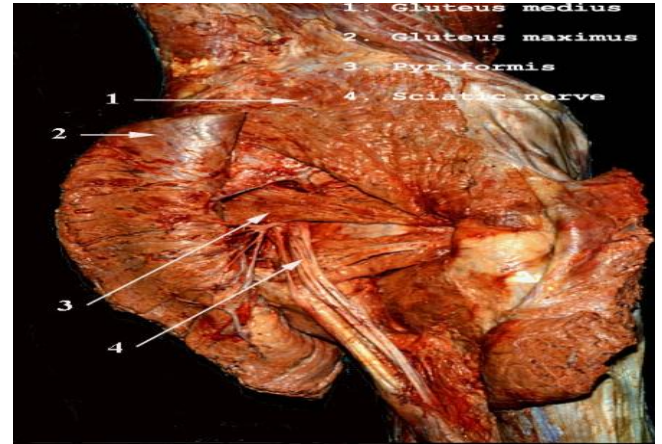
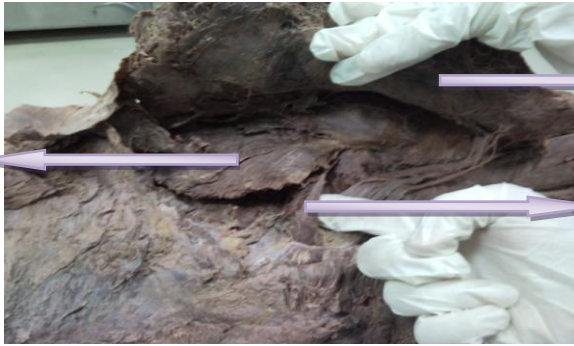


Lower Limb



❖ Gluteal region

- 1- *gluteus maximus* : *outermost layer* . ⚡
- 2- *gluteus medius* : *beneath the gluteus Maximus*.
- 3- *gluteus minimus* : *innermost layer* .
- 4- *piriformis* : *next to the gluteus Medius , it is a triangular muscle . The sciatic nerve runs beneath it* ⚡

❖ Posterior thigh: (from lateral to medial)

1. *biceps Femoris*: *has two heads .. & runs laterally*
2. *semitendinosus*: *its insertion is a long tendon.(look at the pic.)* ⚡
3. *semimembranosus* : *its origin is like a membrane. (look at the pic.)* ⚡

Semitendinosus & semimembranosus are located medially



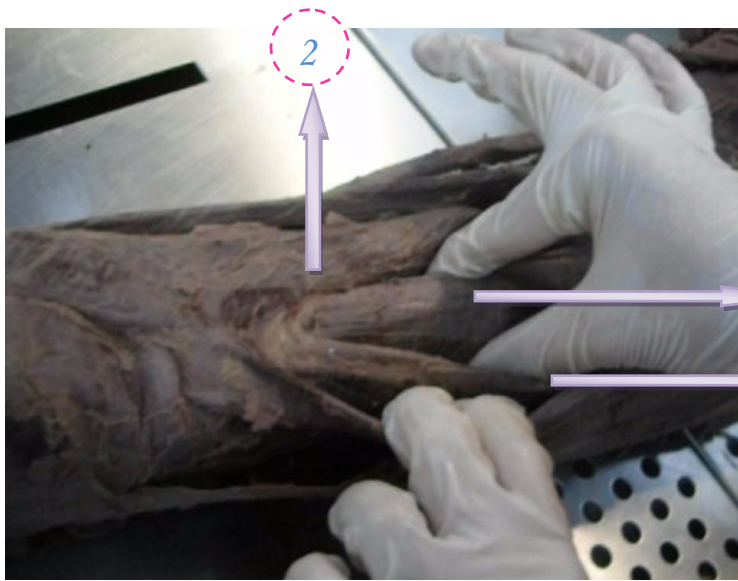
هي اللي فوق .. ال 2 هيدز مو باينة هنا !



The insertion is a strong tendon

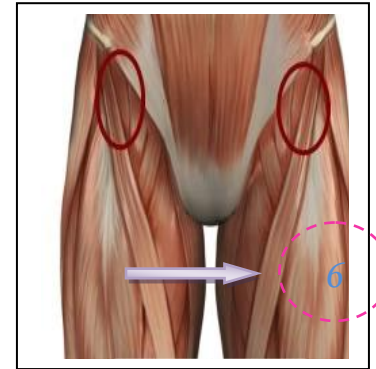


Looks like a membrane



rectus femoris ال

كانت فوق بس وخرناها على جنب ..

