

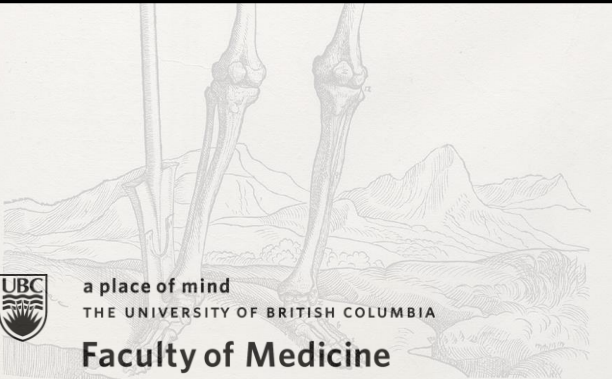
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MEDD 421 ANATOMY PROJECT



KURT MCBURNEY, ASSISTANT TEACHING PROFESSOR - IMP
NICHOLAS BYERS - SMP
PETER BAUMEISTER - SMP



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Proof of Permission for Cadaveric Photos



Island Medical Program

The University of British Columbia
Faculty of Medicine MD
Undergraduate Program
delivered in collaboration with
the University of Victoria

Kurt McBurney
Associate Teaching Professor
Island Medical Program Division of Medical Sciences
University of British Columbia and University of Victoria
mcburney@uvic.ca
250-472-5536 (office)
250-418-1542 (cell)

To Whom It May Concern:

During 6 week FLEX cycle of April/May 2018, Peter Baumeister and Nick Byers completed a dissection/learning resource project here at the Island Medical Program. They completed dissections of the lower limb corresponding to the upcoming fall gross anatomy laboratories.

As part of this project they took photographs of their dissections with the purpose of creating digital index cards which will help students in future labs with these lower limb dissections. Long before they began the project they asked for, and received, my permission to take and subsequently use the photos to create the digital index cards.

As a final check—as protection for themselves, their work and my responsibility for cadaveric donations—I will vet the final versions of the digital index cards to ensure there are no concerns regarding the photographs and the cadaveric material.

Thank you,

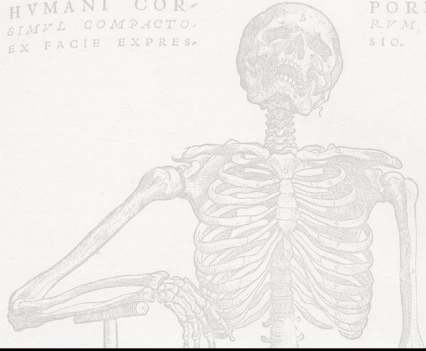
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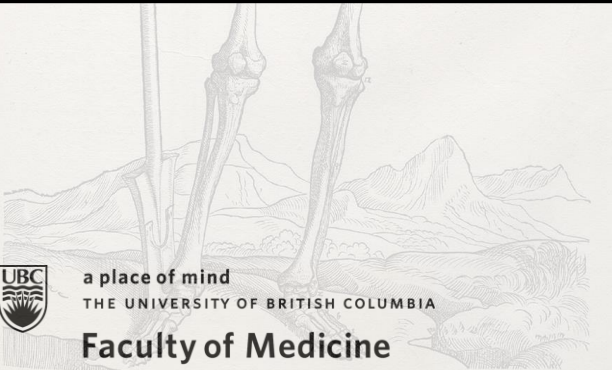
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LABORATORY 1

~

OSTEOLOGY



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INDEX

Acetabular labrum	Gluteal surface	Metatarsals (1-5)
Acetabulum	Greater sciatic notch	Navicular
Anterior intercondylar area	Greater Trochanter	Neck of Fibula
Anterior superior iliac spine (ASIS)	Head of Femur	Neck of Talus
Calcaneal Tuberosity	Head of Fibula	Obturator foramen
Calcaneus	Head of Talus	Patellar Surface
Cuboid	Iliac crest	Phalanges
Cuneiform	Intercondylar eminence	Phalanges
(medial, intermediate, and lateral)	Ischial spine	Posterior superior iliac spine (PSIS)
Femoral Condyles	Ischial tuberosity	Round ligament of the head of the femur
Femoral Epicondyles	Lateral Malleolus	Shaft
Fovea Capitis	Lesser sciatic notch	Sustentaculum tali
Neck of Femur	Linea Aspera	Talus
Gerdy's tubercle	Lunate surface	Tarsus
	Medial / Lateral Tibial Condyles	Tibial tuberosity
	Medial Malleolus	Trochlear surface



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OSTEOLOGY: THE FOOT

Structures in View:

Calcaneus

Talus

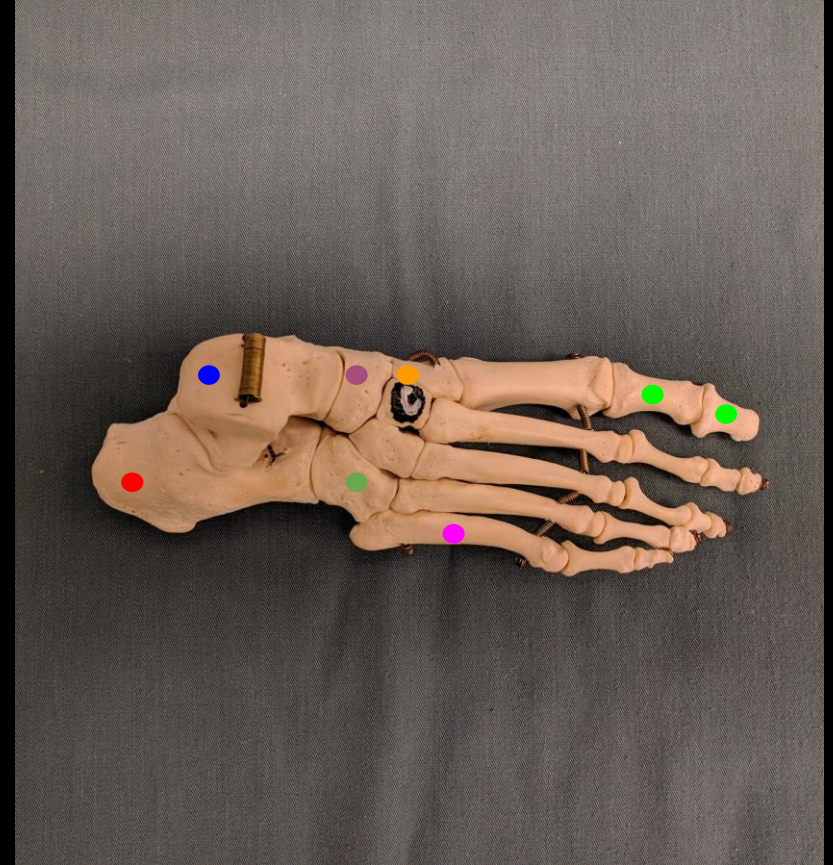
Cuboid

Navicular

Cuneiform (Medial specific)

Metatarsals (5th specific)

Phalanges



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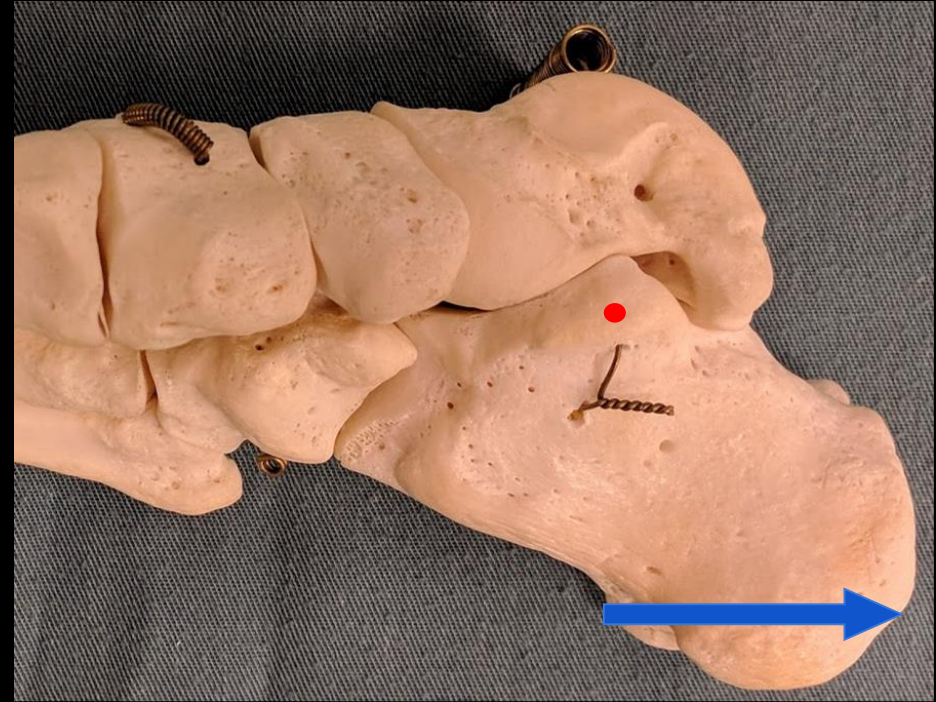
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Calcaneus

Structures in View:

Sustentaculum Tali
Calcaneal Tuberosity
(Insertion of Achilles)



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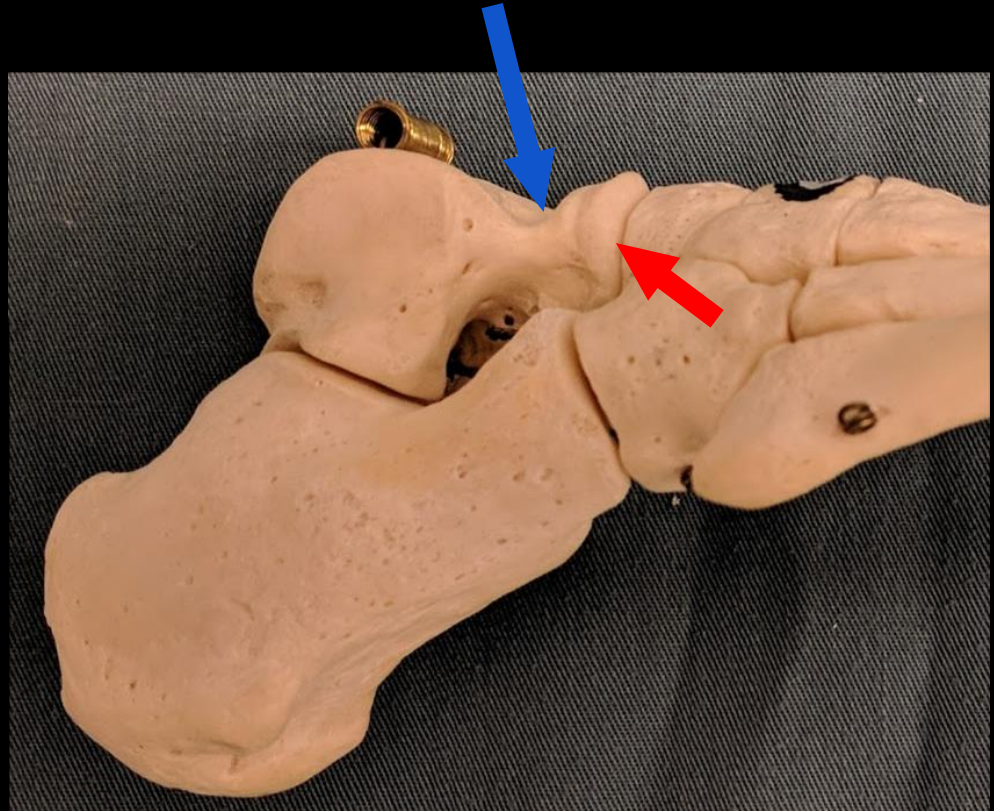
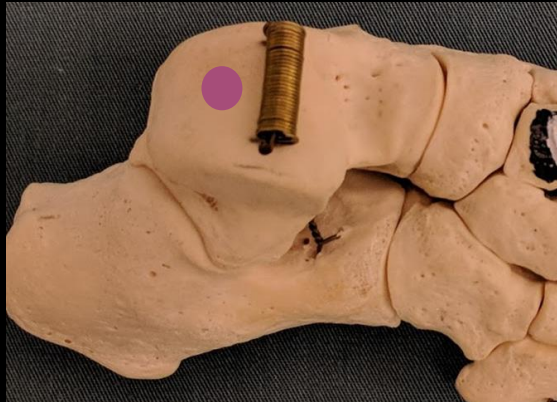
Talus

Structures in View:

Head

Neck

Trochlear Surface (Not the spring)



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Metatarsals

Structures in View:

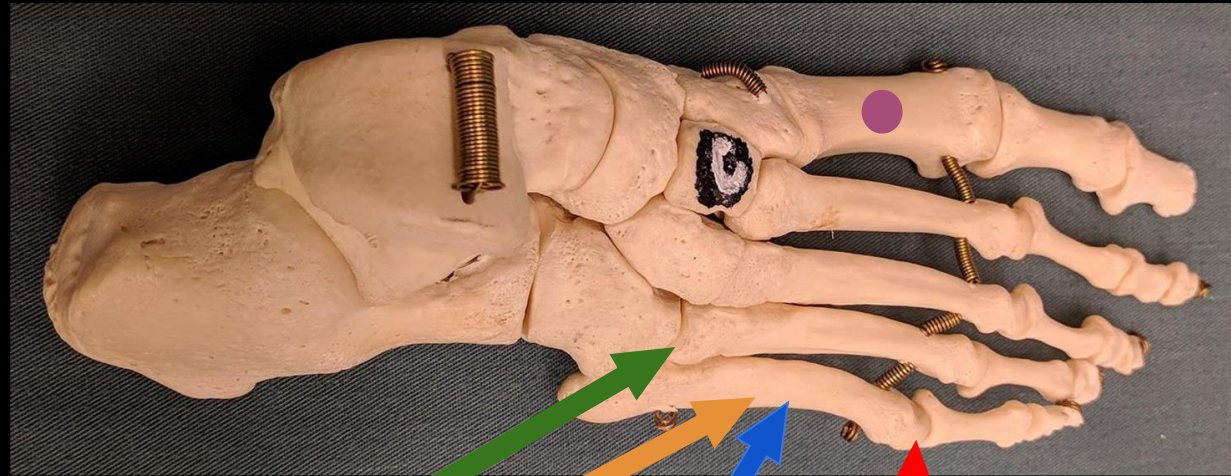
Head

Shaft

Base

First Metatarsal

Fifth Metatarsal



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Phalanges

Structures in View:

Proximal

Distal

Proximal

Middle

Distal



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Femur (anterior)

Structures in View:

Patellar Surface

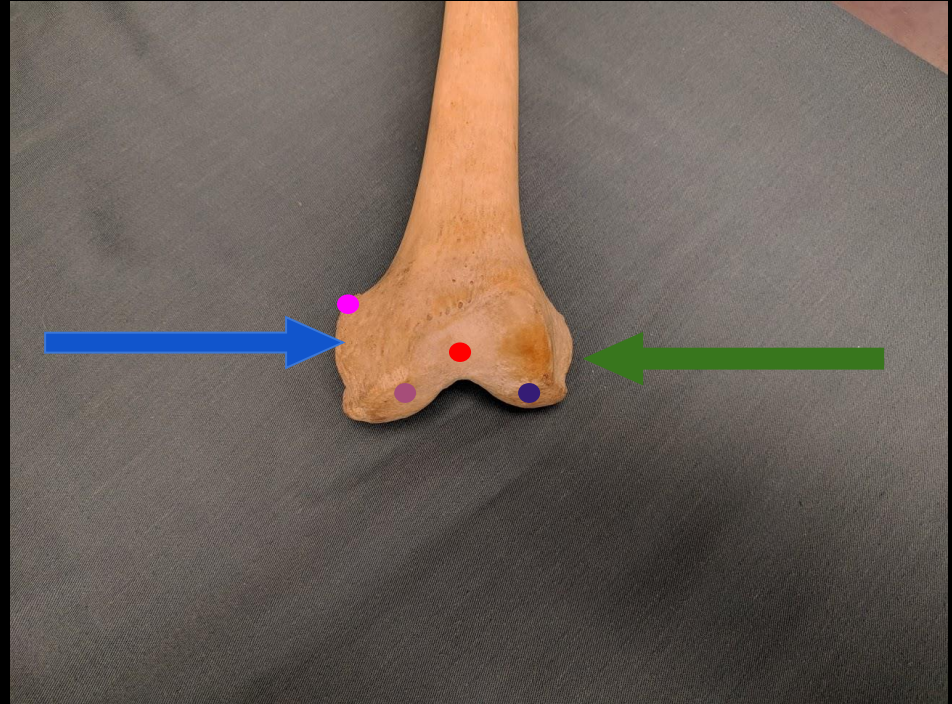
Medial Epicondyle

Lateral Epicondyle

Medial Condyle

Lateral Condyle

Adductor Tubercle



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Femur (posterior)

