

ThomP's Tools Leg, Ankle, and Foot Review Sheet

Group	Muscle	Joints Crossed		Origins		Insertions			Actions		
posterior compartment (achilles)	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	
	plantaris	knee	ankle	lateral epicondyle of femur		tuberosity of calcanaeus (achilles tendon)			flexion of knee	plantarflexion of ankle	
	soleus		ankle	posterior tibia	posterior fibula	tuberosity of calcanaeus (achilles tendon)			plantarflexion of ankle		
digital extensors	extensor digitorum longus	ankle	most joints of foot	anterior tibia	anterior fibula	distal phalanges of toes 2,3,4,5.			extension of toes 2,3,4,5.	dorsiflexion of ankle	(weak) eversion of foot
	extensor hallucis longus	ankle	some joints of foot	anterior fibula		distal phalanx of the big toe			extension of big toe	dorsiflexion of ankle	inversion of foot
digital flexors	flexor digitorum longus	ankle	all joints of foot	posterior tibia		distal phalanges of toes 2,3,4,5.			flexion of ankle	flexion of toes 2,3,4,5.	inversion of foot
	flexor hallucis longus	ankle	some joints of foot	posterior fibula		distal phalanx of the big toe			plantarflexion of ankle	flexion of big toe	inversion of foot
peronial (everters)	peroneus brevis	ankle	intertarsal joints of foot	lateral fibula, distal half		5th metatarsal			plantarflexion of ankle	eversion of foot	
	peroneus longus	ankle	intertarsal joints of foot	lateral fibula, proximal half		1st cuneiform	1st metatarsal		plantarflexion of ankle	eversion of foot	
	peroneus tertius	ankle	intertarsal joints of foot	distal anterior fibula		5th metatarsal			dorsiflexion of ankle	eversion of foot	counteracts inversion upon dorsiflexion
tibial (inverters)	tibialis anterior	ankle	intertarsal joints of foot	anteriolateral shaft of tibia		1st cuneiform	1st metatarsal		dorsiflexion of ankle	inversion of foot	
	tibialis posterior	ankle	intertarsal joints of foot	posterior tibia	posterior fibula	navicular	cuneiforms 1,2,3.	metatarsals 2,3,4.	plantarflexion of ankle		