

Muscle Anatomy (Upper Leg)

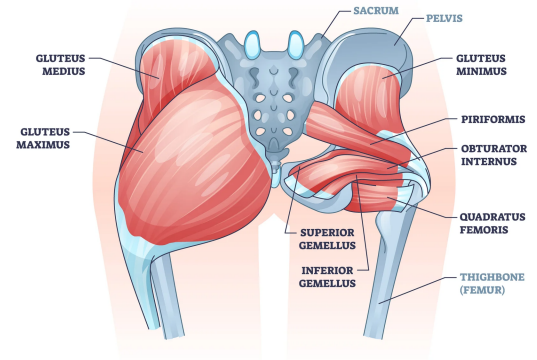
Glute Muscles:

- Gluteus Maximus, Gluteus Minimus, Gluteus Medius, Piriformis, Superior and Inferior gemellus, Obturator Internus, Quadratus femoris

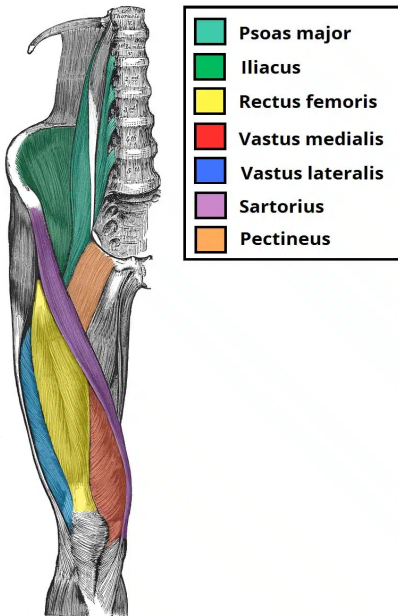
Actions: hip extension (maximus only), external rotation, and hip abduction

Stretches: Figure 4 stretch, foam rolling glutes, leg swings, knees to chest, Pigeon stretch

GLUTES



POSTERIOR VIEW



Hip Flexor Muscles:

- Psoas and Iliacus (also a **DEEP CORE** muscle!)

Action: Flexion and lateral rotation of the thigh and

Stretch: lacrosse ball in hip, lying hip extension, kneeling lunge with pelvic tilt

- Sartorius:

Action: Hip flexion, external rotation and abduction of the thigh as well as internal rotation and flexion at the knee

Quadricep Muscles:

- Rectus femoris, vastus lateralis, vastus medialis, vastus intermedius

Action: knee extension and hip flexion

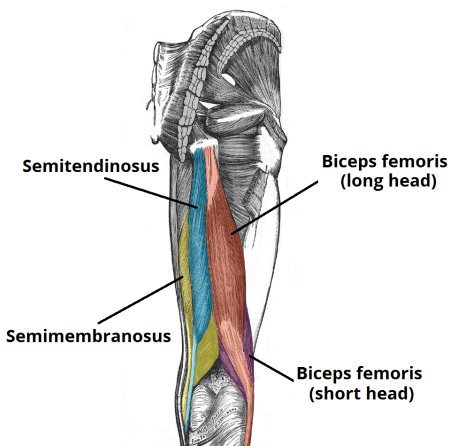
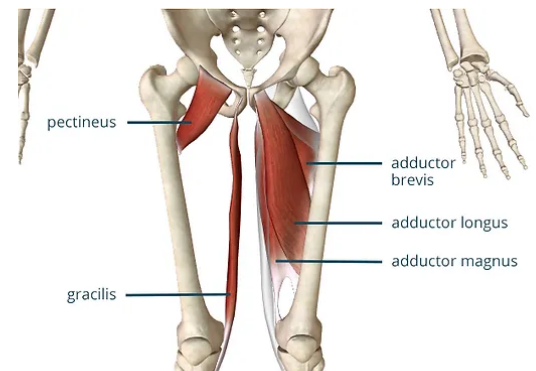
Stretch: quad stretch, kneeling lunge, foam roll

Adductor Muscles:

- Pectineus, Gracilis, Adductor brevis, adductor longus, adductor magnus

Actions: Hip adduction, internal rotation

Stretches: Butterfly stretch, lateral lunge, wide leg adductor stretch (standing or sitting), bent knee adductor stretch, hurdle stretch



Hamstring Muscles (3):

- Biceps femoris, semitendinosus, semimembranosus

Actions: Knee flexion, Hip extension

Stretch: Hamstring stretch, foam roll

Muscle Anatomy (Lower Leg)

Calf Muscles:

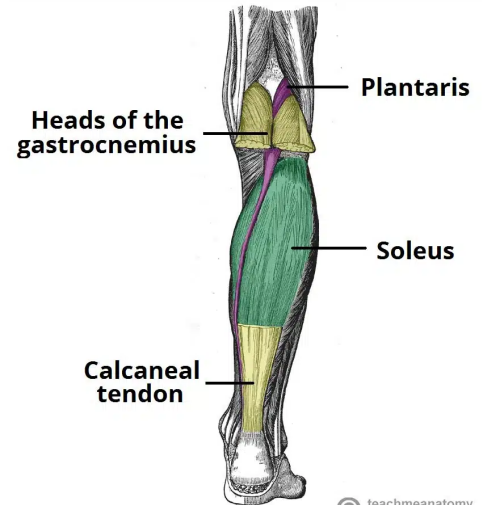
- Gastrocnemius, soleus, plantaris

Actions: plantar flexion of foot and ankle (pointing toe), slight knee flexion

- Popliteus

Action: lateral rotation of femur, medial rotation of tibia

Stretches: Calf stretch on wall or kneeling, downward dog, foam rolling



Anterior Muscles:

- Anterior tibialis

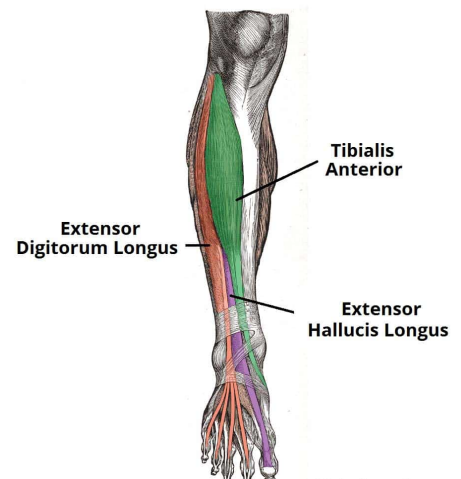
Action: Dorsiflexion of foot (toe to shin)

- Extensor digitorum longus

Action: Extends toes

- Extensor Hallucis longus

Action: Extends big toe, dorsiflexes foot and inverts the foot (supination)



Foot Anatomy:

- This photo shows where the muscles of the lower leg cross the foot.
- Fibularis longus and brevis are located on the outside of the lower leg

Action: Plantar flexion of foot and Pronation/Eversion of foot

