

semitendinosus
(belly)

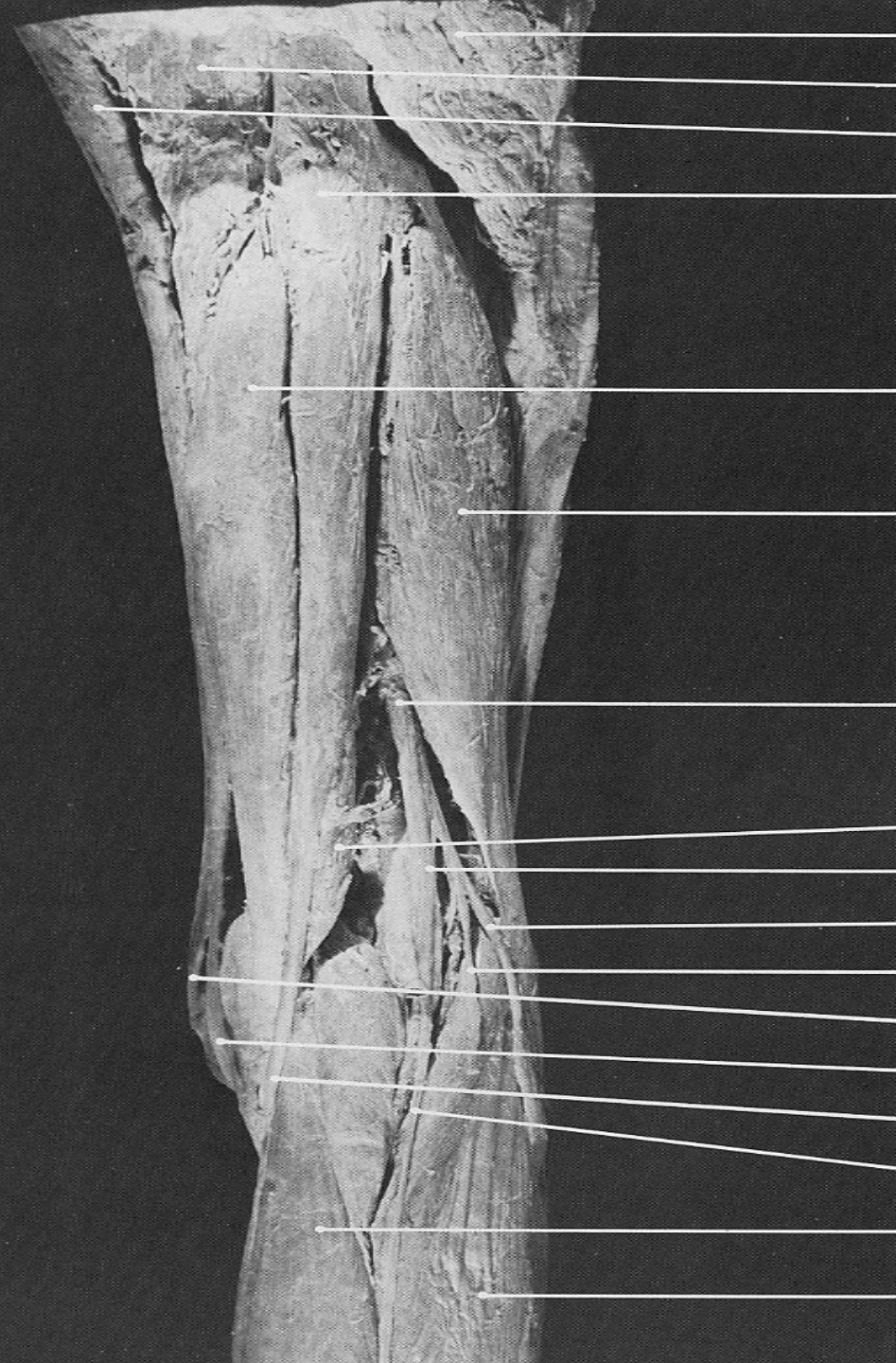
semimembranosus

semitendinosus
(tendon)

vastus medialis

gracilis

adductor magnus



gluteus maximus

adductor magnus

gracilis (belly)

semitendinosus (belly)

semimembranosus

biceps femoris (long head)

sciatic n.

semimembranosus

tibial n.

common peroneal n.

lateral sural cutaneous n. (cut off)

sartorius (tendon)

gracilis (tendon)

semitendinosus (tendon)

medial sural cutaneous n.

gastrocnemius (medial head)

gastrocnemius (lateral head)