Structures in View:

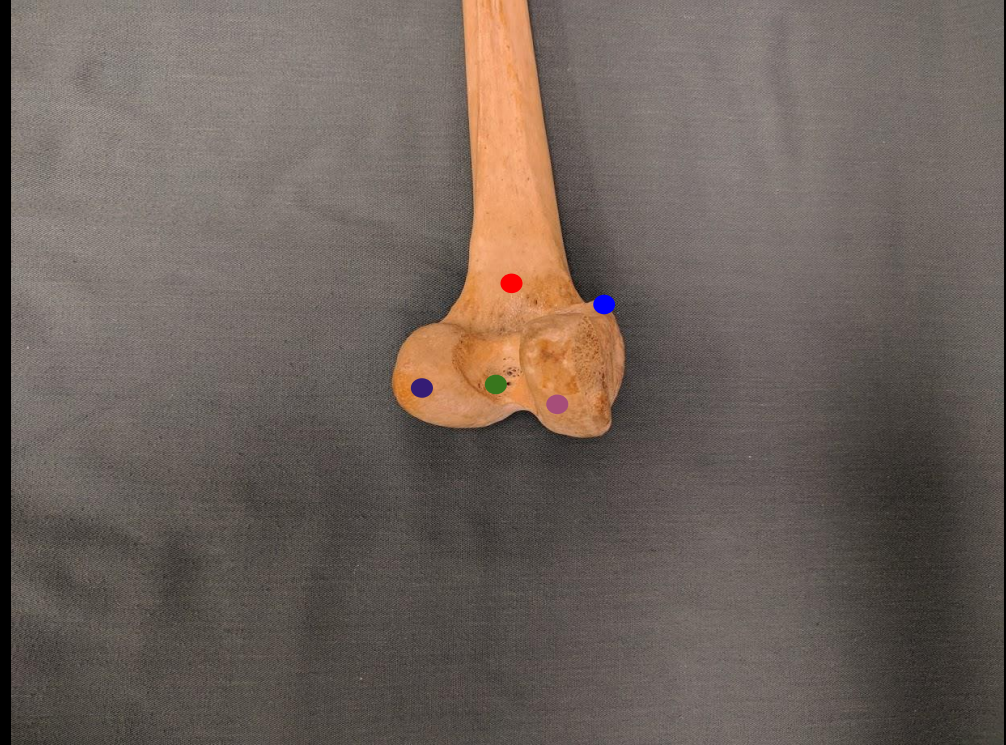
Popliteal surface

Adductor tubercle (medial)

Intercondylar fossa

Medial Condyle

Lateral Condyle



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Left Femur (anterior)

Structures in View:

Head of Femur

Neck of Femur

Shaft of Femur

Greater Trochanter

Distal



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Left Femur (posterior)

Structures in View:

Head of Femur

Greater Trochanter

Neck of Femur

Lesser Trochanter

Linea Aspera



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Head of Left Femur

Structures in View:

Fovea Capitis

Lesser Trochanter



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Right Pelvis

Structures in View:

Anterior Inferior Iliac Spine

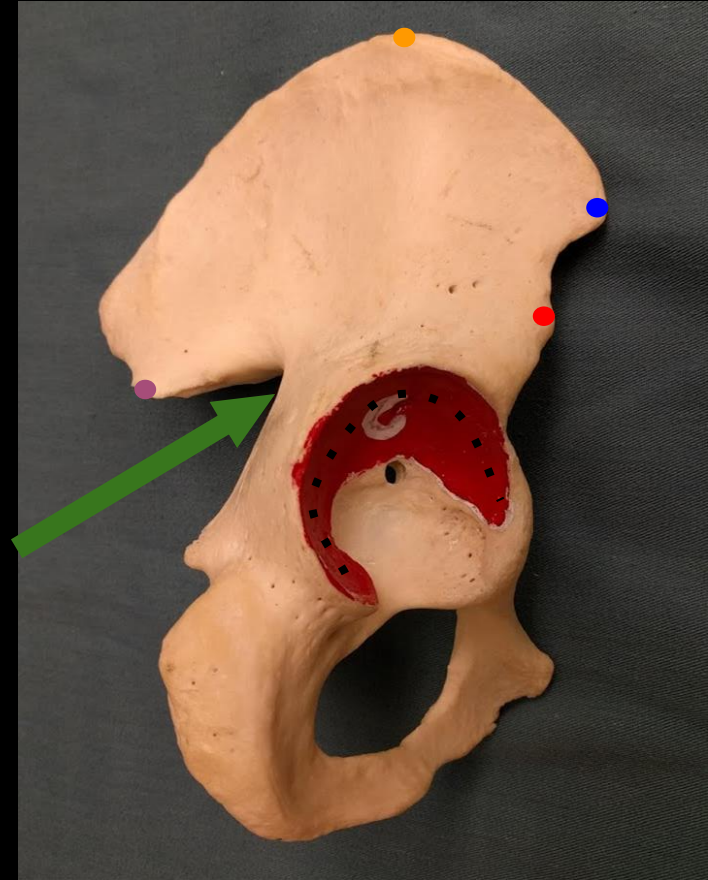
Anterior Superior Iliac Spine

Greater Sciatic Notch

Lunate Surface

Posterior Superior Inferior Spine

Iliac Crest



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Right Pelvis

Structures in View:

Gluteal Surface

Acetabulum

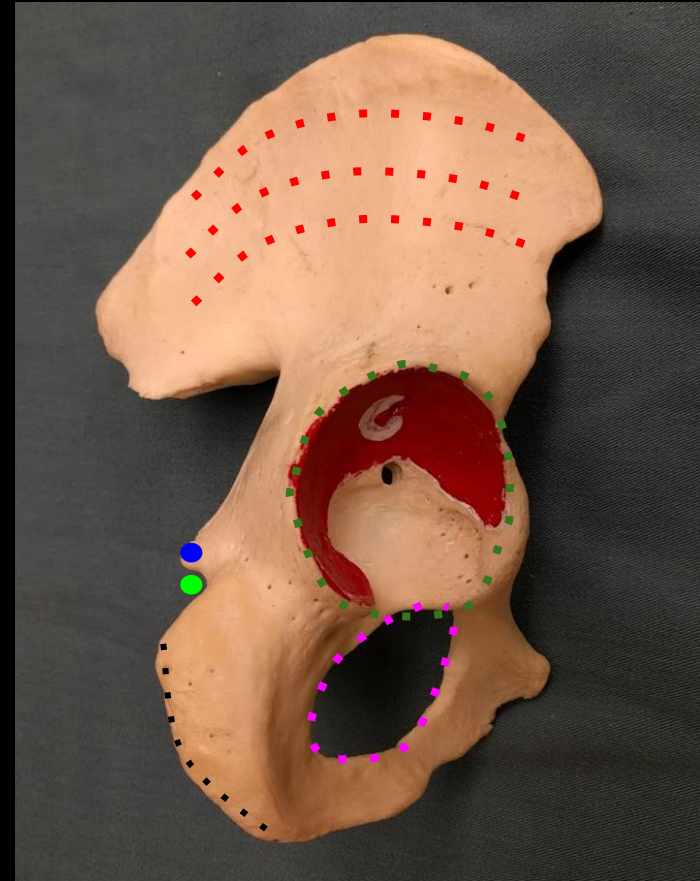
Obturator Foramen

Iliac Crest

Ischial Spine

Lesser Sciatic Notch

Ischial Tuberosity



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Tibia, Fibula, and Patella (anterior)

Structures in View:

Lateral Condyle

Medial Condyle

Patella

Middle

Distal



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Tibia, Fibula, and Patella (anterior)

Structures in View:

Lateral Malleolus

Medial Malleolus



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Tibia, Fibula, and Patella (posterior)

Structures in View:

Lateral Malleolus

Medial Malleolus

Soleal Line



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Tibia, Fibula, and Patella (anterior)

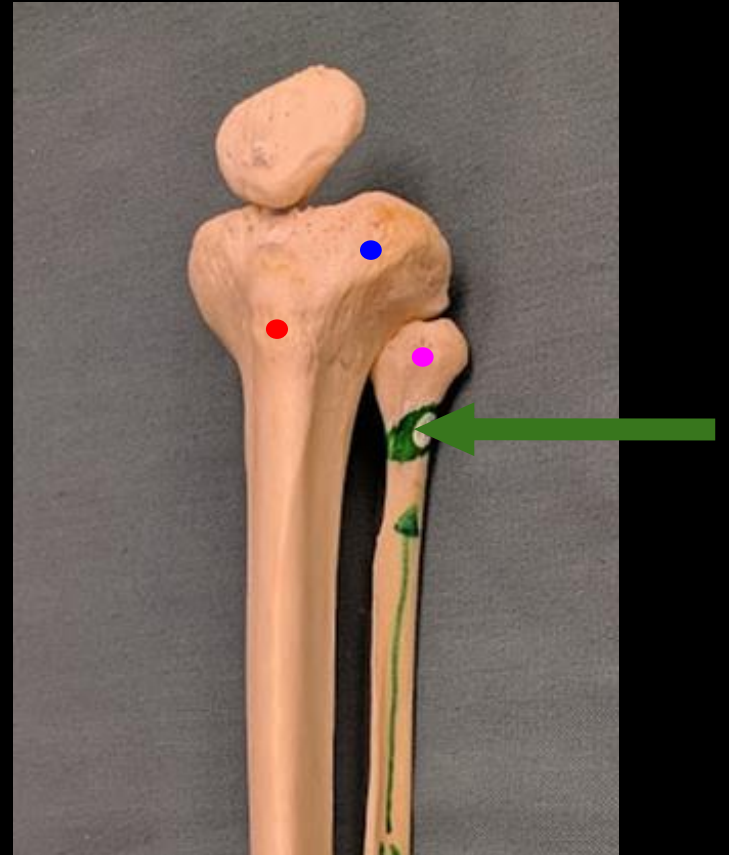
Structures in View:

Tibial Tuberosity

Gerdy's Tubercle (IT insertion)

Head of Fibula

Neck of Fibula



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Intercondylar Eminences

Structures in View:

Intercondylar Eminences



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References

- Photo source: <https://nyamcenterforhistory.org/tag/andreas-vesalius/>



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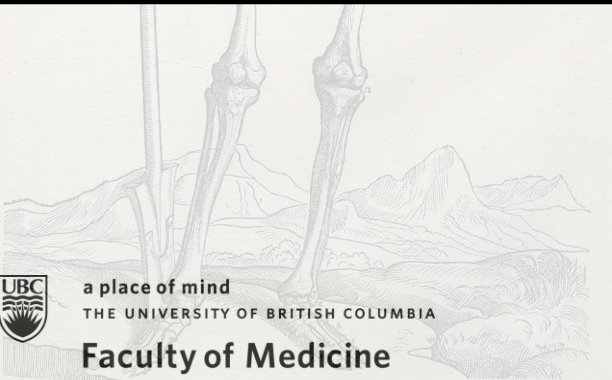
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LABORATORY 2



GLUTEAL REGION AND POSTERIOR THIGH



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Biceps Femoris (Long Head)
Biceps Femoris (Short Head)
Cluneal Nerves
Common Fibular (Peroneal) Nerve
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Gluteus Medius
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Small Saphenous Vein
Superior Gemellus
Superior Gluteal Artery
Superior Gluteal Nerve
Superior Gluteal Vein
Tibial Nerve



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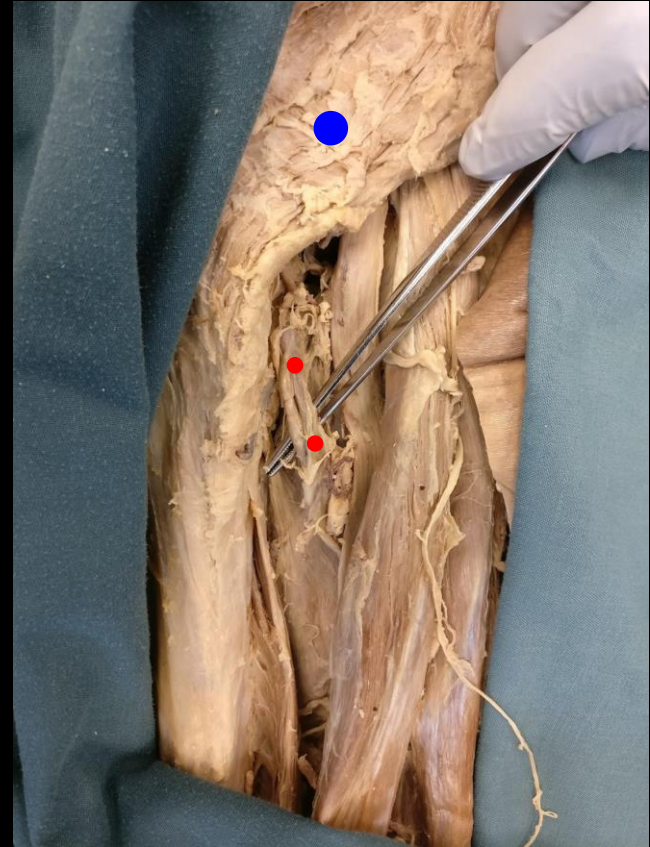
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Posterior Thigh

Structures in View:

Perforating Artery of Thigh
Gluteus Maximus



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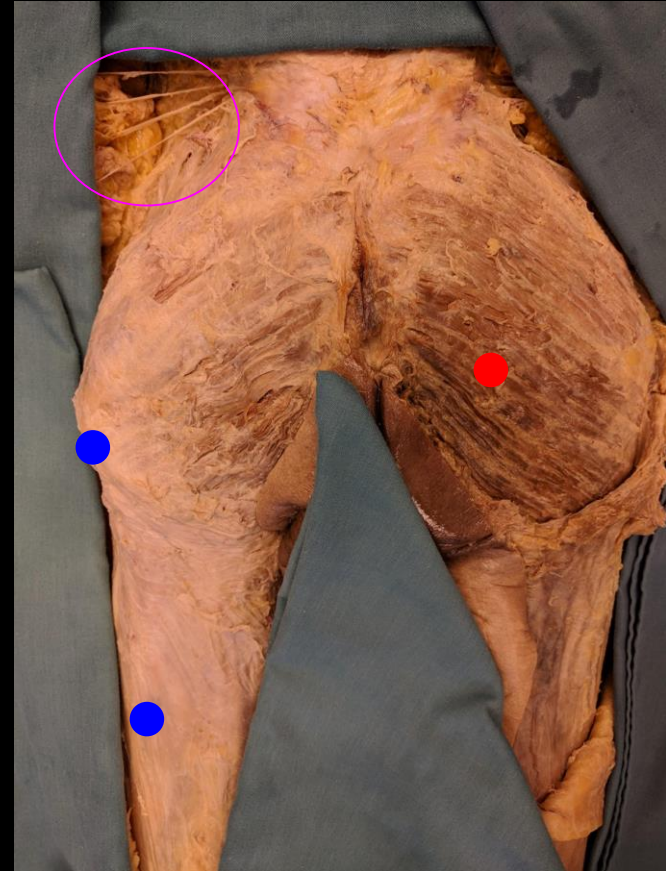
Gluteal Region

Structures in View:

