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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 LigamentShort 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, 3Short 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 flexionClosed 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 |