ADDUCTOR MAGNUS

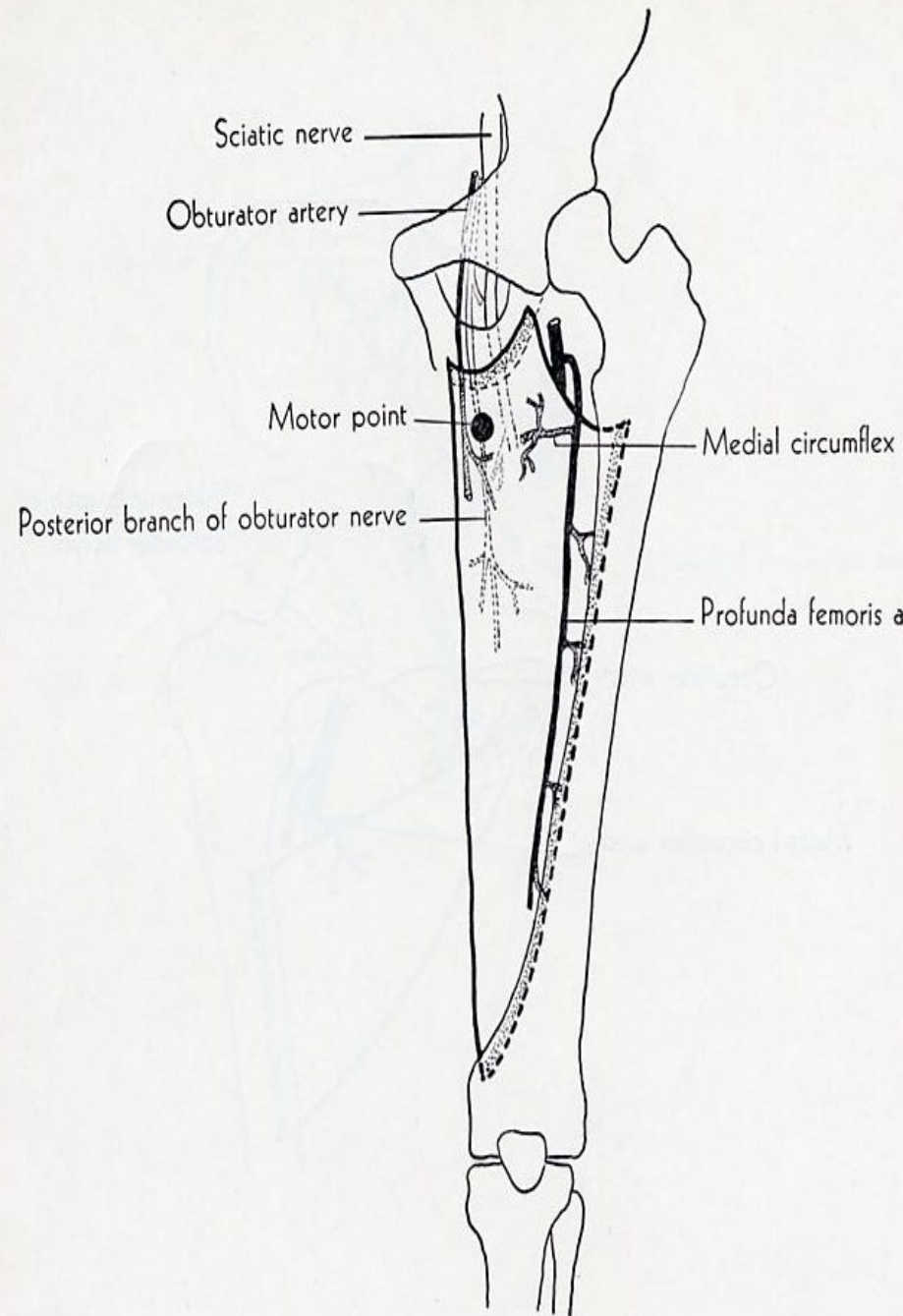
ORIGIN: ischial tuberosity, rami of ischium and pubis.

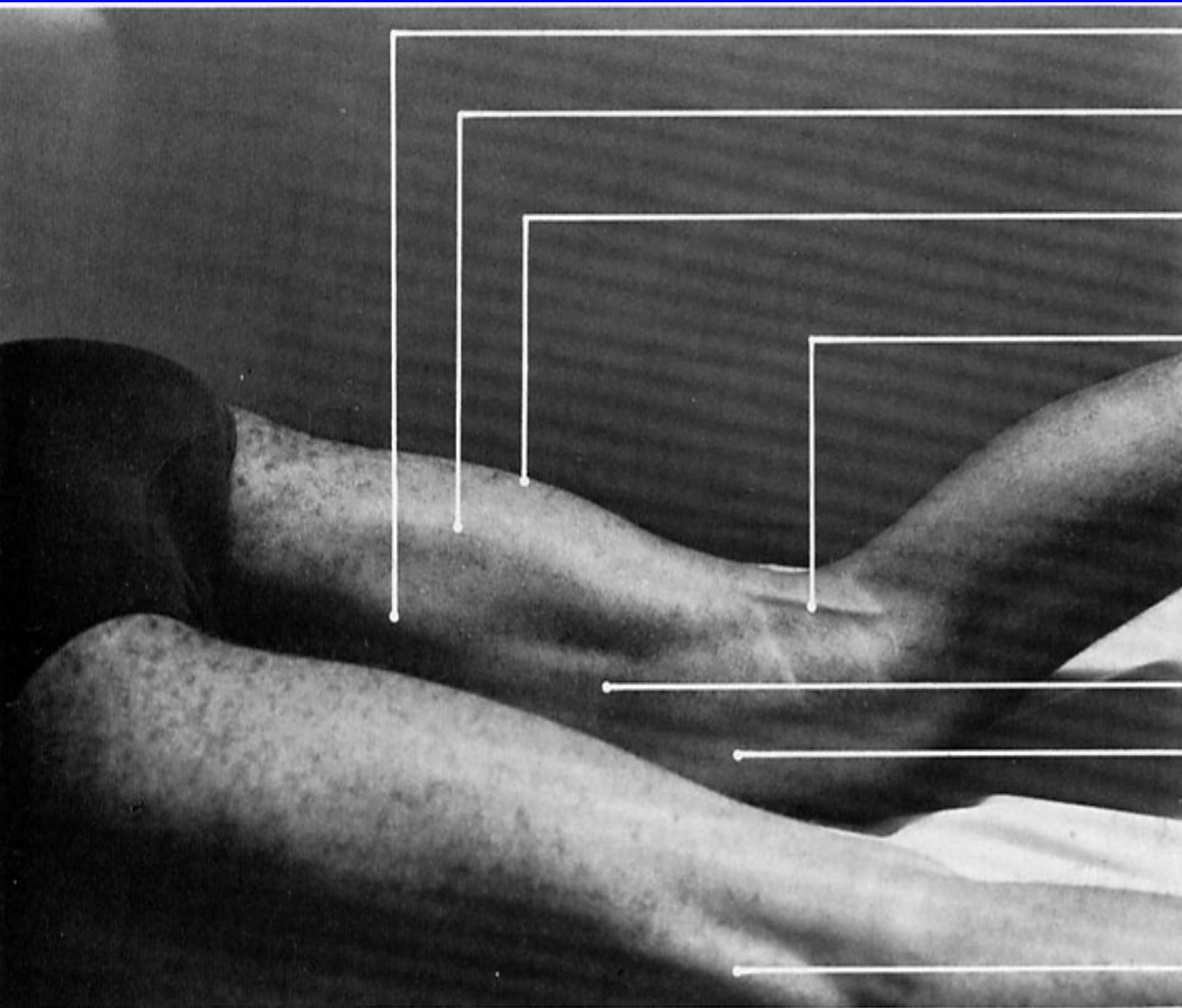
INSERTION: line extending from greater trochanter to linea aspera, linea aspera, medial supracondylar line, adductor tubercle.

