

ThomP's Tools Knee Muscle Review Sheet

Group	Muscle	Joints Crossed		Origins		Insertions	Actions			
Quadriceps	rectus femoris	hip	knee	AIIS of oscoxa		tibial tuberosity (quadricep insertion tendon)	flexion of hip	extension of knee		
	vastus intermedius	knee		anterior shaft of femur		tibial tuberosity (quadricep insertion tendon)	extension of knee			
	vastus lateralis	knee		anterior shaft of femur		tibial tuberosity (quadricep insertion tendon)	extension of knee			
	vastus medialis	knee		linea aspera of femur		tibial tuberosity (quadricep insertion tendon)	extension of knee			
Hamstrings	biceps femoris	hip	knee	ischial tuberosity of oscoxa	linea aspera of femur	head of fibula	extension of hip	flexion of knee		
	semimembranosus	hip	knee	ischial tuberosity of oscoxa		medial condyle of tibia (posterior side)	extension of hip	flexion of knee		
	semitendinosus	hip	knee	ischial tuberosity of oscoxa		anteriomedial shaft of tibia (pes anserine)	extension of hip	flexion of knee		
Posterior Compartment of Leg	plantaris	knee	ankle	lateral epicondyle of femur		tuberosity of calcanaeus (achilles tendon)	flexion of knee	plantarflexion of ankle		
	gastrocnemius	knee	ankle	medial condyle of femur (medial head)	lateral condyle of femur (lateral head)	tuberosity of calcanaeus (achilles tendon)	flexion of knee	plantarflexion of ankle		
	popliteus	knee		lateral condyle of femur		proximal posteriomedial shaft of tibia	flexion of knee			
<i>Adductors</i>	<i>gracilis</i>	<i>hip</i>	<i>knee</i>	<i>pubic bone of oscoxa</i>		<i>anteromedial shaft of tibia (pes anserine)</i>	<i>adduction of hip</i>	<i>flexion of hip</i>	<i>flexion of knee</i>	
	<i>sartorius</i>	<i>hip</i>	<i>knee</i>	<i>ASIS of oscoxa</i>		<i>anteriomedial shaft of tibia (pes anserine)</i>	<i>flexion of hip</i>	<i>abduction of hip</i>	<i>lateral rotation of hip</i>	<i>flexion of knee</i>