

ANTERIOR THIGH MUSCLE GROUPS

MUSCLE	ORIGIN	INSERTION	PRIMARY ACTION
Hip Flexor Iliopsoas	Iliac fossa, T12-L5 vertebrae	Lesser trochanter of femur	Flexion of thigh at hip
Sartorius Sartorius	ASIS	Proximal medial tibia (Pes anserinus)	Flexes, abducts, laterally rotates thigh
Quadriceps Rectus Femoris	AiIS, Superior acetabular rim	Patellar tendon to Tibial tuberosity	Extends knee, flexes hip
Quadriceps Vastus Lateralis	Greater trochanter, Linea aspera	Patellar tendon to Tibial tuberosity	Extends knee
Quadriceps Vastus Medialis	Intertrochanteric line, Linea aspera	Patellar tendon to Tibial tuberosity	Extends knee
Quadriceps Vastus Intermedius	Anterior/Lateral femoral shaft	Patellar tendon to Tibial tuberosity	Extends knee
Adductor Pectineus	Pectineal line of pubis	Pectineal line of femur	Adducts and flexes thigh