ACTION: proximal part adducts and flexes the thigh, distal part aids in extension of the femur.

NERVE: posterior branch of obturator, sciatic.

ROOT: L2, L3, L4 through the posterior branch of obturator nerve; L4 nerve root through the tibial part of the sciatic nerve.





adductor magnus

semimembranosus

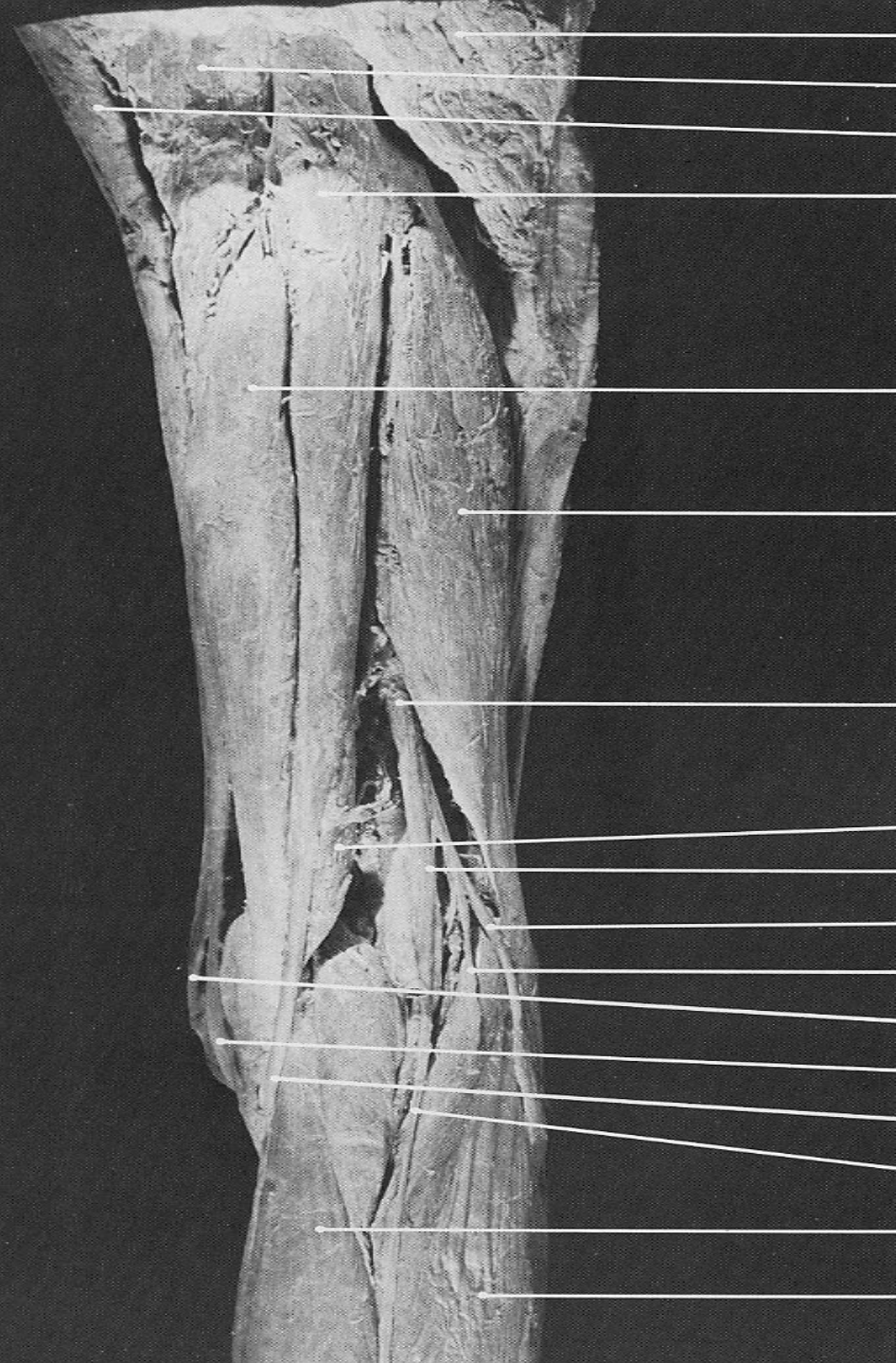
semitendinosus
(belly)

semitendinosus
(tendon)

gracilis

vastus medialis

biceps femoris
(long head, tendon)



gluteus maximus

adductor magnus

gracilis (belly)

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gastrocnemius (medial head)

gastrocnemius (lateral head)