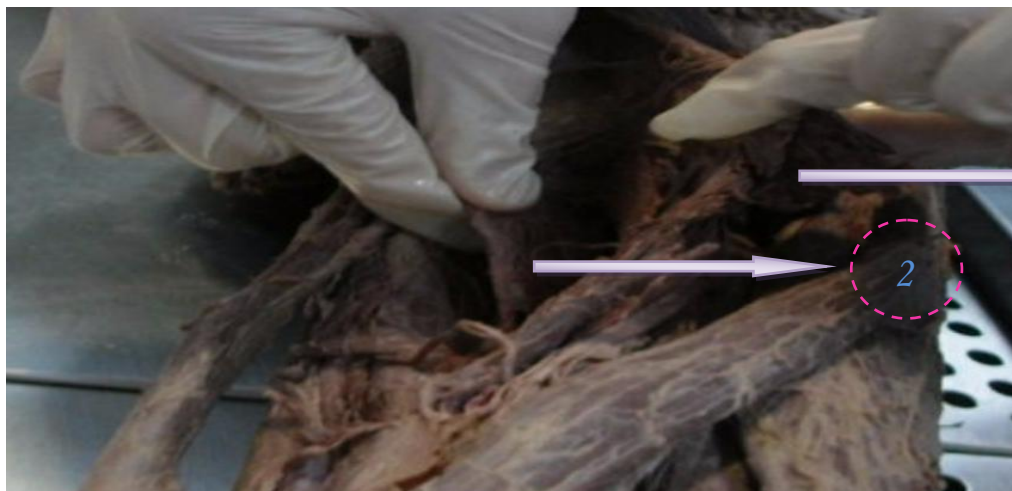


❖ anterior thigh

1. *rectus femoris*: in the center of the thigh ⚡
2. *vastus medialis*: medial to the *rectus femoris*
3. *vastus lateralis*: lateral to the *rectus femoris*
4. *vastus intermedius*: beneath the *rectus femoris*. ⚡
5. *Sartorius*: comes from the lateral side of the thigh to the medial side. ⚡
6. *Gracilis*: long muscle, found medially.

❖ Adductors:

- 1- *adductor longus*: medially ⚡
- 2- *Adductor brevis*: beneath *adductor longus*
- 3- *Adductor magnus*: beneath *adductor brevis*, it goes to the hamstring portion.





❖ anterior leg (medially to laterally)

1- *tibialis anterior*: It starts from the the lateral side of the tibia...passes centrally..& gets attached to the first metatarsal bone (medial to extensor hallucis longus)

2- *extensor hallucis longus*: you can know it from its tendon .. it goes to the big toe

3- *extensor digitorum longus*: it has four tendons .. inserted in the lateral 4 toes

Remember: *Tom Has Very Nice Dogs & pigs* (from medially to laterally)

T: *tibialis anterior*

H: *extensor Hallucis*

V&N: *vessels and nerves*

D: *extensor digitorum longus*

P: *peroneus tertius*



❖ Lateral leg:

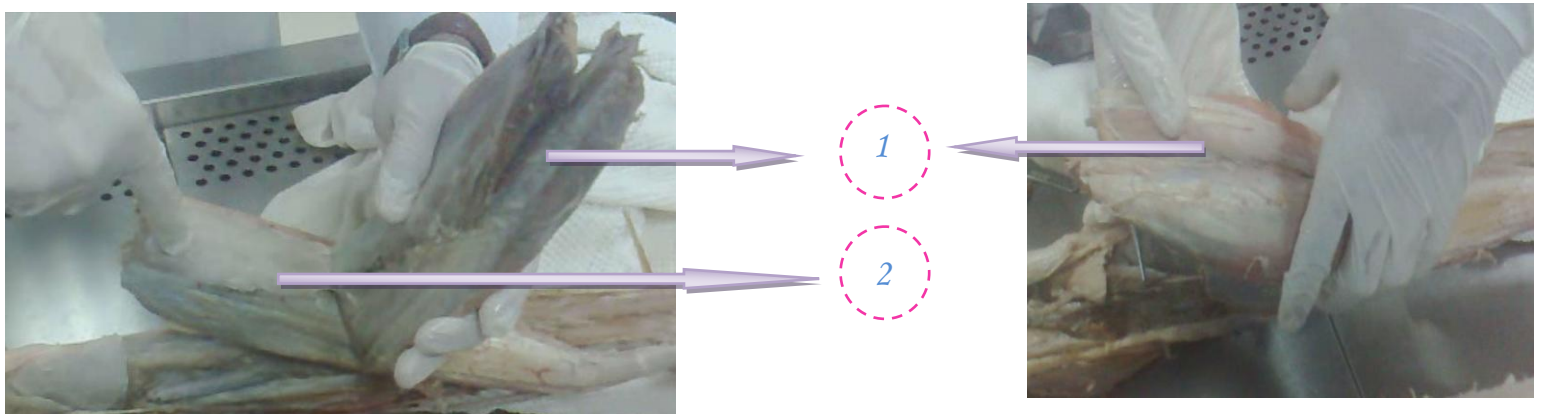
- 1- *Peroneus longus* : its tendon goes into the sole of the foot .
- 2- *Peroneus brevis* : found beneath the peroneus longus.



❖ Posterior leg:

-superficial group:

- 1- *Gastrocnemius* : the most superficial muscle .
- 2- *Solus* : beneath the gastrocnemius.
- 3- *Plantaris* : long tendon , short belly . beneath the solus .

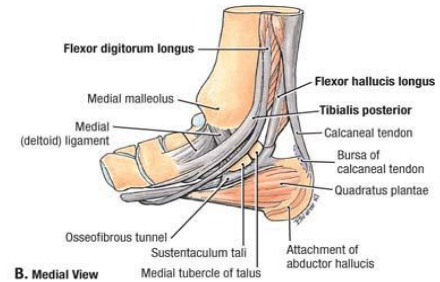
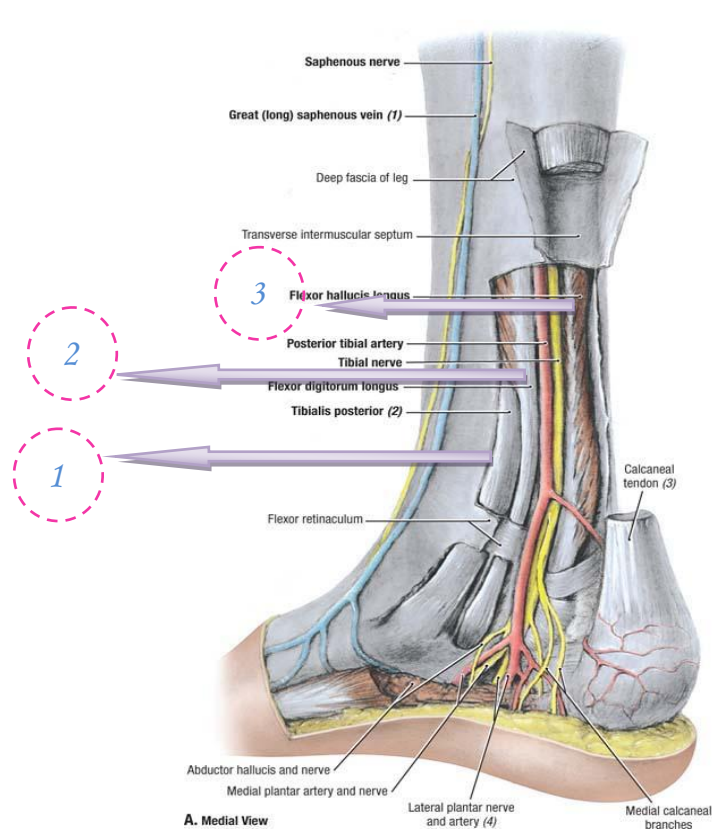


-superficial group: (medially to laterally)

1- *Tibialis posterior*: *the most MEDIAL muscle*

2- *Flexor digitorum longus*

3- *Flexor hallucis longus*



Remember: *Tom Does a Very Nice Homework* (from medially to laterally)

T: *tibialis posterior*

V&N: *vessels and nerves*

D: *flexor digitorum longus*

H: *flexor Hallucis longus*