

523 Orthopedics/Traumatology: Know Functional Anatomy!**Muscles, Origins & Insertions, Joints & Movements****Lower Body**

Muscle	One Muscle/Ligament Attachment	Muscle/Ligament Inferior Attachment	A joint it crosses and the plane of action
Rectis Femoris	Ilium	Patellar Tendon	Hip, Sagittal
Semitendinous and Semimembranosus	Ischial Tuberosity	Superior to the medial/posterior Tibia	Knee, Sagittal
Biceps Femoris	Ischial Tuberosity	Head of Fibula	Knee Sagittal
Gluteus Maximus	Ilium	IT Band & Femur	Hip, Sagittal
Gluteus Minimus	Ilium	Femur's greater trochanter	Hip, Frontal
Periformis	Sacrum	Femur's greater trochanter	Hip, Transverse
Psoas Major	Lumbar Vertebra	Femur's lesser trochanter	Hip, Sagittal
Psoas Minor	T12 & L1	Iliopubic eminence	Lumbar Vert., Sagittal
Iliotibial Band	Superior Iliac Spine	Lateral Tibial Condyle	Hip, Sagittal
Tibialis Anterior	Superior Lateral Tibia	Base of first metatarsal	Ankle, Sagittal
Gastrocnemius	Lateral and Medial condyles of femur	Posterior calcaneus	Ankle, Sagittal
Soleus	Superior Posterior Fibula	Achilles tendon	Ankle, Sagittal
Halucis Longus	Medial Tibia	Base of distal phalanx of toe I	Toe I MIP, Sagittal