

ANATOMY STUDY REFERENCE: THE HUMAN LEG

ANTERIOR COMPARTMENT (FRONT)

Anterior Muscle Illustration Placeholder

Muscle Name	Primary Action
Rectus Femoris	Knee extension / Hip flexion
Vastus Lateralis	Knee extension
Vastus Medialis	Knee extension
Sartorius	Hip rotation / Knee flexion
Tibialis Anterior	Dorsiflexion
Pectineus	Hip adduction

POSTERIOR COMPARTMENT (BACK)

Posterior Muscle Illustration Placeholder

Muscle Name	Primary Action
Biceps Femoris	Knee flexion / Hip extension
Semitendinosus	Knee flexion
Semimembranosus	Knee flexion
Gastrocnemius	Plantar flexion
Soleus	Plantar flexion
Gluteus Maximus	Hip extension

MEDIAL & LATERAL GROUPS

Group	Muscles Included	Function
Adductors	Adductor Longus, Brevis, & Magnus, Gracilis	Pull legs toward midline
Lateral	Tensor Fasciae Latae (TFL), Peroneus Longus	Stabilization & Eversion

Educational Reference Template – Not for Medical Diagnosis