Gluteus Maximus

Deep Fascia

Cluneal Nerves



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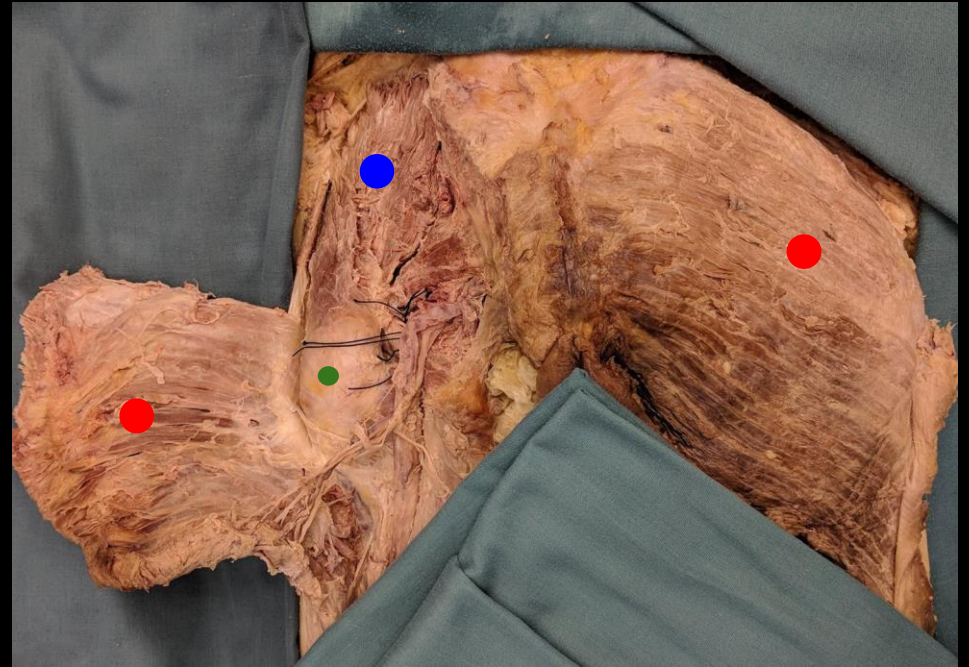
Gluteal Region

Structures in View:

Gluteus Maximus (left reflected)

Gluteus Medius

Greater Trochanter



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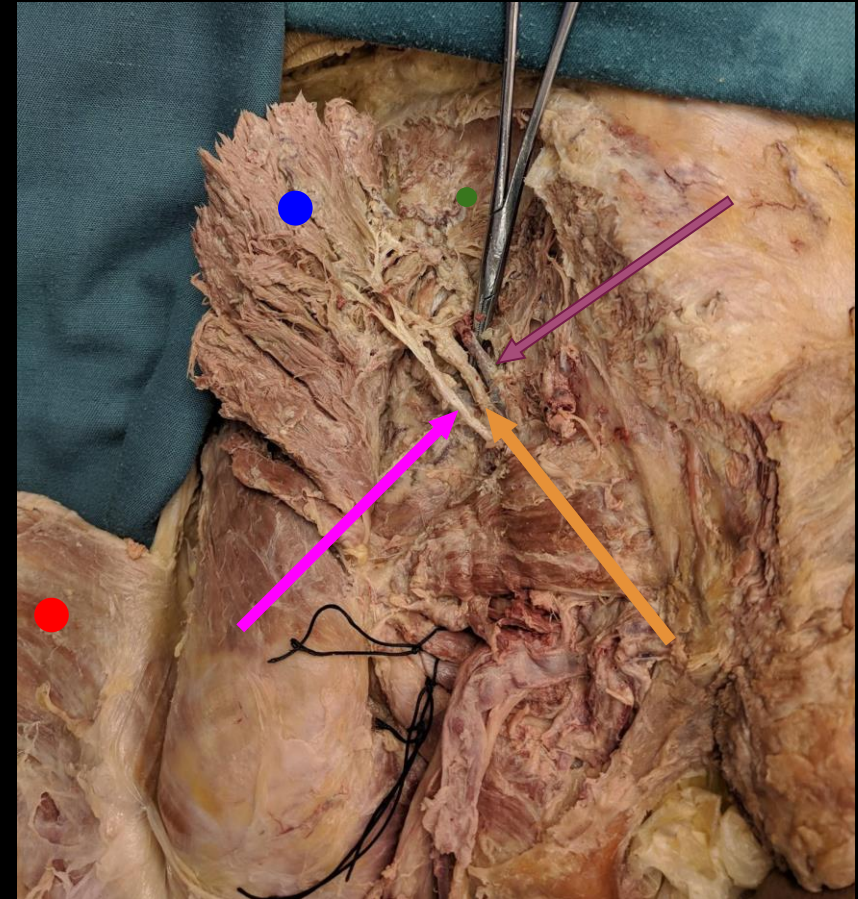
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Superficial Gluteal Muscles

Structures in View:

- Gluteus Maximus (Reflected)
- Gluteus Medius (Reflected)
- Gluteus Minimus
- Superior Gluteal Vein
- Superior Gluteal Artery
- Superior Gluteal Nerve



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Deep Gluteal Muscles

Structures in View:

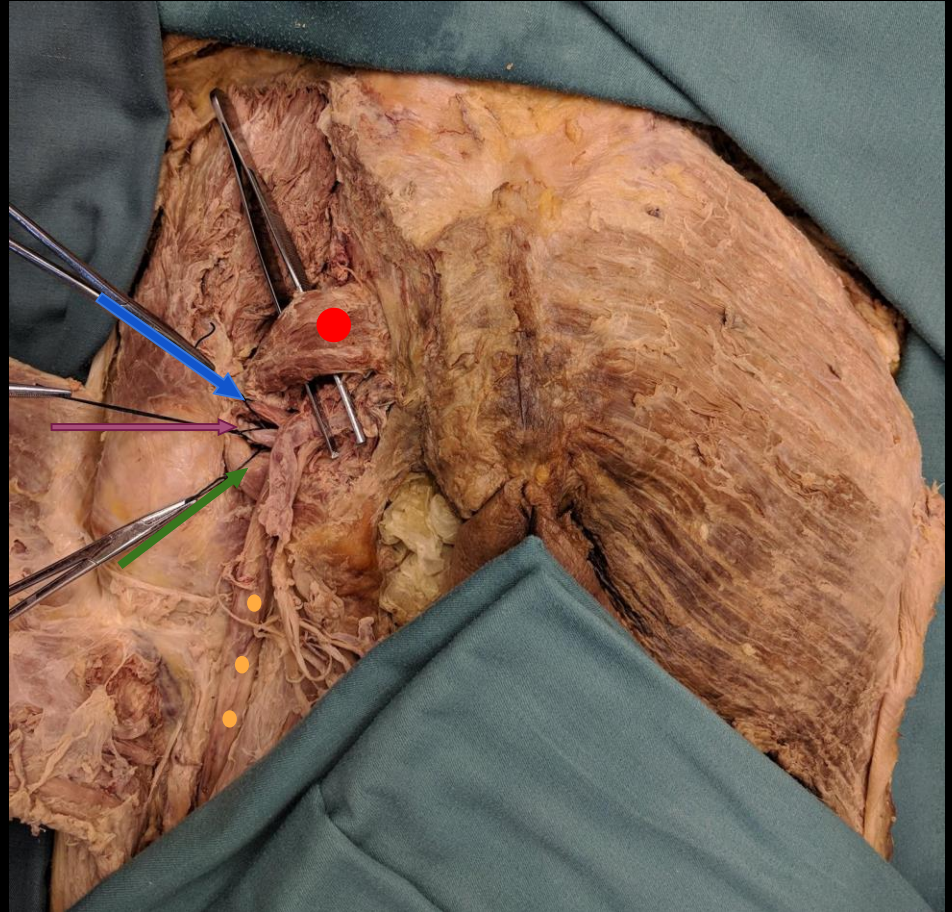
Piriformis

Superior Gemellus

Obturator Internus

Inferior Gemellus

Sciatic Nerve



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Gluteal Region

Structures in View:

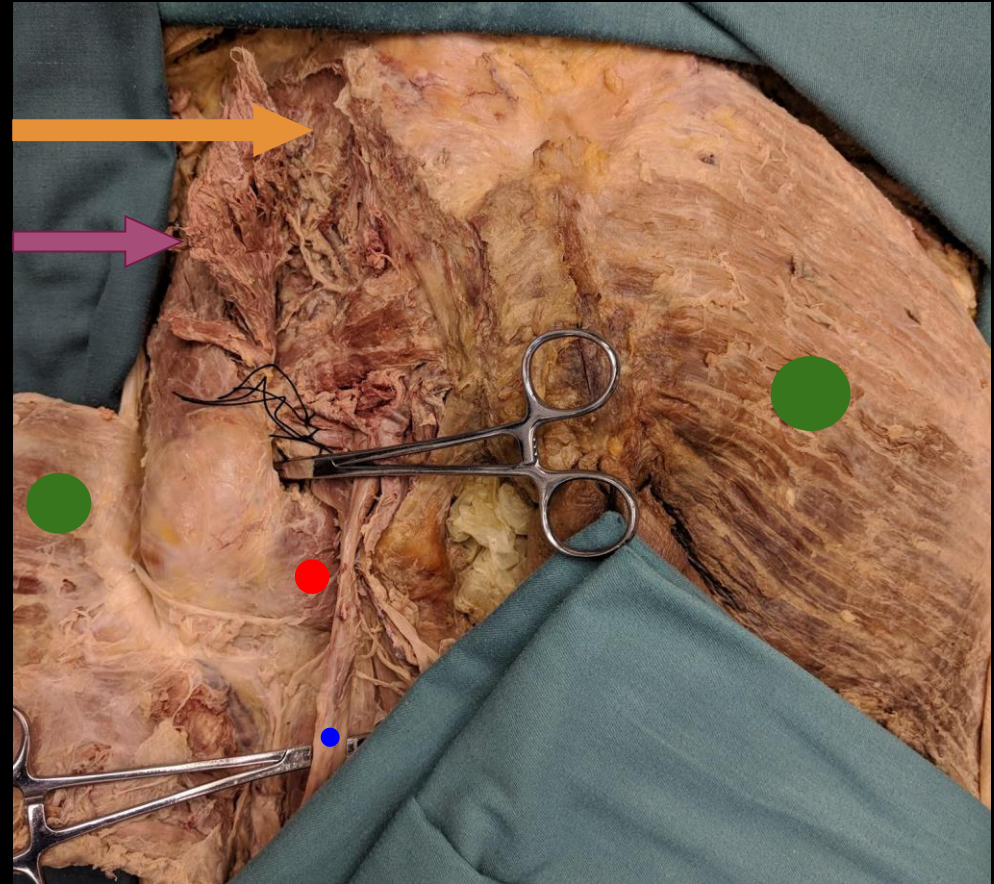
Quadratus Femoris

Sciatic Nerve

Gluteus Maximus

Gluteus Medius (reflected)

Gluteus Minimus



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Posterior Thigh

Structures in View:

SemiMembranosus (Medial to tendinosus)

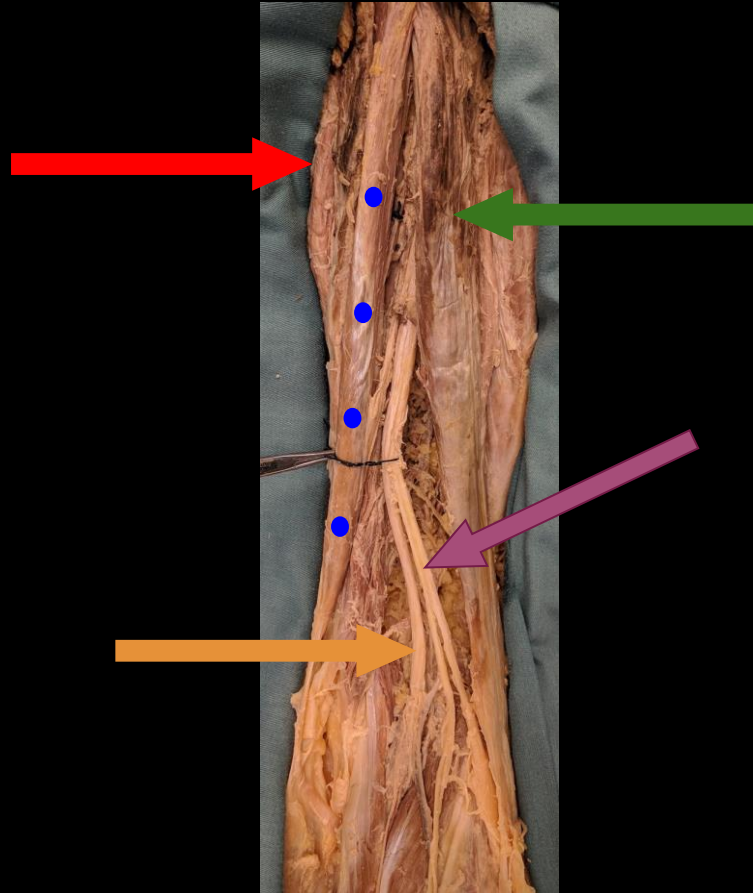
Semitendinosus

Biceps Femoris (Long Head)

Biceps Femoris (Short Head *not pictured*)

Peroneal (Fibular) Branch of Sciatic

Tibial Branch of Sciatic



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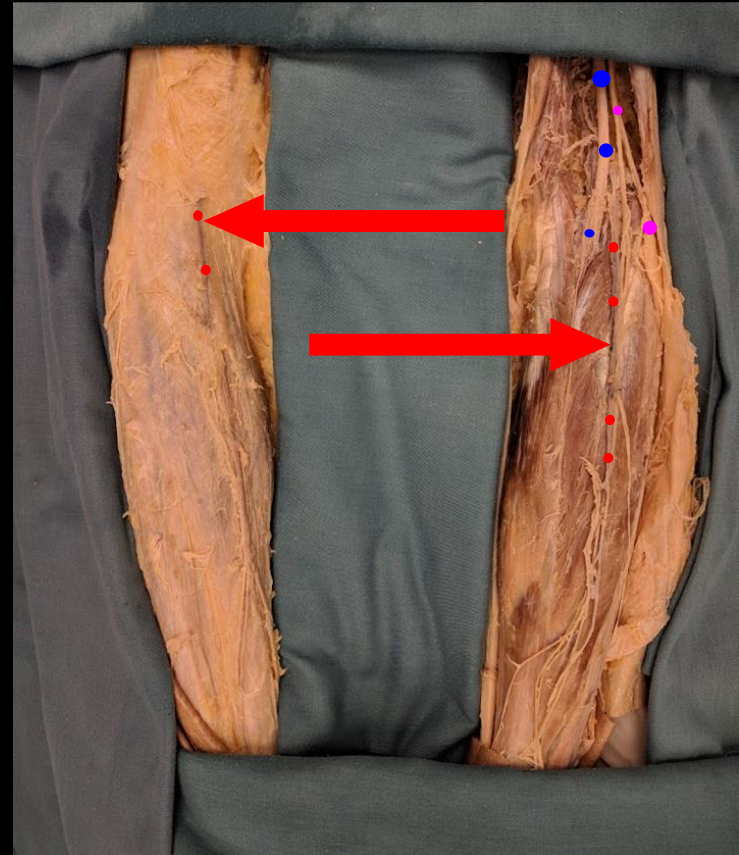
Popliteal Fossa

Structures in View:

Lesser Saphenous Vein

Tibial Nerve

Fibular Nerve



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Posterior Knee

Structures in View:

Popliteal Artery

Popliteal Vein

Tibial Nerve



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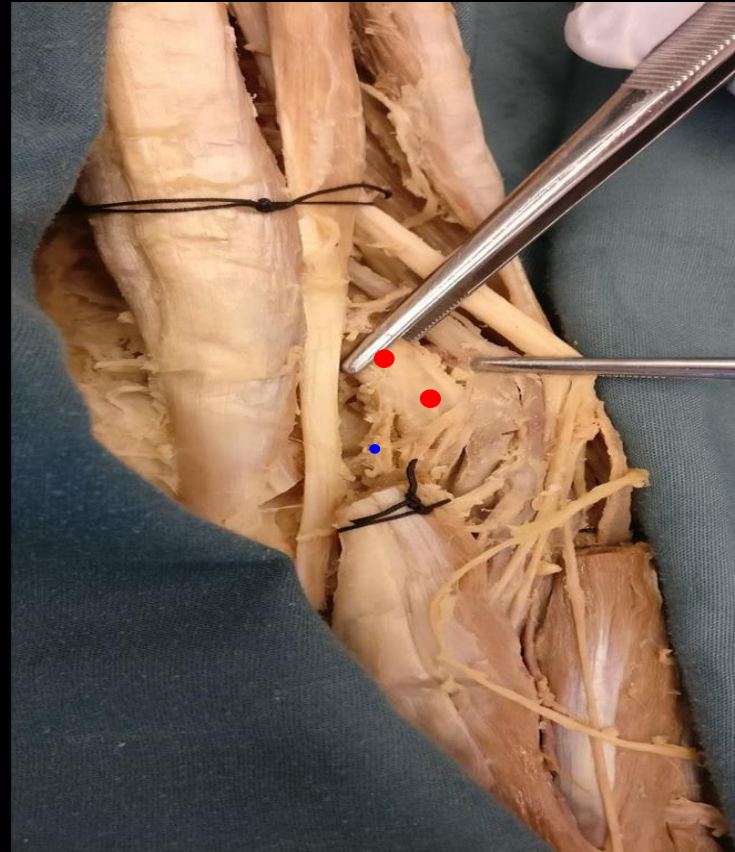
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Posterior Knee

Structures in View:

Popliteal Artery
Genicular Artery



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Gluteus Maximus

Origin: Gluteal surface of hip, iliac crest, sacrum and sacrotuberous ligament

Insertion: ITT & gluteal tuberosity

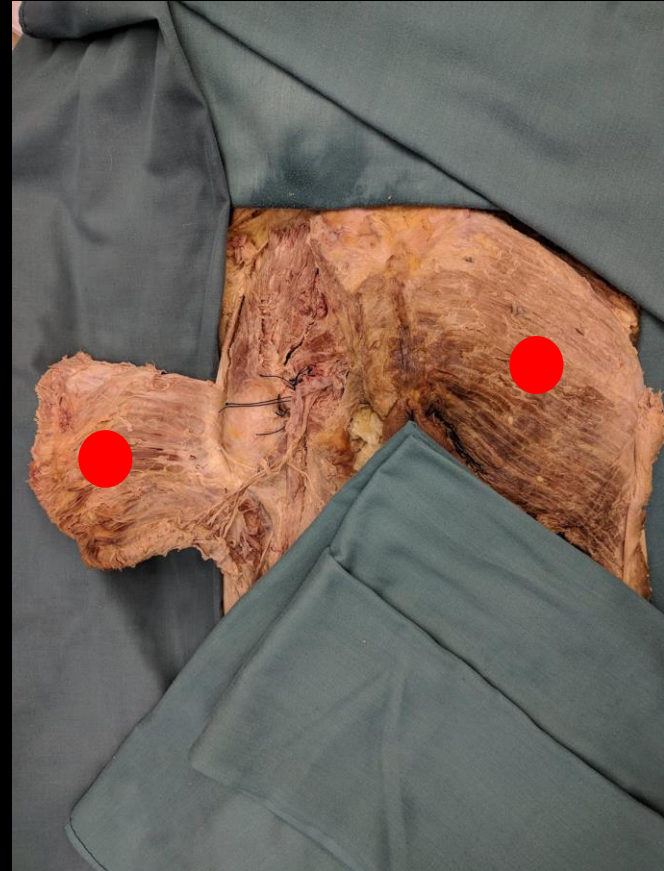
Action: Hip Extension

Innervation: Inferior Gluteal Nerve (*L5, S1, S2**)

Blood Supply: Inferior gluteal artery

Italicized content IS above and beyond MEDD 421 required material and is not testable

***Main segmental innervation**



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Gluteus Medius

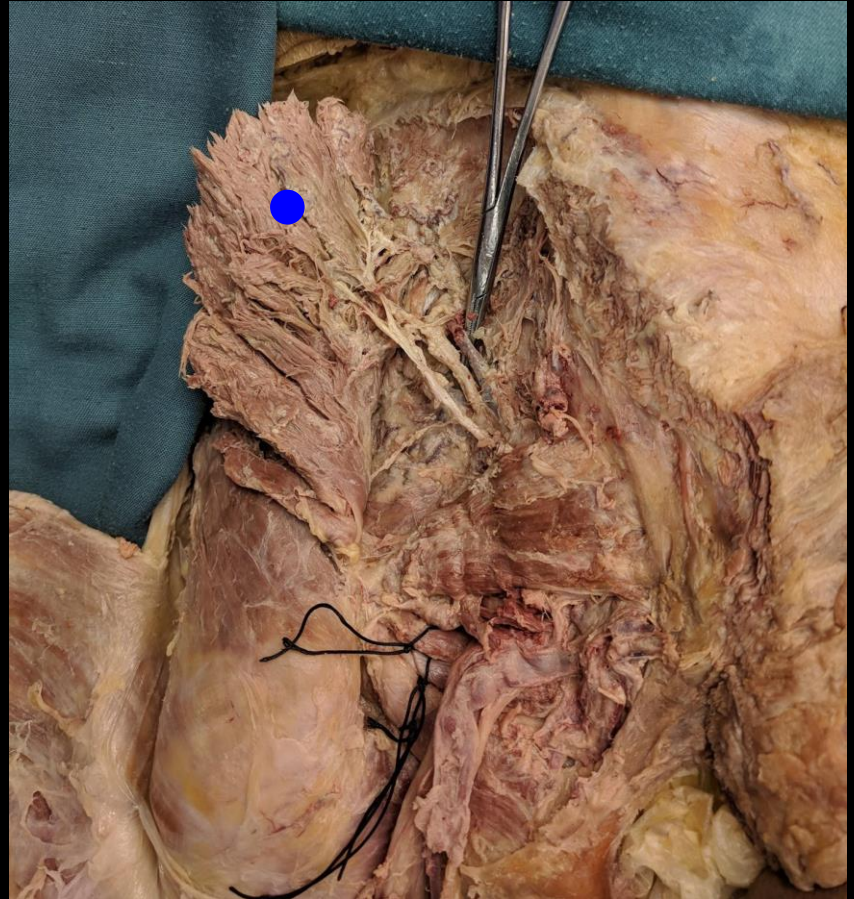
Origin: Gluteal surface of hip bone

Insertion: *Lateral and superior surfaces of greater trochanter*

Action: Major abductor of thigh; *anterior fibers help rotate hip medially; posterior fibers rotate hip laterally*

Innervation: Superior Gluteal Nerve (**L5***, S1)

Blood Supply: Superior Gluteal Artery



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Gluteus Minimus

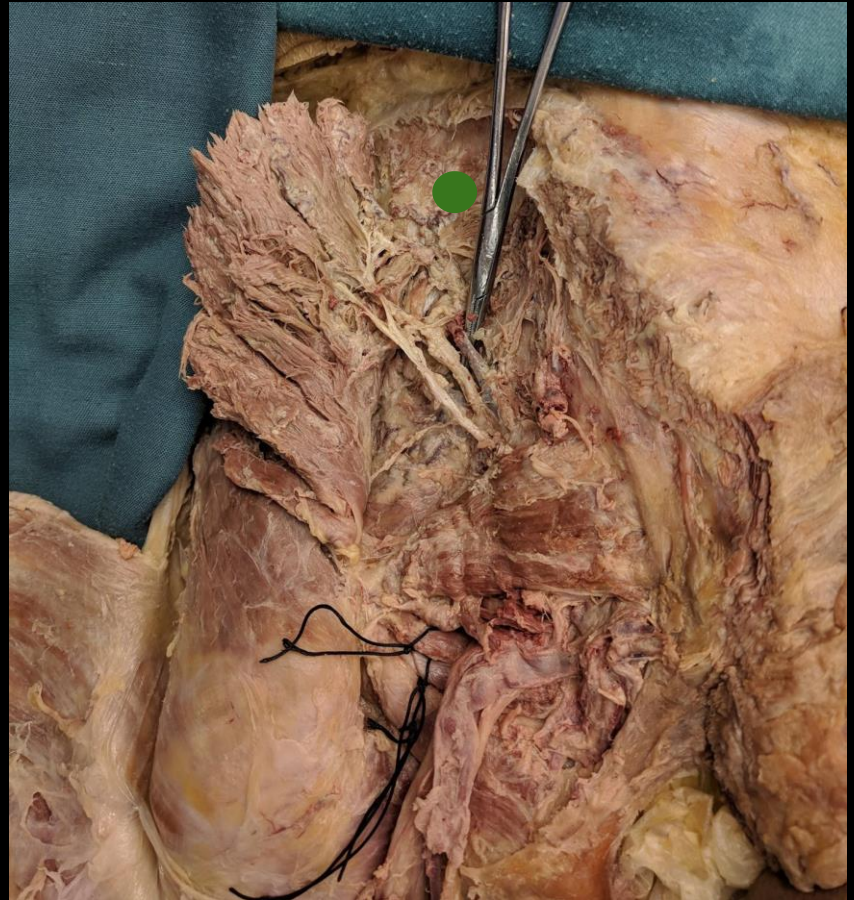
Origin: Gluteal surface of hip bone; *Dorsal Ilium between inferior and anterior gluteal lines; also from edge of greater sciatic notch*

Insertion: Anterior surface of greater trochanter

Action: Abducts and medially rotates hip joint

Innervation: Superior gluteal nerve (*L5*, S2*)

Blood Supply: Superior gluteal artery



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Piriformis

Origin: *Anterior surface of lateral process of sacrum and sacrotuberous ligament*

Insertion: *Superior border of greater trochanter*

Action: *Lateral rotator of hip; helps abduct hip if it's flexed*

Innervation: *Sacral Plexus: Piriformis nerve (S1*, S2)*

Blood Supply: *Variable - any of: Superior and inferior gluteal and internal pudendal arteries*



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Superior Gemellus

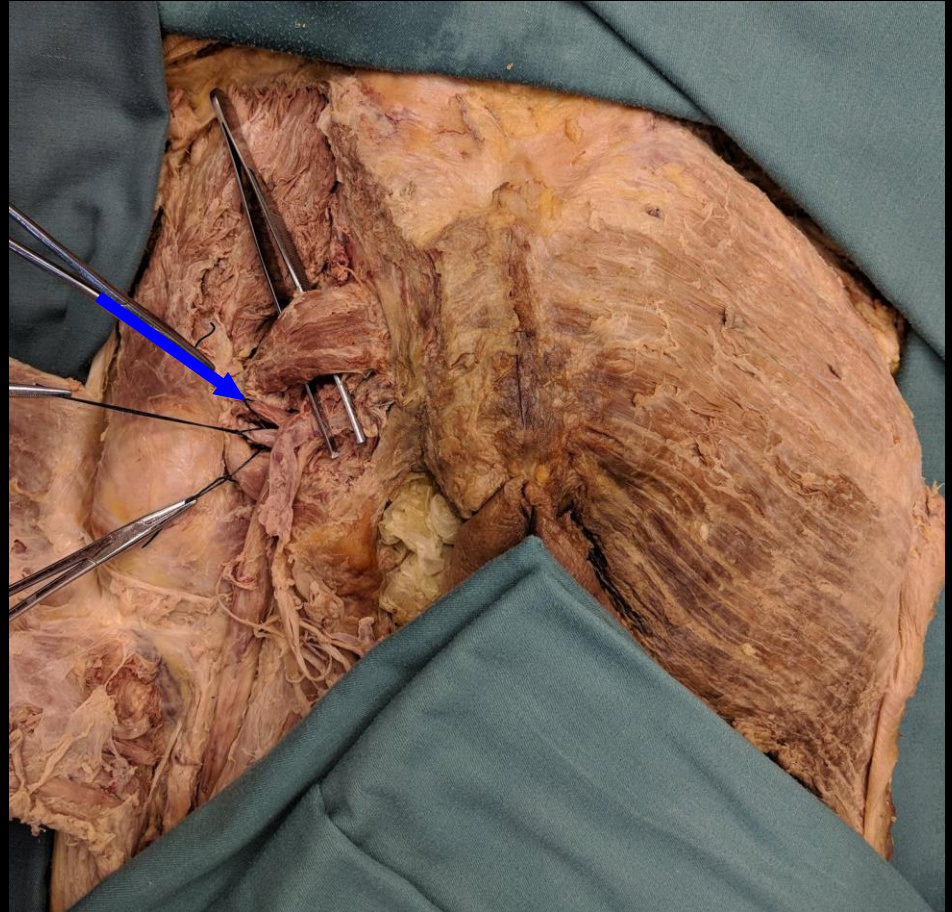
Origin: *Ischial Spine*

Insertion: *Medial surface of greater trochanter; common with obturator internus*

Action: *Rotates thigh laterally; helps abduct flexed thigh*

Innervation: *Sacral Plexus: Nerve to obturator internus or quadratus femoris or both (L4-S1)*

Blood Supply: *Inferior gluteal artery*



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Obturator Internus

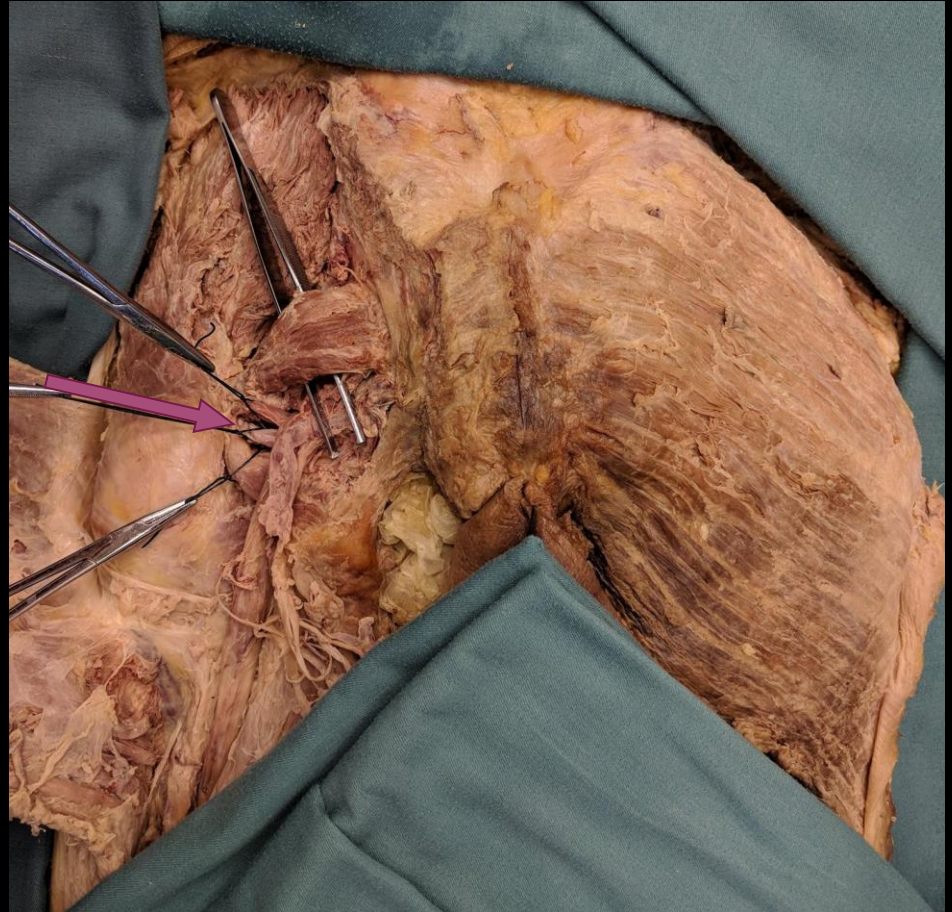
Origin: *Internal surface of obturator membrane and posterior bony margins of obturator foramen*

Insertion: *Medial surface of greater trochanter of femur; common with superior and inferior gemelli*

Action: *Rotates thigh laterally; helps abduct thigh when flexed*

Innervation: *Sacral Plexus: Nerve to obturator internus/superior gemellus(L5-S1*)*