SEMITENDINOSUS

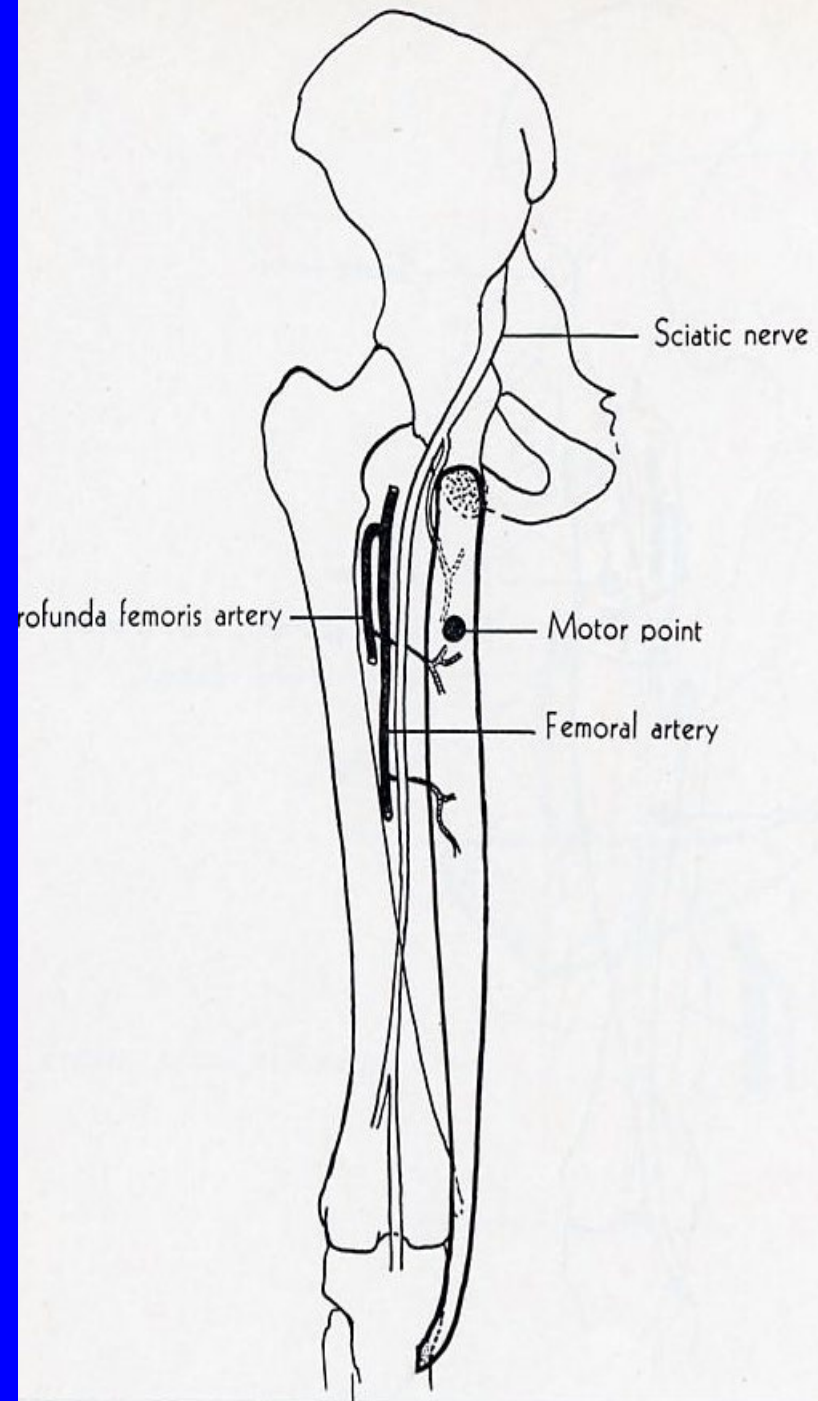
ORIGIN: upper and medial impression of ischial tuberosity with tendon of biceps femoris.

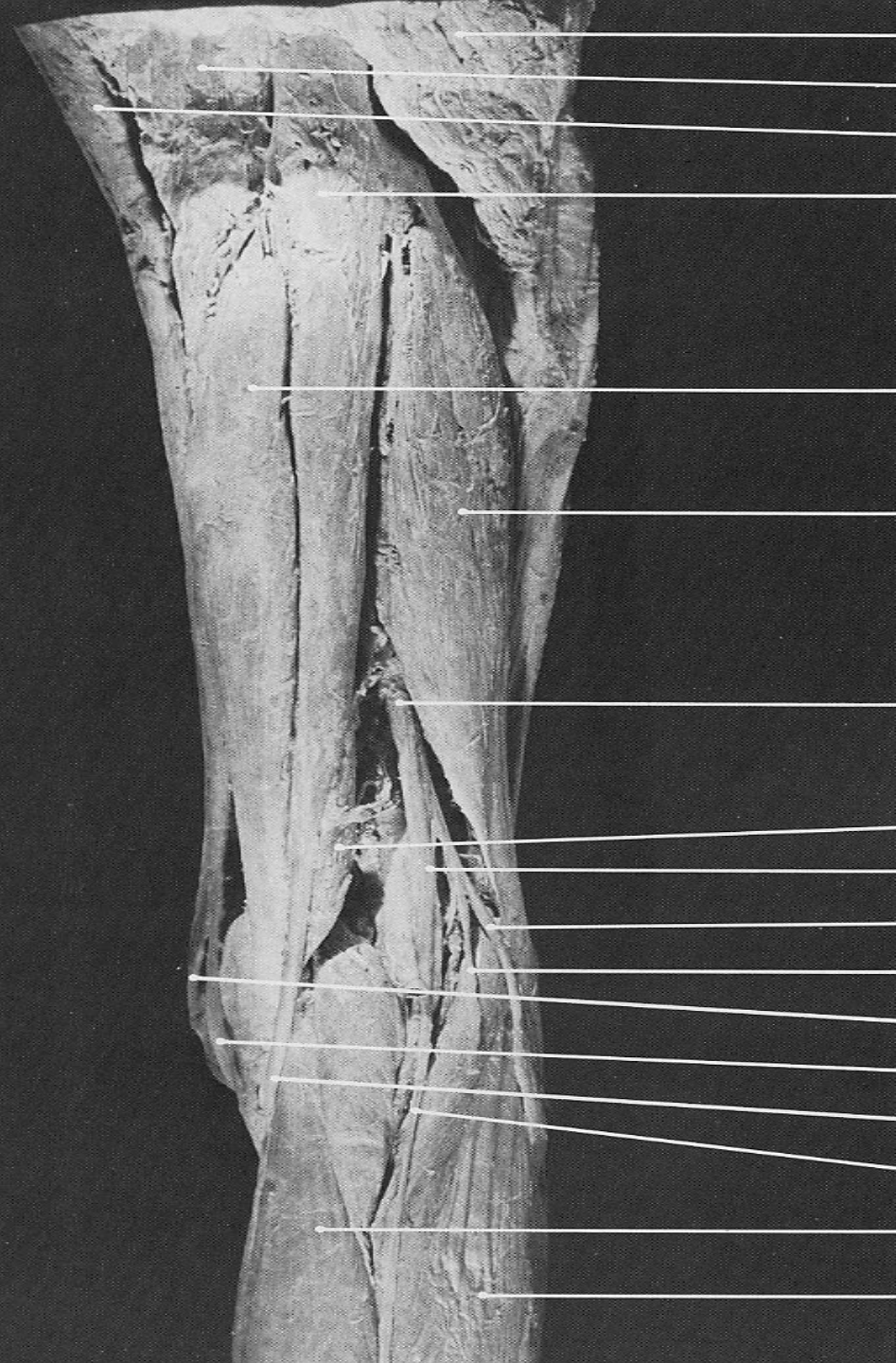
INSERTION: upper part of medial surface of tibia, deep fascia of leg.

