

ANATOMY: DEEP THIGH MUSCULATURE

Reference Chart & Anatomical Layers

LAYER 1: SUPERFICIAL / ANTERIOR

MUSCLE GROUP	PRIMARY FUNCTION
Rectus Femoris	Hip flexion, Knee extension
Sartorius	Hip abduction, External rotation
Tensor Fasciae Latae	Thigh stabilization, Abduction

LAYER 2: INTERMEDIATE / MEDIAL

MUSCLE GROUP	PRIMARY FUNCTION
Vastus Medialis	Knee extension (Tracking)
Vastus Lateralis	Knee extension (Power)
Adductor Longus	Adduction, Medial rotation

LAYER 3: DEEP COMPARTMENT

MUSCLE GROUP	PRIMARY FUNCTION
Vastus Intermedius	Deepest quadriceps; Knee extension
Adductor Magnus	Powerful adduction (Extensor portion)

MUSCLE GROUP

PRIMARY FUNCTION

Short Head Biceps Femoris

Deep posterior; Knee flexion

Study Template ~~â€œ~~ Deep Tissue Mapping ~~â€œ~~ Professional Reference Only