | Long head:  - Tibial short head  - Common peroneal | Long head:  - S1, 2, 3  Short Head:  - L5, S1, 2 |
| Gastrocnemius | \*Assists with knee flexion  \* Ankle plantarflexion | Medial head:  - Posterior surface of the medial femoral condyle  - Adjacent portion of the femur and knee capsule  Lateral head:  - Posterior surface of the lateral femoral condyle  - Adjacent portion of the femur and knee capsule | To the calcaneus via the Achilles tendon | Tibial | S1, 2 |
| Gracilis | \*Knee flexion  \*Internal tibial rotation  \*Hip adduction | \*Symphysis Pubis  \*Inferior ramus of the pubic bone | Proximal portion of the antero-medial tibial flare | Obturator (Posterior) | L3, 4 |
| Popliteus | Open Chain:  - Internal tibial rotation  - Knee flexion  Closed Chain:  - External femoral rotation  - Knee flexion | \*Lateral femoral condyle  \* Oblique popliteal ligament | - Posterior tibia superior to the soleal line  - fascia covering the soleus | Tibial | L4, L5, S1 |
| Rectus Femoris | \*Knee extension  \*Hip Flexion | \*ASIS  \*Groove located superior to the acetabulum | To the tibial tubercle via the patella and patellar ligament | Femoral | L2, 3, 4 |
| Sartorius | \*Knee Flexion  \*Internal tibial rotation  \*Hip flexion  \*Hip abduction  \*Hip external rotation | ASIS | Proximal potion of the antero-medial tibial flare | Femoral | L2, 3 |
| Semi-membranosis | \* Knee flexion  \* Internal tibial rotation  \* Hip extension  \* Hip internal rotation | Ischial tuberosity | Postero-medial portion of the tibia’s medial condyle | Tibial | L5,S1 |
| Semi-tendinosis | \* Knee flexion  \* Internal tibial rotation  \* Hip extension  \* Hip internal rotation | Ischial Tuberosity | Medial portion of the tibial flare | Tibial | L5, S1, 2 |
| Vastus Intermedius | Knee extension | \* Antero-lateral portion of the upper 2/3 of the femur  \* Lower 1/2 of the linea aspera | To the tibial tubercle via the patella and patellar ligament | Femoral | L2, 3, 4 |
| Vastus Lateralis | Knee extension | \* Proximal intertrochanteric line  \* Greater trochanter  \* Gluteal tuberosity  \* Upper 1/2 of the linea aspera | To the tibial tubercle via the patella and patellar ligament | Femoral | L2, 3, 4 |
| Vastus Medialis | \* Knee extension  \*Oblique Portion:  - Patella stabilization | \* Longus Portion:  - Distal 1/2 of the intertrochanteric line  - Medial portion of the linea aspera  \* Oblique Portion:  - Tendons from adductor longus and adductor magnus | To the tibial tubercle via the patella and patellar ligament | Femoral | L2, 3, 4 |