ACTION: flexes leg, extends thigh, rotates leg medially when knee is semiflexed.

NERVE: sciatic.

ROOT: L5, S1 and S2 mainly L5.





gluteus maximus

adductor magnus

gracilis (belly)

semitendinosus (belly)

semimembranosus

biceps femoris (long head)

sciatic n.

semimembranosus

tibial n.

common peroneal n.

lateral sural cutaneous n. (cut off)

sartorius (tendon)

gracilis (tendon)

semitendinosus (tendon)

medial sural cutaneous n.

gastrocnemius (medial head)

gastrocnemius (lateral head)

SEMIMEMBRANOSUS

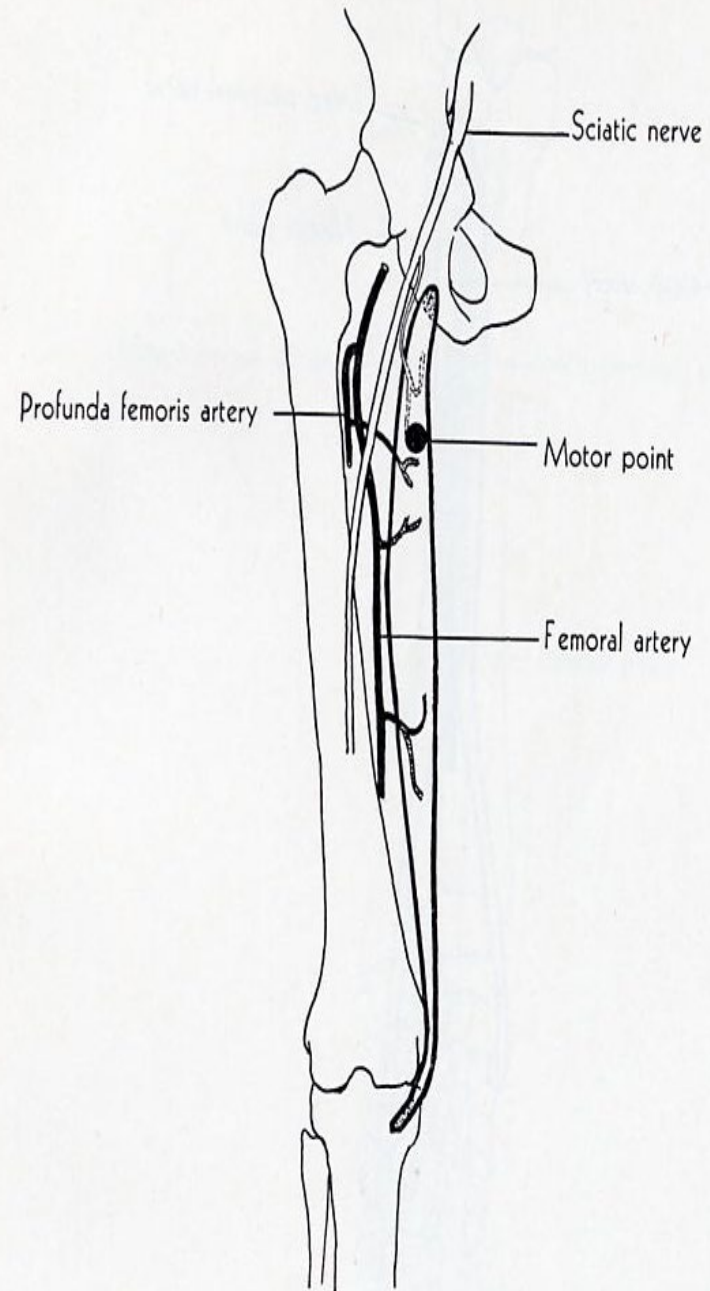
ORIGIN: upper and lateral facet of ischial tuberosity.

