

FEMORAL REGION MUSCULAR CHART

ANTERIOR COMPARTMENT

Muscle	Primary Action
Rectus Femoris	Hip flexion / Knee extension
Vastus Lateralis	Knee extension
Vastus Medialis	Knee extension
Vastus Intermedius	Knee extension
Sartorius	Hip flexion / Lateral rotation
Iliopsoas	Primary hip flexor

MEDIAL COMPARTMENT

Muscle	Primary Action
Adductor Longus	Adduction / Hip flexion
Adductor Brevis	Adduction
Adductor Magnus	Adduction / Hip extension
Gracilis	Adduction / Knee flexion
Pectineus	Adduction / Hip flexion

POSTERIOR COMPARTMENT

Muscle	Origin	Insertion
Biceps Femoris	Ischial tuberosity / Femur	Fibula head

Muscle	Origin	Insertion
Semitendinosus	Ischial tuberosity	Medial tibia (Pes anserinus)
Semimembranosus	Ischial tuberosity	Medial condyle of tibia