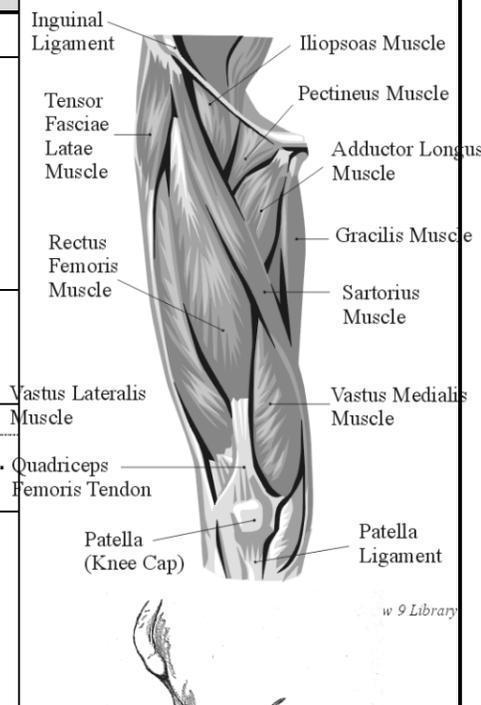


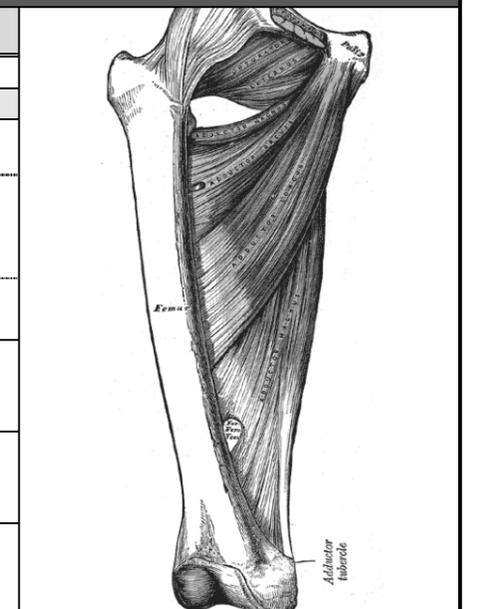
Muscles of the front of the thigh

	1- Sartorius muscle	2- Quadriceps muscle			
		a- Rectus femoris	b- vastus intermedius	c- vastus lateralis (largest)	d- Vastus medialis
Origin	1- Ant. Sup. Iliac spine & 2- the notch below it	From the hip bone by 2 tendinous heads: 1- straight head: - from ant. inf. iliac spine. 2- reflected head: - from a groove just above the acetabulum - from a capsule of the hip joint. The 2 heads unite at an acute angle to form bipennate fusiform muscle which descends in front of the thigh.	1- upper 3/4 of the ant. & lat. Surface of femur. 2- lat. Intermuscular septum of the thigh.	It has a continuous linear origin from: 1- upper part of intertrochanteric line. 2- ant.&inf. border of greater trochanter 3- lat. Lip of gluteal tuberosity. 4- lat lip of upper 1/2 of linea aspera	It has a continuous linear origin from: 1- lower part of intertrochanteric line. 2- spiral line. 3- upper 1/2 of the medial supracondylar ridge. 4- med. lip of linea aspera
Insertion	Upper part of the medial surface of tibia , by a flat tendon.	1- The 4 heads join each other forming one mass which is inserted into: a- base of the patella. b- lat. Side of patella (via lat. Vastal retinaculum). c- medial side of patella (via med. vastal retinaculum) 2- patellar lig. arises from the apex of the patella & passes downwards to get final insertion in the tibial tuberosity.			
N.supply	Femoral n.	Femoral n. - each head receives 1-3 separate branches from femoral n. → - the br. To vastus medialis is the thickest as it also carries proprioceptive fibers supplying the knee. - The br. To rectus femoris carries proprioceptive fibers to the hip joint.			
Actions	1- Putting the lower limb in the classical cross leg position of tailor by acting on both hip& knee joints as follows : a- flexion, abduction & lat. Rotation of the thigh. b- Flexion & med. rotation of the leg. 2- stabilization the mobile pelvis(guy ropes)	1- the whole muscle: is the main extensor of the knee. 2- Rectus femoris: a- is a strong flexor of the hip joint (next to iliopsoas) , b- it also flexes the pelvis over the lower limb (it is the chief stabilizer of hip & knee joint) 3- the distal fleshy fibers of the vastus medialis (med. vastal retinaculum) stabilizes the patella by counteracting the lat. Pull induced by the iliotibial tract.			