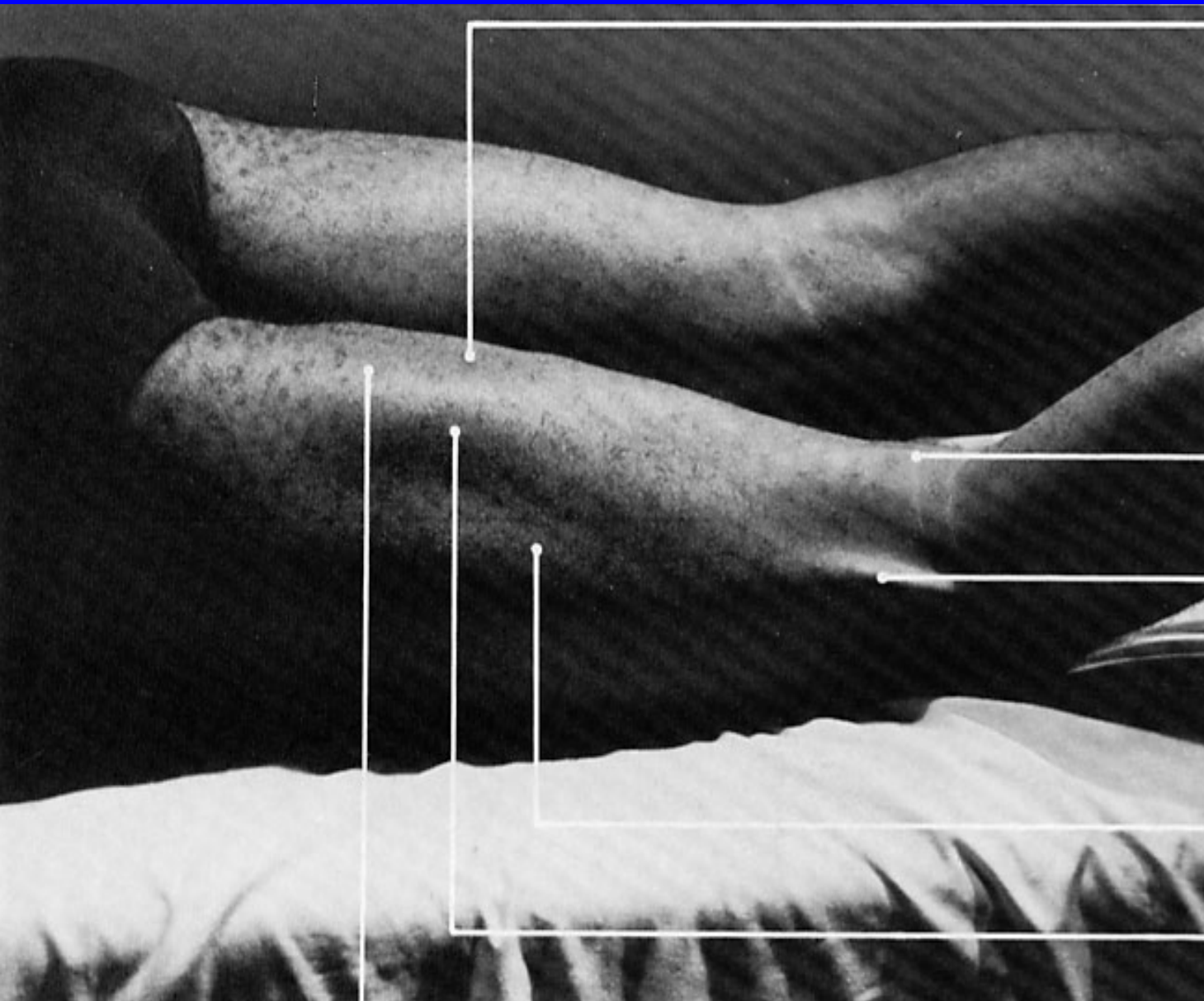
INSERTION: medial posterior surface of medial condyle of tibia.

ACTION: flexes leg, extends thigh, rotates leg medially when knee is semiflexed.

NERVE: sciatic.

ROOT: L5, S1 and S2 mainly L5.