Blood Supply: *Variable - any of: Internal pudendal, superior, inferior gluteal arteries*



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Inferior Gemellus

Origin: *Ischial tuberosity*

Insertion: *Medial surface of greater trochanter of femur; common with obturator internus*

Action: *Rotates thigh laterally; helps abduct flexed thigh*

Innervation: *Sacral Plexus: Nerve to quadratus femoris or obturator internus or both (L4-S1)*

Blood Supply: *Inferior gluteal artery*



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Quadratus Femoris

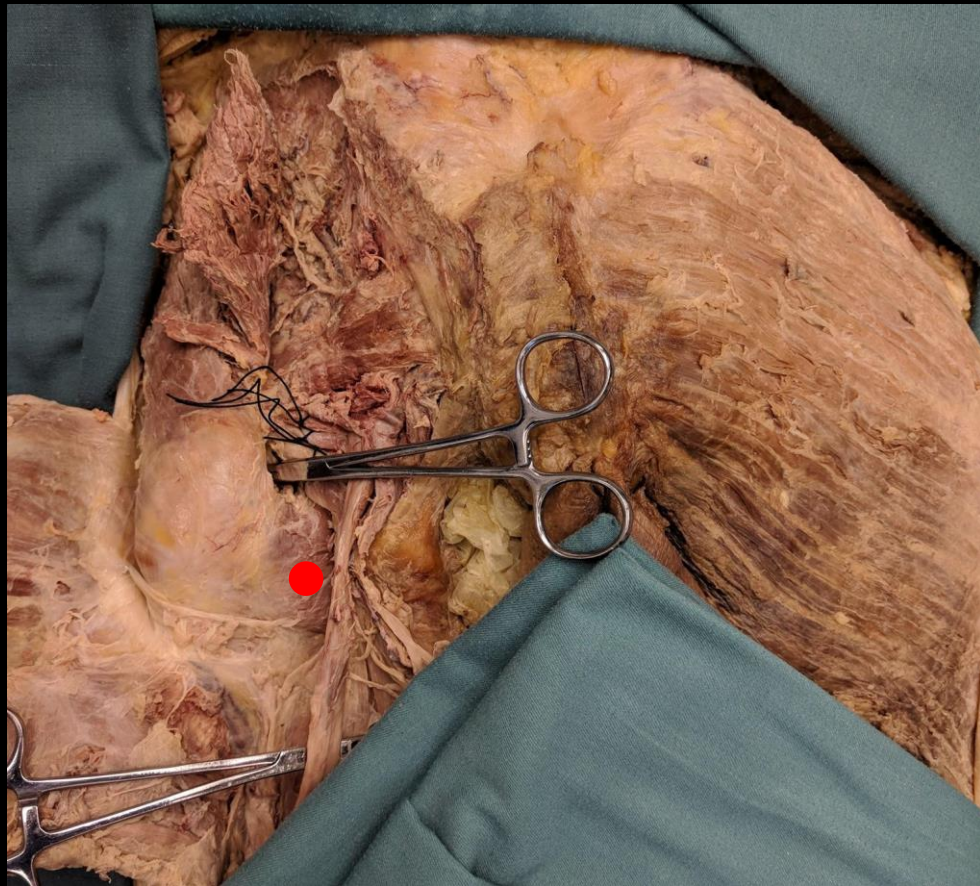
Origin: *Lateral border of ischial tuberosity*

Insertion: *Quadratus tubercle and adjacent bone of intertrochanteric crest of proximal posterior femur*

Action: *Rotates hip laterally; helps adduct hip*

Innervation: *Sacral Plexus: Quadratus femoris branch of nerve to quadratus femoris and inferior gemellus (L5, S1)*

Blood Supply: *Variable - any of: Medial circumflex femoral artery, inferior gluteal artery, 1-4th perforating arteries, obturator artery, and some some branches of popliteal artery*



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SemiMembranosus

Origin: Ischial tuberosity

Insertion: Posterior part of Medial condyle of tibia

Action: flexes knee; *Extends thigh; rotates tibia medially when knee flexed*

Innervation: sciatic nerve (*Tibial division*)
(L5*, S1*, S2)

Blood Supply: Perforating branches of profunda femoris artery



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SemiTendinosus

Origin: Ischial tuberosity

Insertion: Medial surface of proximal tibia
(Pes Anserinus)

Action: Flexes knee; *Extends thigh; rotates tibia medially when knee flexed*

Innervation: Sciatic nerve (*Tibial Division*)
(L5*, S1*, S2)

Blood Supply: Perforating branches of profunda femoris artery



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Biceps Femoris - Long Head

Origin: Ischial tuberosity

Insertion: Head of fibula (*Lateral side*),
lateral collateral ligament, and lateral tibial condyle

Action: Flexes leg *and rotates laterally when knee flexed; extends thigh*

Innervation: Sciatic nerve (*Tibial division*)
(L5, S1*, S2)

Blood Supply: Perforating branches of profunda femoris artery



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Biceps Femoris - Short Head

Origin: Linea aspera and lateral supracondylar line of femur

Insertion: Head of fibula (*lateral side*), lateral collateral ligament, and lateral tibial condyle

Action: Flexes leg and rotates laterally when knee flexed; extends thigh

Innervation: Sciatic nerve (*Tibial division*) (L5, S1*, S2)

Blood Supply: Perforating branches of profunda femoris artery



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References

- University of Washington Department of Radiology
- Clinically Oriented Anatomy, 6th Edition
- Dr. Doroudi's Epic Notes
- Photo source: <https://nyamcenterforhistory.org/tag/andreas-vesalius/>



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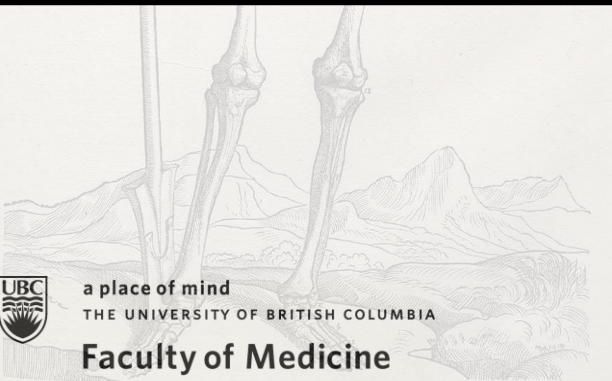
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LABORATORY 3

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ANTERIOR THIGH, MEDIAL THIGH, ANTERIOR LEG AND DORSUM OF FOOT



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Medial Circumflex Femoral Artery
Popliteus
Posterior Cruciate Ligament
Quadriceps Femoris
Rectus Femoris
Saphenous Nerve
Sartorius
Semimembranosus
Semitendinosus
Small Saphenous Vein
Superficial Fibular Nerve
Tensor Fascia Lata
Tibialis Anterior
Vastus Intermedius
Vastus Lateralis
Vastus Medialis



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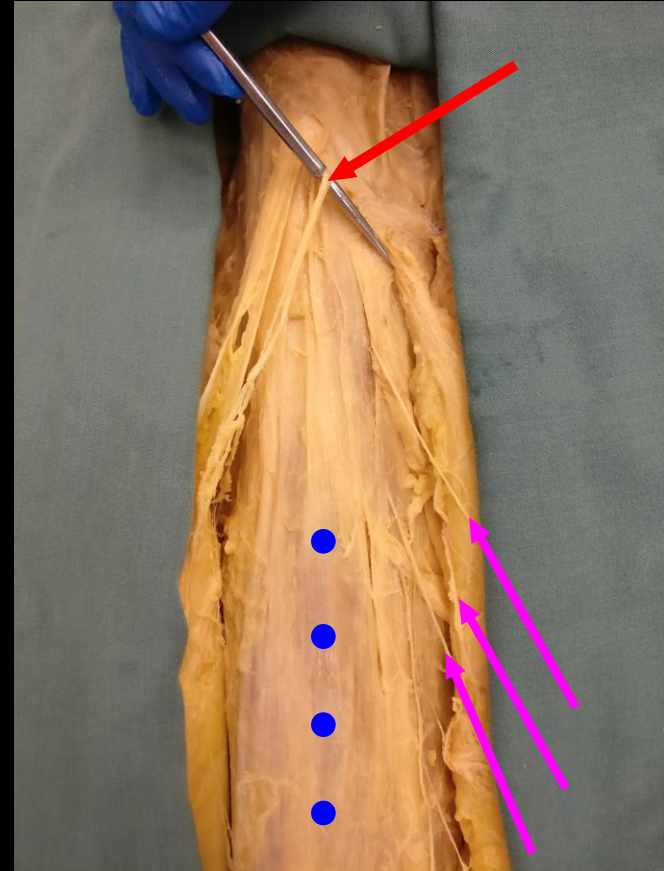
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Right Anterior Thigh

Structures in View:

Lateral Cutaneous Nerve of Thigh
Fascia Lata (Deep Fascia)
Medial Cutaneous Nerves



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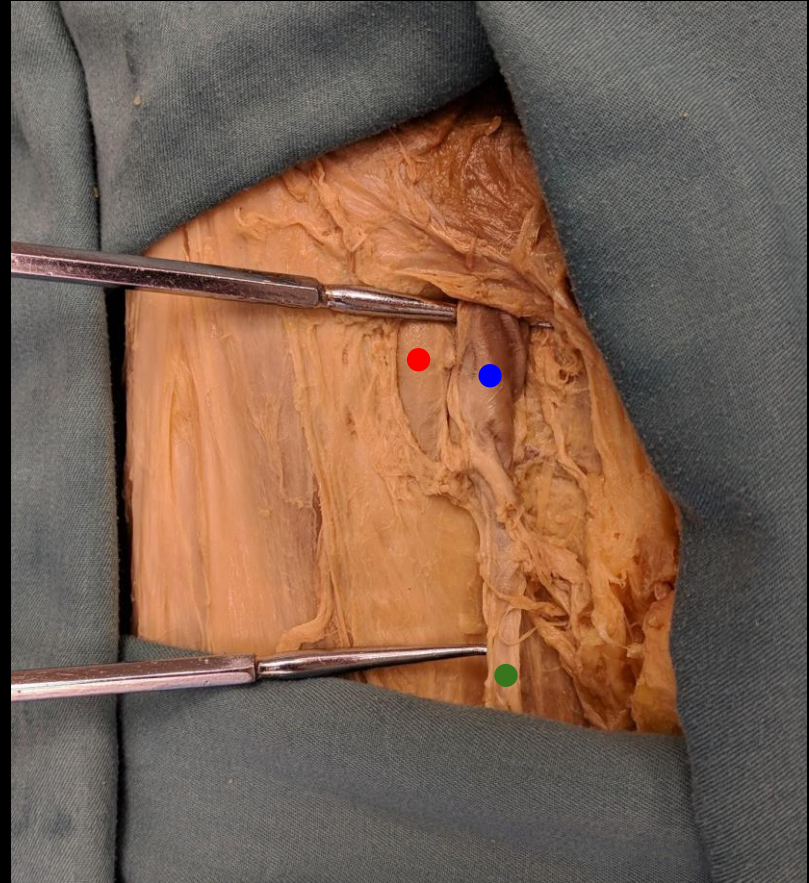
Right Femoral Vasculature

Structures in View:

Femoral Artery

Femoral Vein

Great Saphenous Vein



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Anterior Thigh - Left (externally rotated)

Structures in View:

Rectus Femoris

Vastus Lateralis

Vastus Medialis (barely visible)

Tensor Fascia Lata

Iliotibial Tract (IT Band)

Sartorius

Vastus Intermedius (Deep to Rectus Femoris - not shown)



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Anterior Thigh (externally rotated)

Structures in View:

Rectus Femoris

Vastus Lateralis (Barely visible)

Vastus Medialis

Tensor Fascia Lata

Sartorius

IT Band



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Right Femoral Triangle

Structures in View:

Inguinal Ligament*

Sartorius*

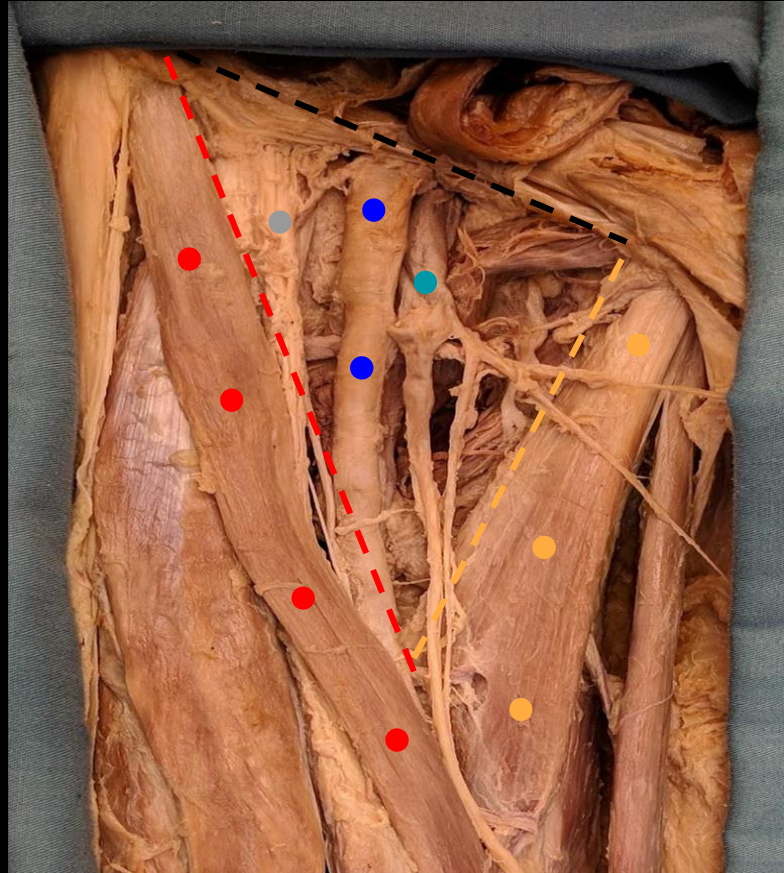
Adductor Longus*

Femoral Triangle (*Border)

Femoral Artery

Femoral Vein

Femoral Nerve



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Right Femoral Triangle

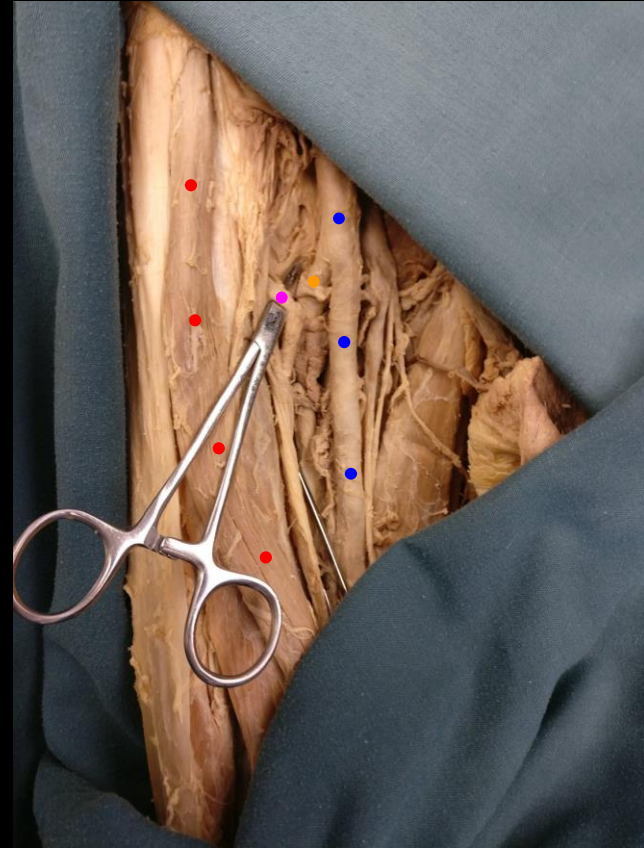
Structures in View:

Lateral Circumflex Femoral Artery

Deep Femoral Artery

Femoral Artery

Sartorius



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Right Femoral Triangle

Structures in View:

Medial Circumflex Femoral Artery
Femoral Artery
Sartorius



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Right Anterior/Medial

Structures in View:

Inguinal Ligament*

Sartorius*

Iliopsoas

Rectus Femoris

Femoral Artery

Femoral Vein

Great Saphenous Vein

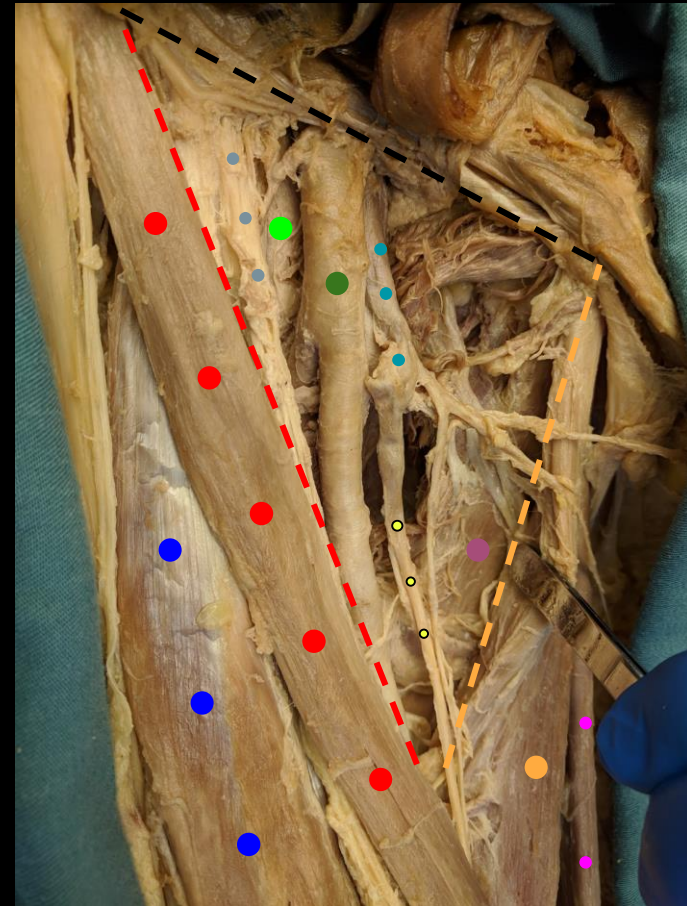
Femoral Nerve

Adductor Brevis

Adductor Longus*

Gracilis

Femoral Triangle (*Border)



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Left Medial Thigh

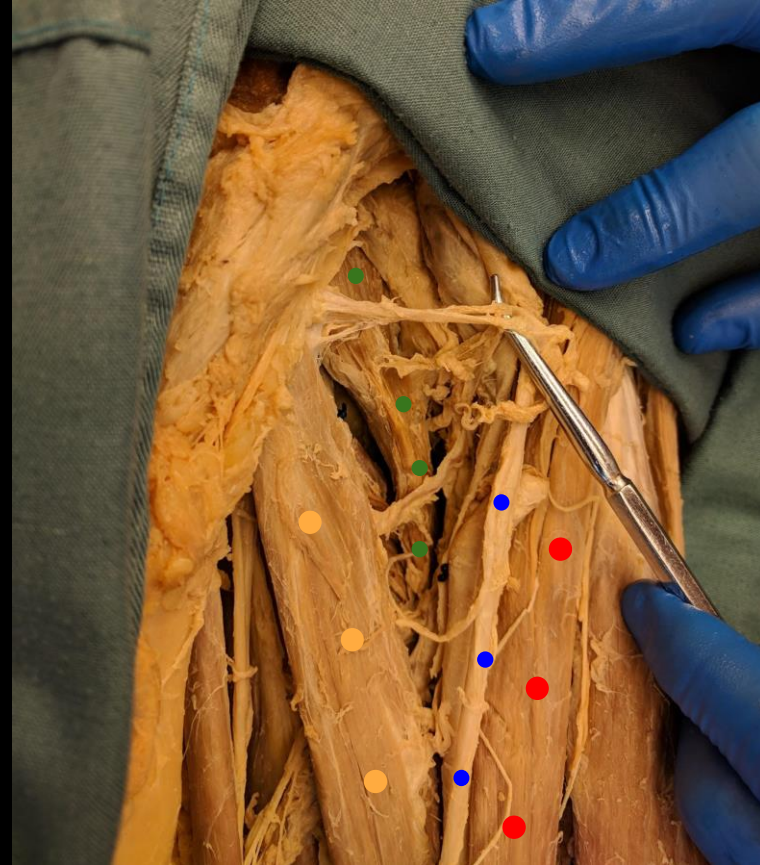
Structures in View:

Sartorius

Great Saphenous Vein

Pectineus

Adductor Longus



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Left Anterior/Medial Thigh

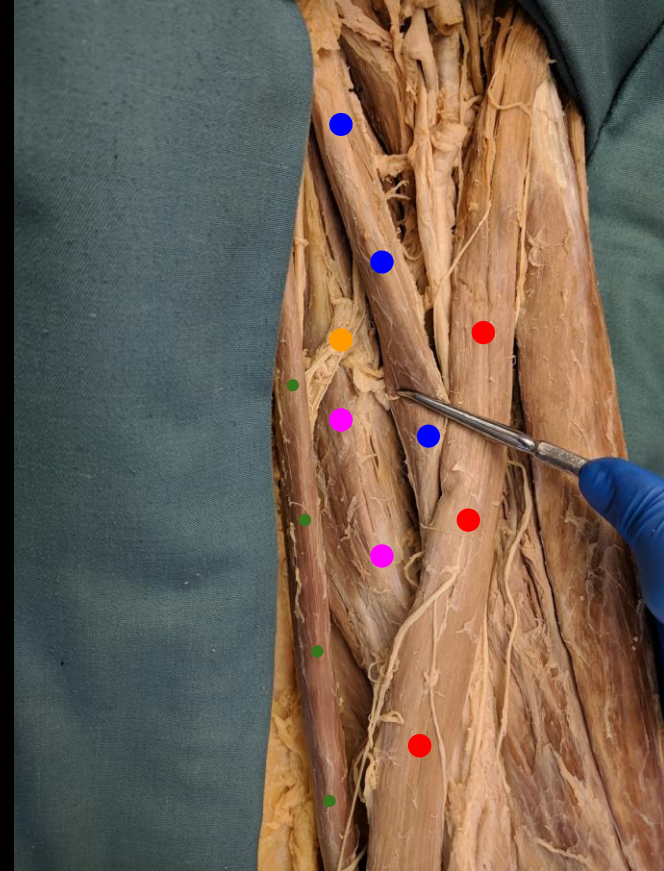
Structures in View:

Sartorius

Adductor longus

Gracilis

Adductor Magnus



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Rectus Femoris

Origin: Hip Bone; *Anterior inferior iliac spine*

Insertion: Quadriceps femoris tendon
(tibial tuberosity via patellar ligament)

Action: Knee Extension

Innervation: Femoral Nerve

Blood Supply: Lateral circumflex femoral artery



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Vastus Lateralis

Origin: Femur; *Anterior/inferior borders of greater trochanter*

Insertion: Quadriceps femoris tendon (tibial tuberosity via patellar ligament)

Action: Knee Extension

Innervation: Femoral Nerve

Blood Supply: Lateral circumflex femoral artery



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Vastus Medialis

Origin: Femur; *inferior part of intertrochanteric line*

Insertion: Quadriceps femoris tendon (tibial tuberosity via patellar ligament)

Action: Knee Extension

Innervation: Femoral Nerve

Blood Supply: Femoral artery



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Vastus Intermedius - Deep to Rectus Femoris

Origin: Femur; *Superior 2/3 of anterior and lateral surface of femur*

Insertion: Quadriceps femoris tendon (tibial tuberosity via patellar ligament)

Action: Knee Extension

Innervation: Femoral Nerve

Blood Supply: Lateral circumflex femoral artery



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Sartorius

Origin: Hip Bone; *Anterior Superior Iliac Spine*

Insertion: Tibia (Pes Anserine Tendon)

Action: Lateral rotation of hip; knee flexion; hip flexion

Innervation: Femoral nerve

Blood Supply: Femoral artery



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Tensor Fascia Lata (TFL)

Origin: Anterior Superior Iliac Spine (ASIS)

Insertion: IT Band

Action: Medial rotation of hip; *Stabilizes hip/knee joints*

Innervation: Superior Gluteal Nerve

Blood Supply: Superior Gluteal Artery



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Pectineus

Origin: Hip Bone; *pectineal surface of pubis*

Insertion: Femur; *pectineal line*

Action: Hip adduction

Innervation: Femoral Nerve

Blood Supply: Femoral Artery



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Adductor Brevis

Origin: Hip Bone; *Anterior surface of inferior pubic ramus*

Insertion: Femur; *pectineal line/linea aspera*

Action: Hip Adduction; *lateral rotation of thigh*

Innervation: Obturator Nerve

Blood Supply: Femoral Artery



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Adductor Longus

Origin: Hip Bone; *Anterior surface of pubic body*

Insertion: Femur; *Linea Aspera*

Action: Hip Adduction; *Lateral rotation of hip*

Innervation: Obturator Nerve;

Blood Supply: Femoral Artery



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Adductor Magnus

Origin: Hip Bone; *Inferior pubic ramus*

Insertion: Femur; *Linea Aspera*

Action: Hip Adduction;

Innervation: Obturator Nerve & Tibial Nerve

Blood Supply: Femoral Artery



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Gracilis

Origin: Hip Bone; *Inferior ramus of pubis*

Insertion: Tibia (Pes Anserine tendon)

Action: Hip Adduction; *Flexes knee*

Innervation: Obturator Nerve

Blood Supply: Femoral Artery



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Right Anterior Leg

Structures in View:

Tibialis Anterior

Extensor Digitorum Longus

Extensor Hallucis Longus (Deep)

Fibularis Longus



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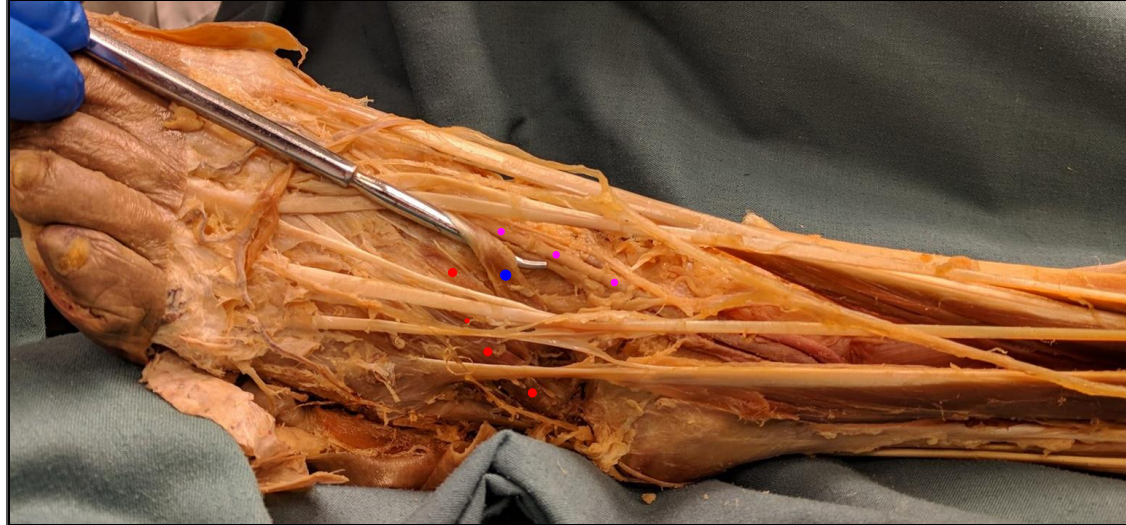
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Left Dorsum of Foot

Structures in View:

Extensor Digitorum Brevis
Extensor Hallucis Brevis
Dorsalis Pedis Artery



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Right Foot

Structures in View:

Deep Fibular (Peroneal) Nerve

Superficial Fibular (Peroneal) Nerve



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Tibialis Anterior

Origin: Lateral condyle of tibia

Insertion: Medial/Plantar surface of 1st cuneiform; *base of first metatarsal*

Action: Inversion of foot; *Dorsiflexion of ankle*

Innervation: Deep Fibular (Peroneal) Nerve (*L4, L5, S1*)

Blood Supply: Tibial Artery



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Extensor Digitorum Longus

Origin: Lateral Condyle of Tibia

Insertion: Dorsum of middle/distal phalanges

Action: Extension of toes ii-v;
Dorsiflexion of Ankle

Innervation: Deep Fibular (Peroneal) Nerve (L4,L5, S1)

Blood Supply: Tibial Artery



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Extensor Hallucis Longus

Origin: Anterior surface of Fibula

Insertion: Base of distal phalanx of great toe

Action: Extends great toe; *Dorsiflexion of ankle*

Innervation: Deep Fibular (Peroneal) Nerve (L4,L5, S1)

Blood Supply: Tibial Artery



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Fibularis (Peroneus) Tertius

Origin: Medial fibular shaft;

Insertion: Base of 5th metatarsal

Action: Eversion of foot; *Dorsiflexion & Abduction of foot*

Innervation: Deep Fibular (Peroneal) Nerve (*L4, L5, S1*)

Blood Supply: Tibial Artery



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Extensor Digitorum Brevis

Origin: *Upper/lateral calcaneus*

Insertion: *Lateral side of tendons of extensor digitorum longus*

Action: Extension of digits ii-iv

Innervation: Deep Fibular (Peroneal) Nerve (L4, L5, S1)

Blood Supply: Dorsalis Pedis Artery



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Extensor Hallucis Brevis

Origin: *Calcaneus*

Insertion: *Proximal phalanx of great toe*

Action: Extension of great toe

Innervation: Deep Fibular
(Peroneal) Nerve (*L4, L5, S1*)

Blood Supply: Dorsalis Pedis Artery



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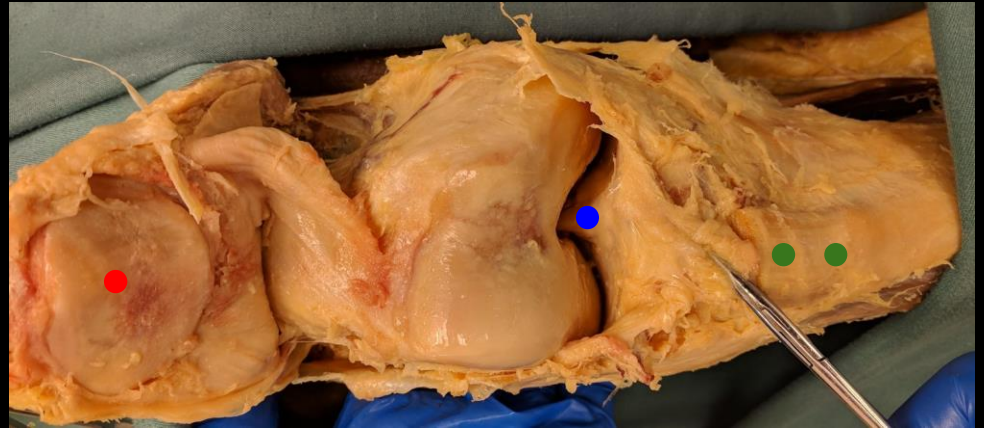
Knee Joint

Structures in View:

Patella

Anterior Cruciate Ligament

Patellar Ligament



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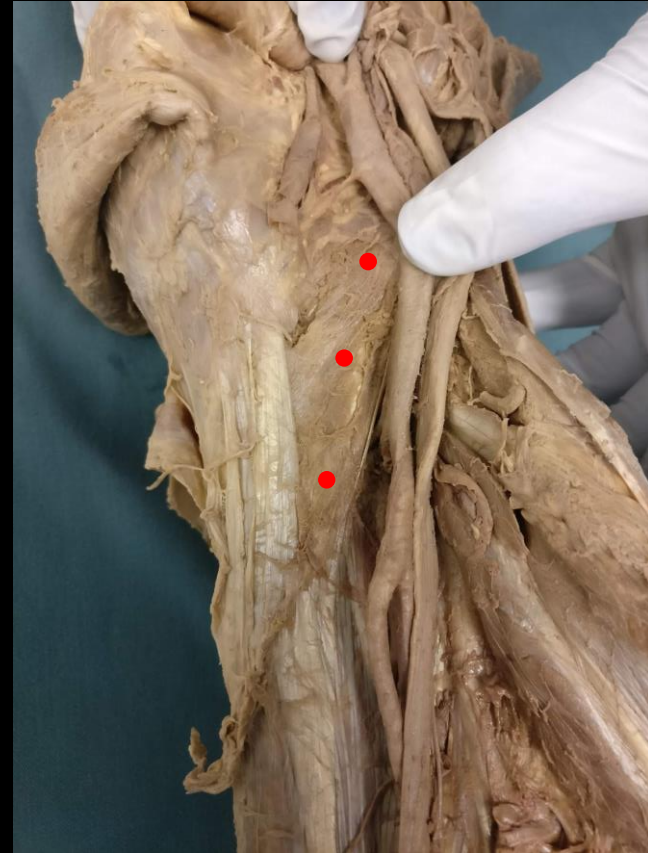
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Posterior Knee Joint

Structures in View:

Popliteus



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Popliteus

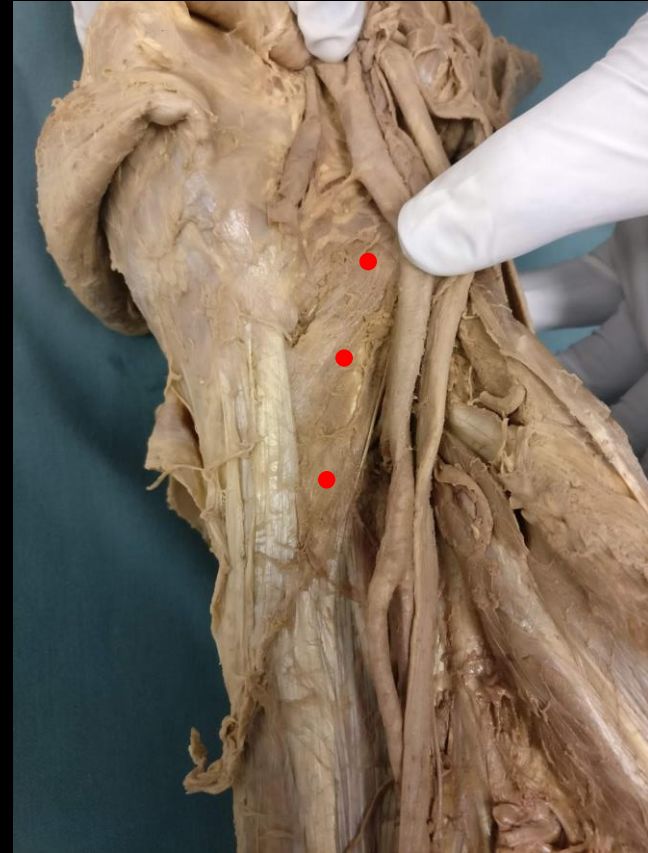
Origin: *Lateral Femoral Epicondyle*

Insertion: *Tibia, proximal to soleus line*

Action: Unlocks knee

Innervation: Tibial Nerve

Blood Supply: Popliteal Artery



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Right Knee Joint

Structures in View:

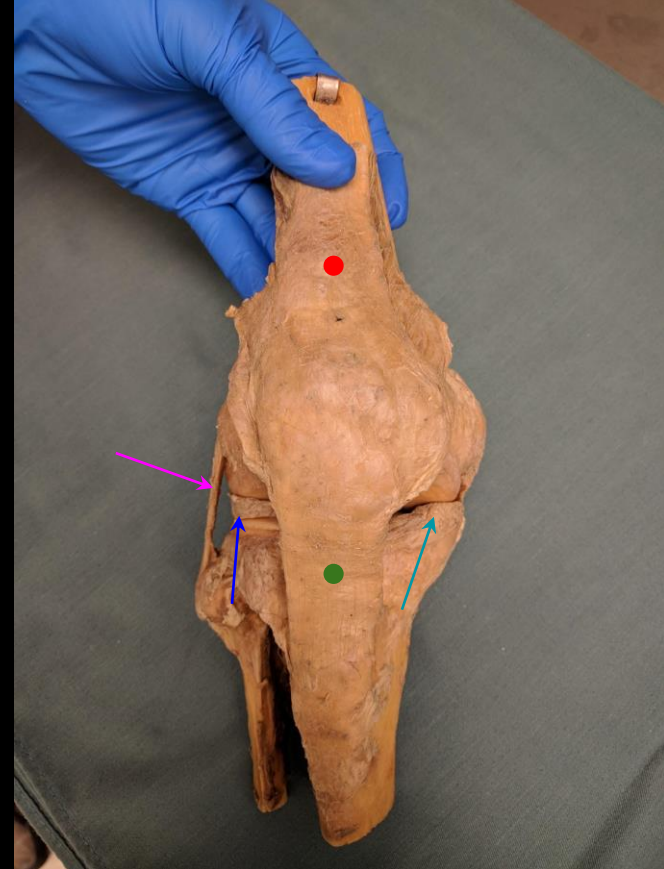
Quadriceps tendon

Patellar Ligament

Lateral Collateral Ligament

Lateral Meniscus

Medial Meniscus



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Right Knee Joint

Structures in View:

Patella

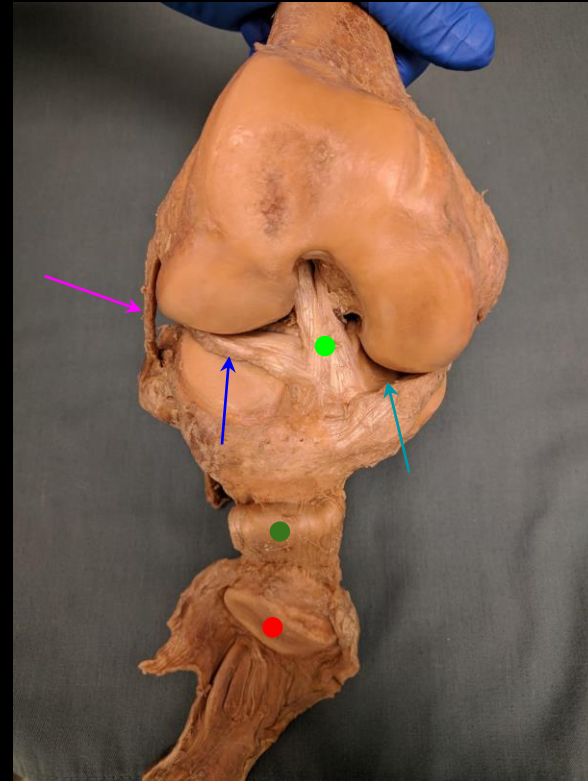
Patellar Ligament

Lateral Collateral Ligament

Lateral Meniscus

Medial Meniscus

Anterior Cruciate Ligament



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Right Knee Joint

Structures in View:

Patella

Medial Collateral Ligament

Medial Meniscus

Patellar Ligament

Quadriceps Tendon



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Right Knee Joint

Structures in View:

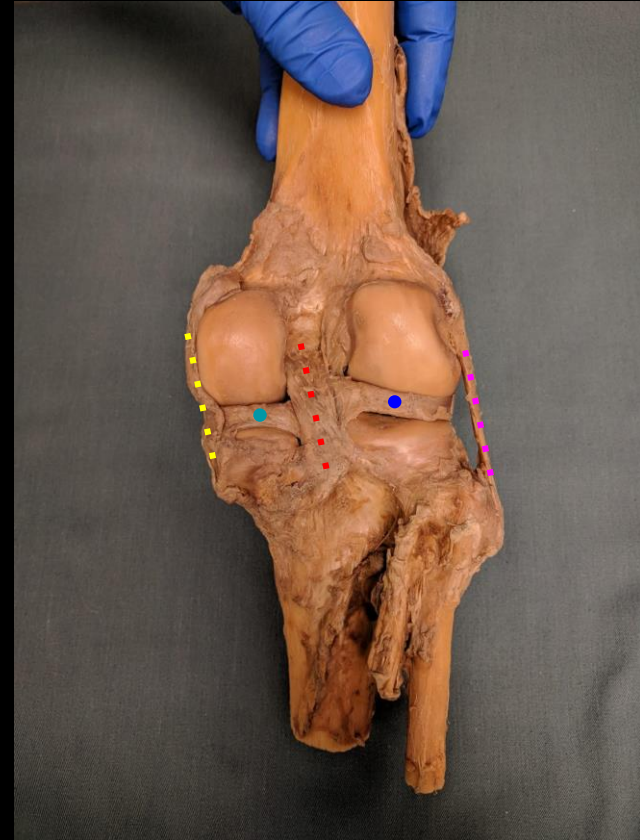
Posterior Cruciate Ligament

Medial Collateral Ligament

Lateral Collateral Ligament

Medial Meniscus

Lateral Meniscus



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References

- University of Washington Department of Radiology
- Clinically Oriented Anatomy, 6th Edition
- Photo source: <https://nyamcenterforhistory.org/tag/andreas-vesalius/>
- Dr. Doroudi's Epic Notes



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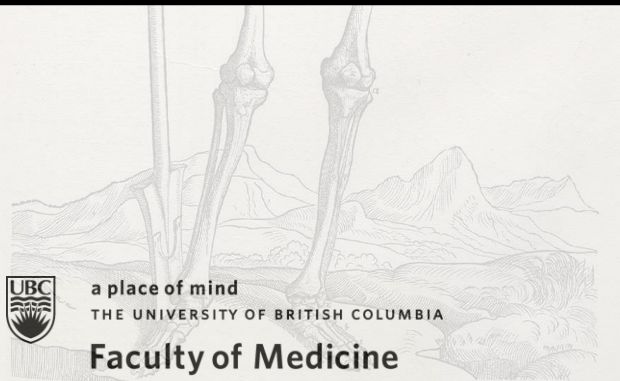
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LABORATORY 4

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POSTERIOR AND LATERAL LEG, SOUL AND JOINTS OF FOOT



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INDEX

Abductor Digiti Minimi
Abductor Hallucis
Deep Fibular (Peroneal) Nerve
Extensor Digitorum Brevis
Extensor Hallucis Brevis
Fibularis (Peroneus) Longus and
Brevis
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Flexor Digitorum Longus
Flexor Hallucis Longus
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Tibialis Posterior



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Superficial Posterior Leg

Structures in View:

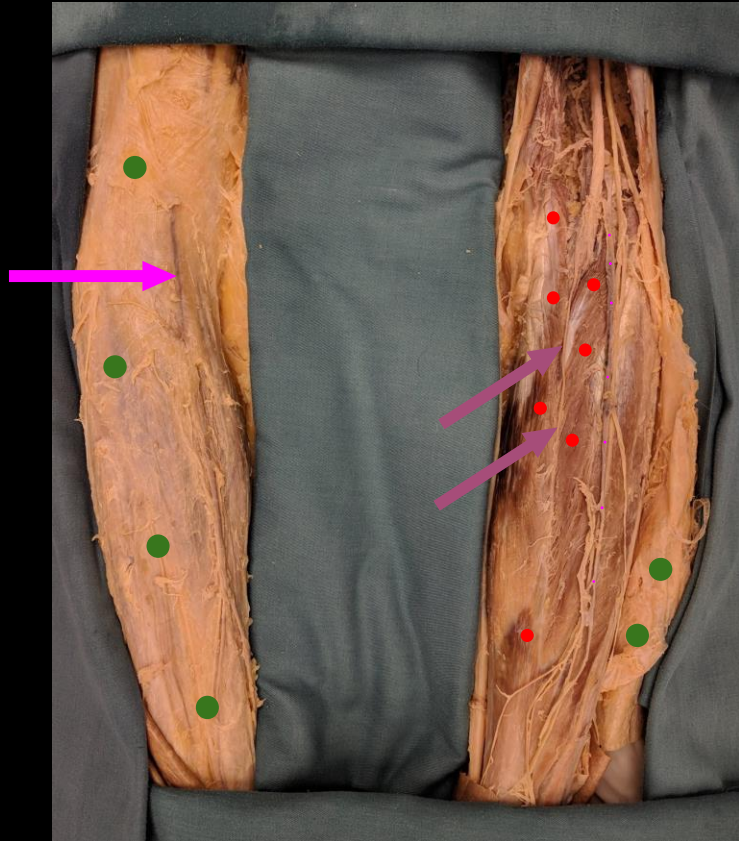
Gastrocnemius (Medial and Lateral Heads)

Soleus (Deep to Gastrocnemius)

Superficial Fascia

Sural Nerve

Small Saphenous Vein



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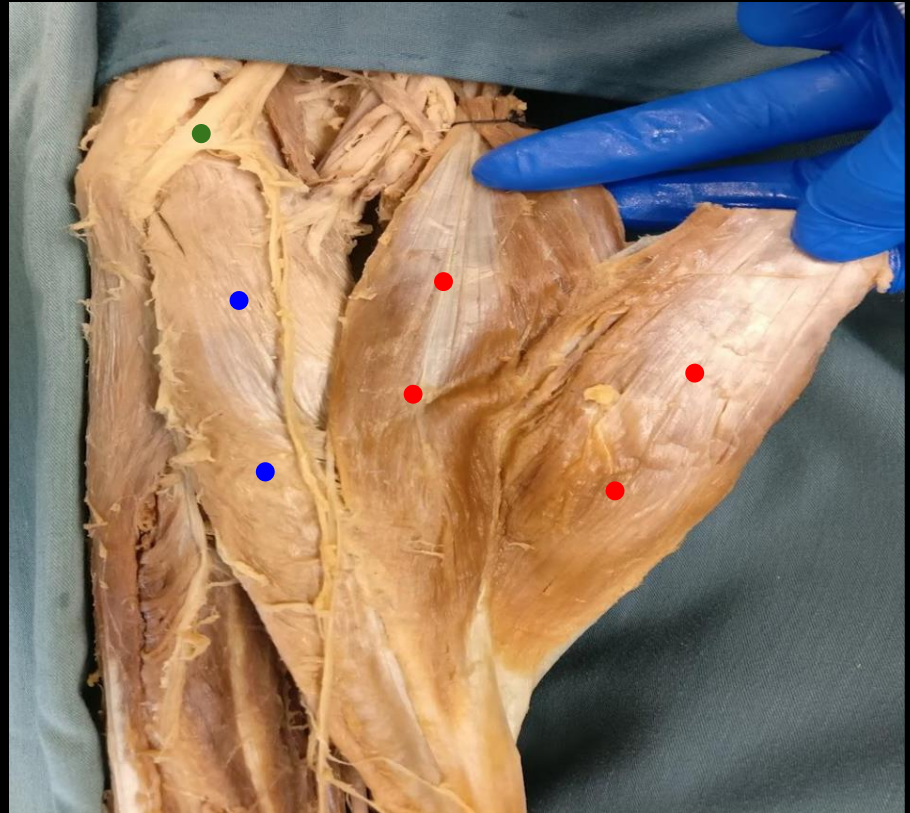
Superficial Posterior Leg

Structures in View:

Gastrocnemius (Medial and Lateral Heads)

Soleus (Deep to Gastrocnemius)

Common Fibular Nerve



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Deep Posterior Leg

Structures in View:

Flexor Digitorum Longus (Tendon of)
Tibialis Posterior (Tendon of)
Posterior Tibial Artery