Muscles of the medial side of the thigh

	1- Gracilis m.	2- Pectineus m.	3- adductor longus m.	4- adductor brevis m.	5- adductor magnus m.
Origin	1- lower part of body of pubis. 2- inf. pubic ramus. 3- upper part of ischial ramus	1- pectineal line. 2- surface of sup. pubic ramus.	By rounded tendon from body of pubis just below pubic tubercle.	1- front of body of pubis 2- inf. pubic ramus (below origin of add. Long.)	It's formed of 2 parts: Pubic part Arises from pubic arch - inf. pubic ramus - ischial ramus. Course: Horizontal, oblique. - med. lip of gluteal tuberosity. - med. lip of linea aspera. - med. supracondylar ridge
Insertion	Upper part of med. surface of tibia (between insertion of sartorius anteriorly & semitendinosus posteriorly)	Upper 1/2 of the pectineal line of femur which extends from lesser trochanter to the linea aspera	Into linea aspera (in middle 1/3 of back of shaft of femur)	1- lower part of pectineal line 2- upper part of linea aspera.	Ischial part Arises from ischial tuberosity - Lat. Area of lower triangle of ischial tuberosity. Course: vertical Adductor tubercle of femur.
N.supply	Ant. division of obturator n.	- femoral n. (mainly) - br. From obturator (or accessory obturator) supplies its post. Part.	Ant. division of obturator n.	obturator n. (either ant. or post. Division)	Obturator n. (post. Division) Sciatic nerve (tibial part)
Actions	1- adduction of the thigh. 2- flexion & med. rotation of knee. 3- one of the " guy ropes" p. 41	1- adduction of the thigh. 2- flexion of hip joint.	1- adduction of the thigh 2- helps flexion of thigh 3- med. rotation of thigh	1- adduction 2- med. rotation of the thigh	3- Extension of the hip joint



Muscles of the back of the thigh (Hamstring muscles)

	1- Biceps Femoris muscle	2- Semitendinosus muscle	3- Semimembranosus muscle
Origin	1- long head: From lower med. area of upper part of ischial tuberosity (in common with Semitendinosus m.) 2- short head: from → - linea aspera - upper 1/2 of lat. Suprachondylar ridge.	Lower med. area of upper part of ischial tuberosity (in common with long head of biceps m.)	upper lat. Area of upper part of ischial tuberosity.
Insertion	Head of fibula in front of the styloid process. N.B. the tendon of insertion is splitted by or folded around the fibular collateral lig.	Upper part of med. surface of tibia (behind the insertion of gracilis)	1- by a flat tendon into the groove on the back of the med. condyle of tibia. 2- by 3 extensions from the tendon of insertion → p. 54
N.supply	Sciatic n. each head has a separate br. : Long head Supplied by tibial part Short head Supplied by common part.	Sciatic n. (by 2 brs. From its tibial part)	
Actions	1- Extension of the hip joint (weak) 2- flexes the knee 3- lateral rotation of the leg	1- Extension of the hip joint 2- flexes the knee 3- medial rotation of the leg 4- one of the guy ropes.	1- Extension of the hip joint 2- flexes the 3- medial rotation of the leg