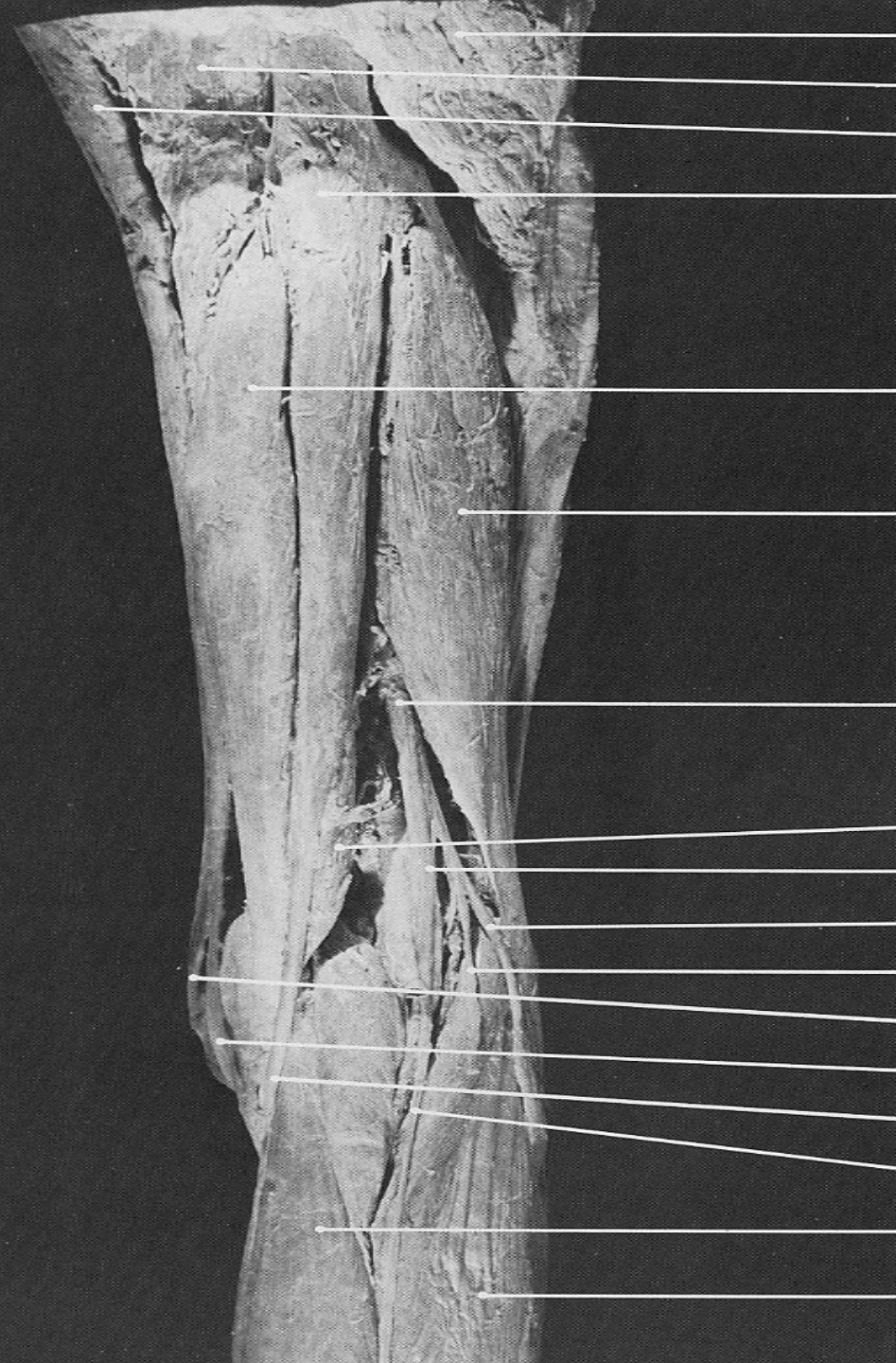
semitendinosus (belly)

semitendinosus (tendo)

**biceps femoris
(long head, tendon)**

vastus lateralis

**biceps femoris
(long head, belly)**



gluteus maximus

adductor magnus

gracilis (belly)

semitendinosus (belly)

semimembranosus

biceps femoris (long head)

sciatic n.

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semitendinosus (tendon)

medial sural cutaneous n.

gastrocnemius (medial head)

gastrocnemius (lateral head)

BICEPS FEMORIS -- LONG HEAD --

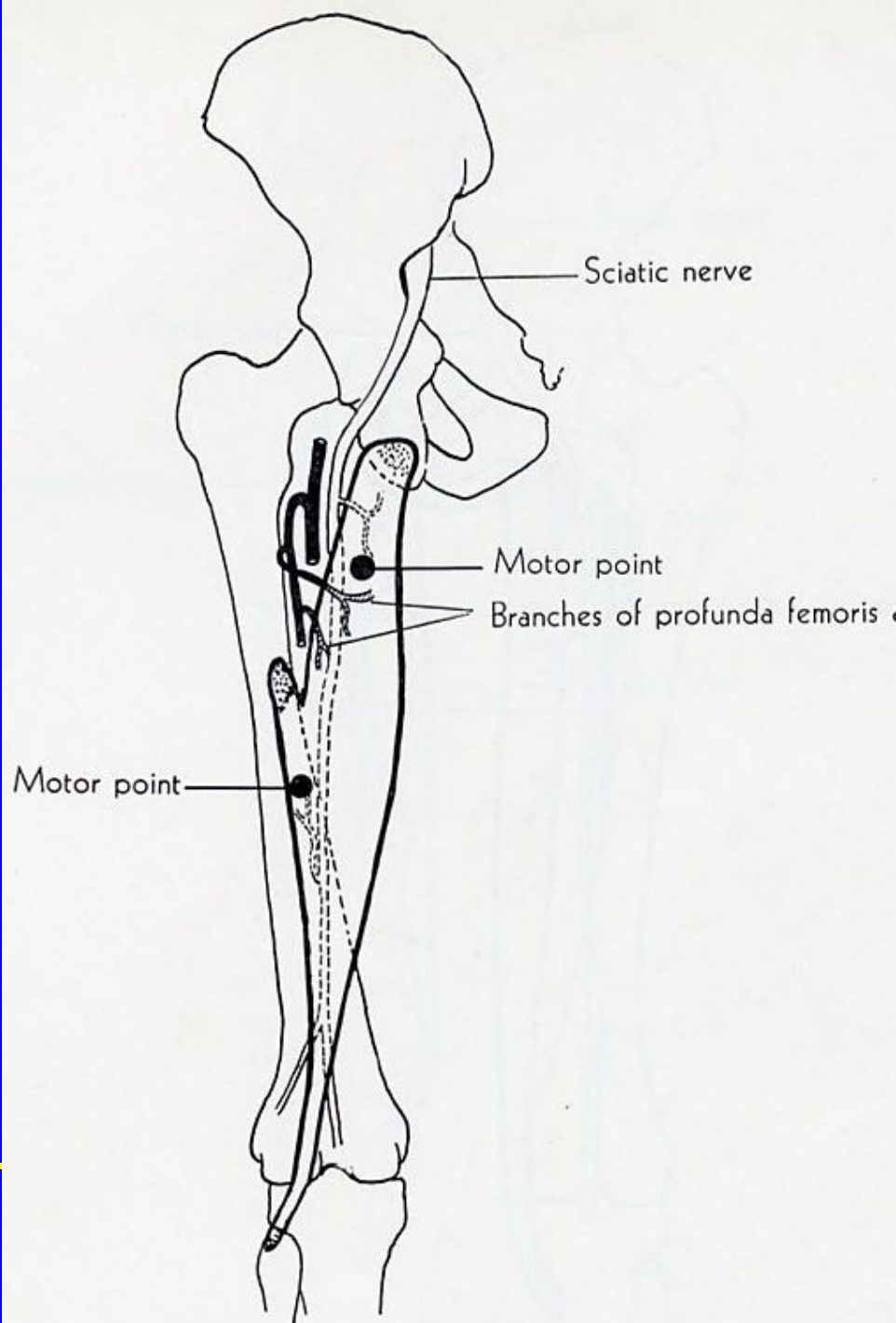
ORIGIN: ischial tuberosity and sacrotuberous ligament.