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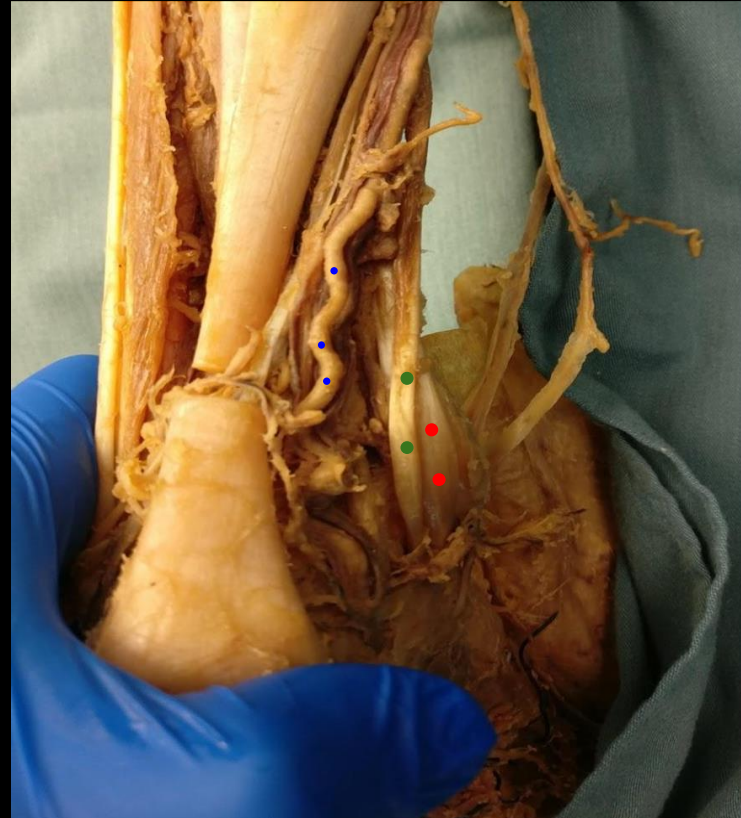
Posterior Leg

Structures in View:

Posterior Tibial Artery

Flexor Digitorum Longus Tendon

Tibialis Posterior Tendon



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Posterior Leg

Structures in View:

Tibial Nerve

Common Fibular Nerve

Gastrocnemius



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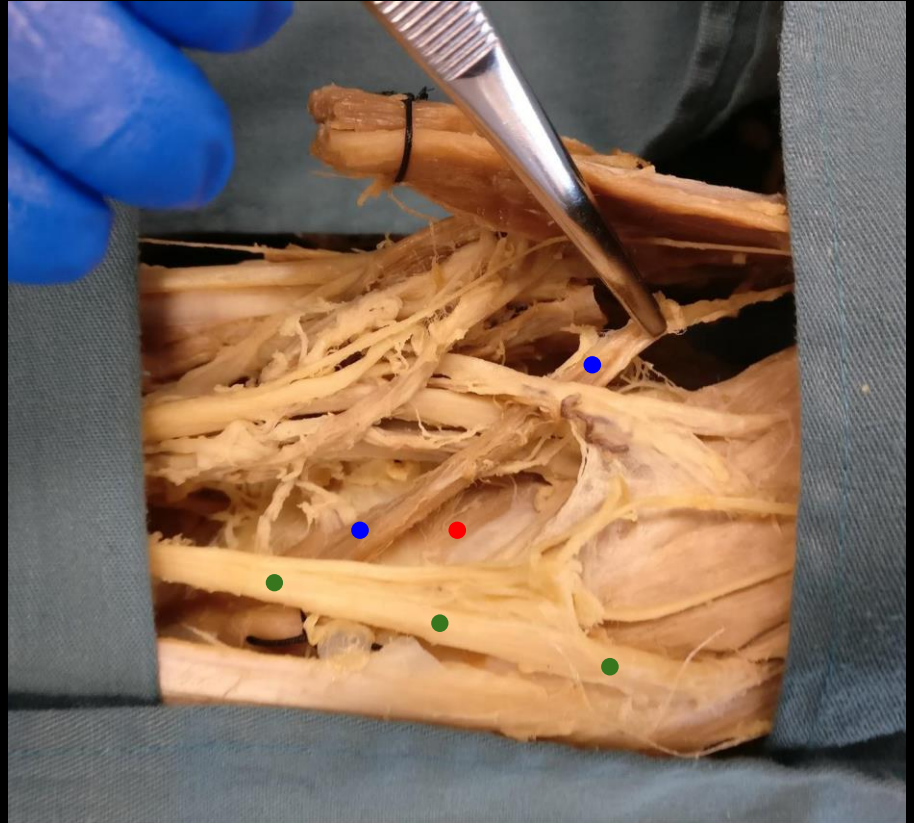
Deep Posterior Leg

Structures in View:

Popliteus

Plantaris (Not on checklist)

Common Fibular Nerve



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Left Lateral Leg

Structures in View:

Fibularis Longus

Fibularis Brevis

Flexor Hallucis Longus

Gastrocnemius



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Plantar Surface Of Foot

Structures in View:

Plantar Aponeurosis (Reflected)

Abductor Hallucis

Flexor Digitorum Brevis

Abductor Digiti Minimi

Lumbricals

Flexor Digitorum Longus Tendon

Flexor Hallucis Longus Tendon



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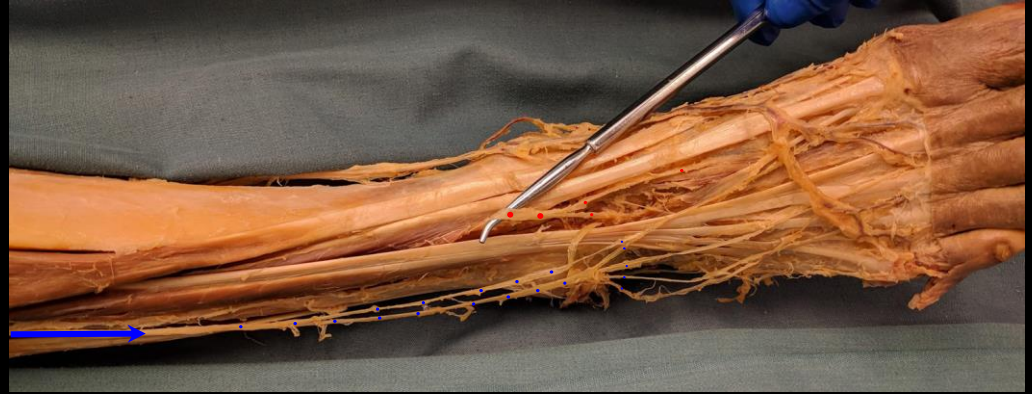
Southern Medical Program

Right Dorsum Of Foot

Structures in View:

Deep Fibular (Peroneal) Nerve

Superficial Fibular (Peroneal) Nerve



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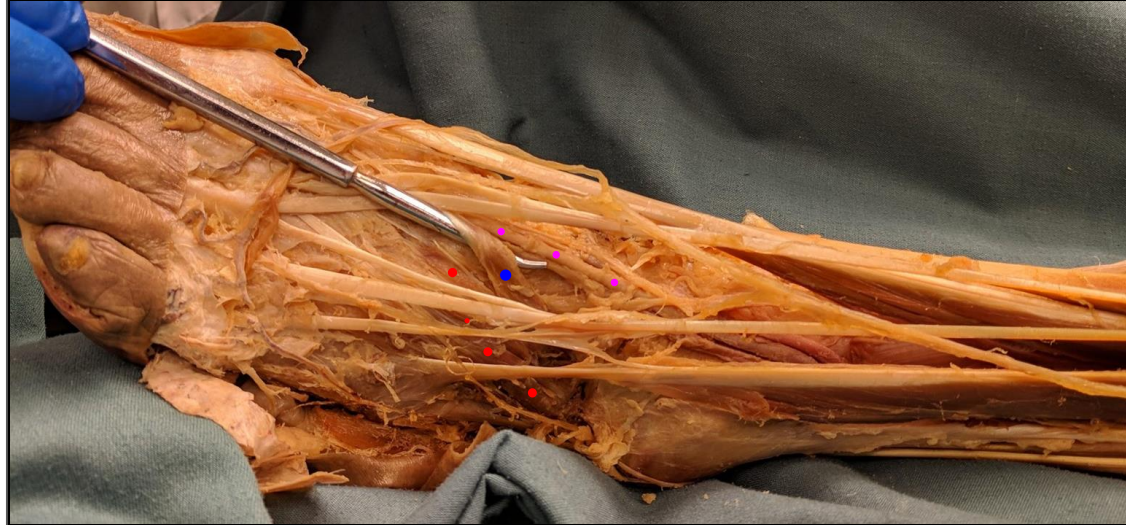
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Left Dorsum of Foot

Structures in View:

Extensor Digitorum Brevis
Extensor Hallucis Brevis
Dorsalis Pedis Artery



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Gastrocnemius

Origin: Femur

Insertion: Calcaneus (Joins Soleus and Plantaris to Form Achilles Tendon)

Action: Plantar Flexion

Innervation: Tibial Nerve

Blood Supply: Popliteal Artery



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Soleus

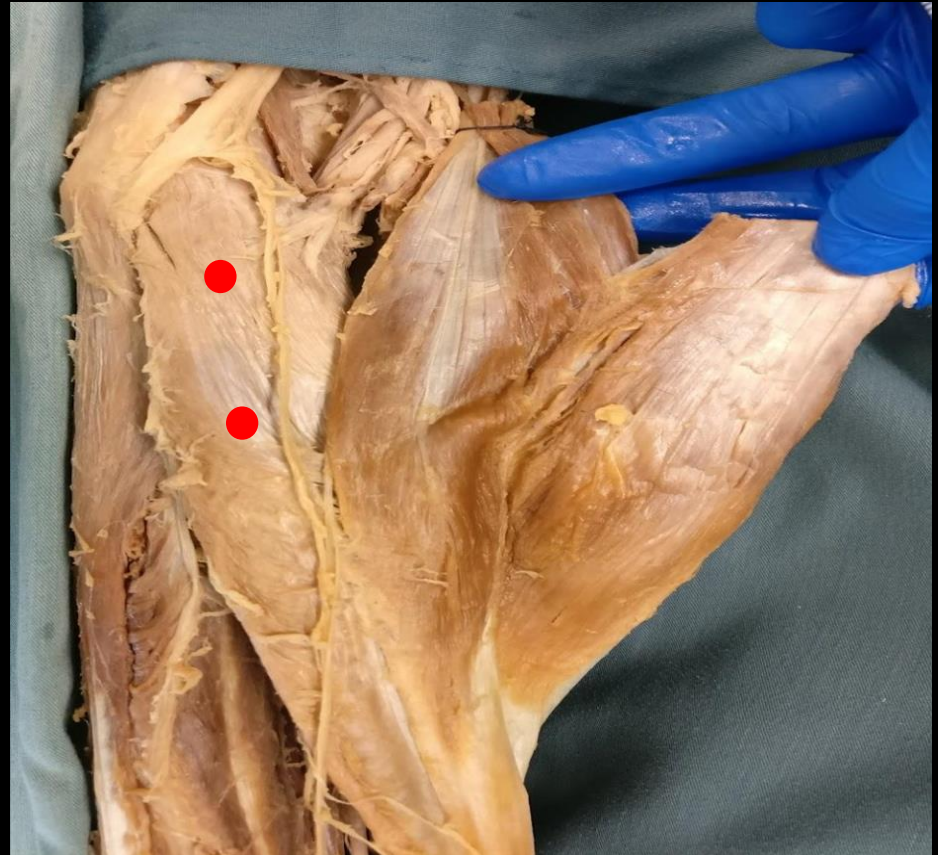
Origin: Tibia and Fibula

Insertion: Calcaneus (Joins Gastroc And Plantaris to Form Achilles Tendon)

Action: Plantar Flexion

Innervation: Tibial Nerve

Blood Supply: Posterior Tibial Artery



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Popliteus

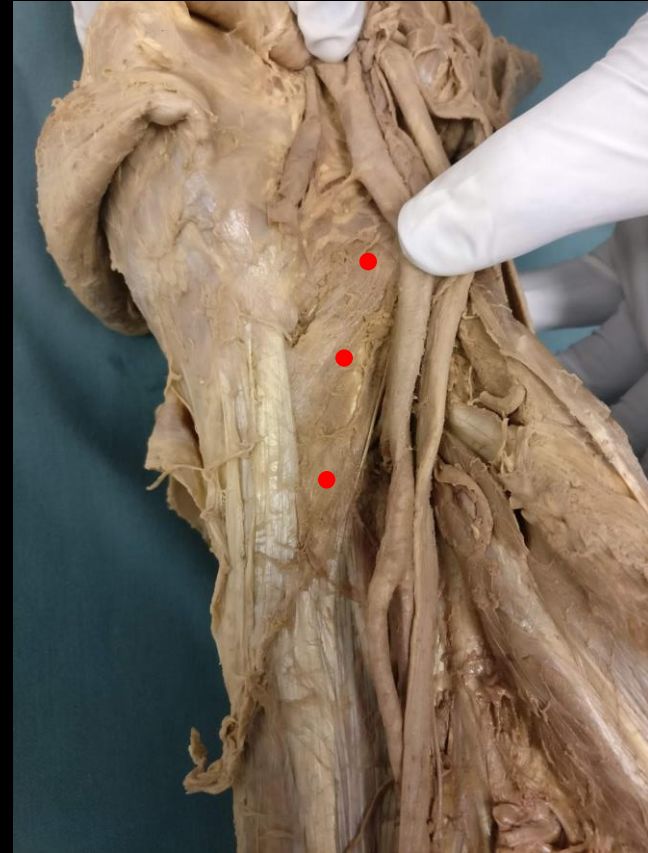
Origin: Lateral Femoral Condyle

Insertion: Posterior Tibia

Action: Rotates Knee Medially; *Flexes Leg On The Thigh, Unlocks knee*

Innervation: Tibial Nerve

Blood Supply: Posterior Tibial Artery



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Flexor Hallucis Longus

Origin: Fibula

Insertion: Distal Phalanx of Great Toe

Action: Flexes Great Toe; Supinates Ankle; *Weak Plantar Flexion*

Innervation: Tibial Nerve

Blood Supply: Posterior Tibial Artery



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Flexor Digitorum Longus

Origin: Tibia

Insertion: 2nd - 5th distal phalanges

Action: Flexes 2nd-5th Toes; Plantar Flexion

Innervation: Tibial Nerve

Blood Supply: Posterior Tibial Artery



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Tibialis Posterior (Tendon of)

Origin: Tibia & Fibula

Insertion: Navicular, Cuneiform, Metatarsals 2-4

Action: Plantar Flexion; Adducts & Supinates Foot

Innervation: Tibial Nerve

Blood Supply: Posterior Tibial Artery



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Fibularis Longus

Origin: Fibula

Insertion: Base of First Metatarsal

Action: Foot Eversion

Innervation: Superficial Fibular
(Peroneal) Nerve

Blood Supply: Fibular Artery



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Fibularis Brevis

Origin: Fibula

Insertion: Base of 5th Metatarsal

Action: Foot Eversion

Innervation: Superficial Fibular
(Peroneal) Nerve

Blood Supply: Fibular Artery



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Abductor Hallucis

Origin: Calcaneus

Insertion: Base of Great Toe

Action: Abduct Great Toe

Innervation: Medial Plantar Nerve

Blood Supply: Medial Plantar Artery



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Flexor Digitorum Brevis

Origin: Calcaneus

Insertion: Middle Phalanx 2nd -5th Toes

Action: Flexes Toes

Innervation: Medial Plantar Nerve

Blood Supply: Medial Plantar Artery



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Abductor Digiti Minimi

Origin: Calcaneus

Insertion: Base of 5th Toe

Action: Abducts 5th Toe

Innervation: Lateral Plantar Nerve

Blood Supply: Lateral Plantar Artery



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Lumbricals Of Foot

Origin: Flexor Digitorum Longus Tendon

Insertion: Extensor Digitorum Longus Tendon

Action: Flexion of Metatarsophalangeal Joints and Extension of Interphalangeal Joints

Innervation: Medial & Lateral Plantar Nerve

Blood Supply: Medial & Lateral Plantar Artery



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Quadratus Plantae

Origin: Calcaneus

Insertion: Tendons of Flexor Digitorum Longus

Action: Pulls Tendon of Flexor Digitorum Longus Towards Midline; *Flexion of Toes*

Innervation: Lateral Plantar Nerve

Blood Supply: Lateral Plantar Artery



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References

- University of Washington Department of Radiology
- Clinically Oriented Anatomy, 6th Edition
- Photo source: <https://nyamcenterforhistory.org/tag/andreas-vesalius/>
- Dr. Doroudi's Epic Notes



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