INSERTION: head of fibula, lateral condyle of tibia, deep fascia on lateral side of leg.

ACTION: flexes leg, extends thigh, rotates leg laterally when knee is semiflexed.

NERVE: sciatic.

ROOT: L5, S1 and S2 mainly S1.

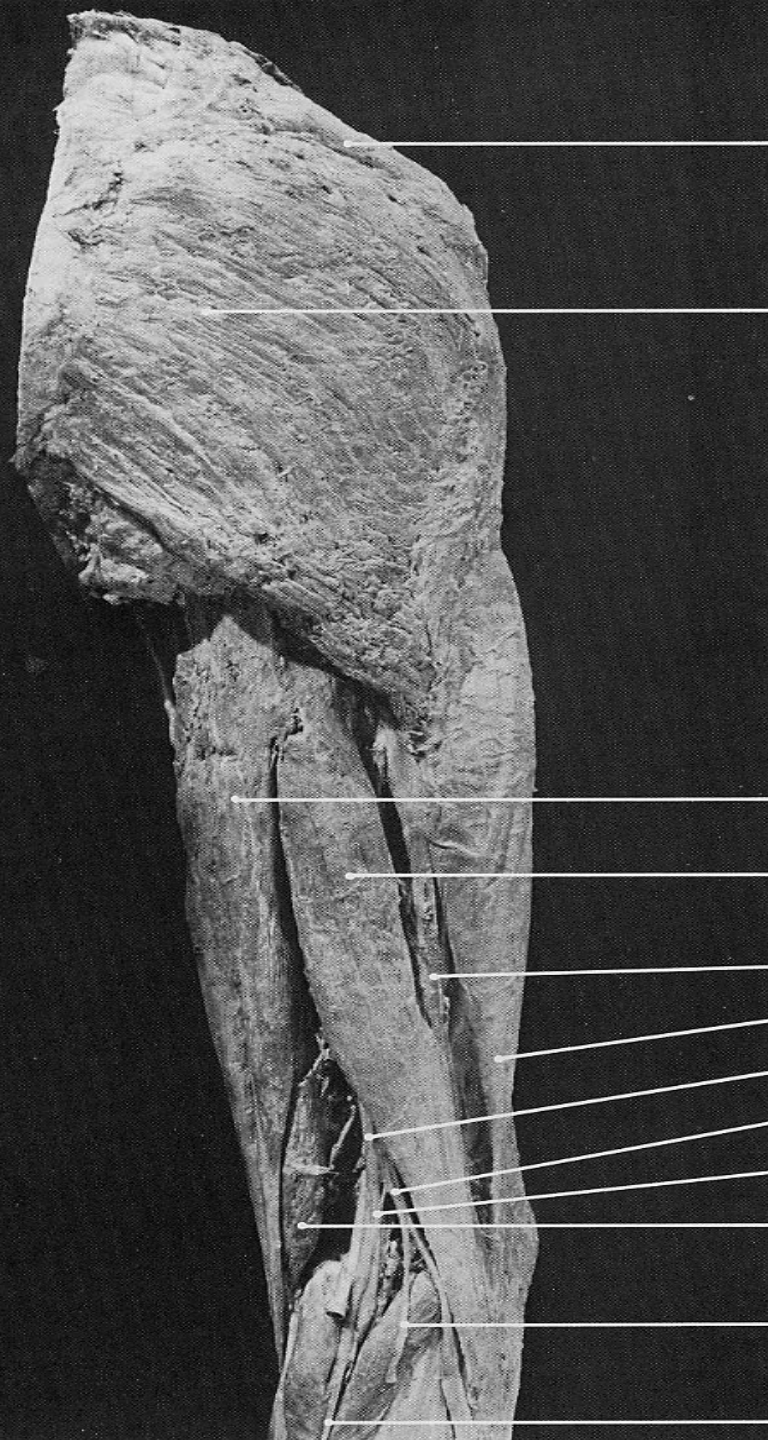




pin insertion site for
biceps femoris (short head)

biceps femoris
(long head, tendon)

pin insertion site for



fascia overlying gluteus medius

gluteus maximus

semitendinosus

biceps femoris (long head)

biceps femoris (short head)

iliotibial tract

sciatic n.

common peroneal n.

tibial n.

semimembranosus

lateral sural cutaneous n. (cut off)

medial sural cutaneous n.

BICEPS FEMORIS

-- SHORT HEAD --

ORIGIN: lateral lip of linea aspera, lateral supracondyle of femur, lateral intermuscular septum.

INSERTION: head of fibula, lateral condyle of tibia, deep fascia on lateral side of leg.

ACTION: flexes leg, extends thigh, rotates leg laterally when knee is semiflexed.

NERVE: sciatic.

ROOT: L5, S1 and S2 mainly S1.

