

ANATOMY OF THE HUMAN THIGH

Muscular System Reference Chart

[Anterior View Illustration]

ANTERIOR COMPARTMENT (EXTENSORS)

- **Rectus Femoris** Part of the quadriceps; flexes hip and extends knee.
- **Vastus Lateralis** Largest part of the quadriceps on the outer thigh.
- **Vastus Medialis** Teardrop-shaped muscle on the inner knee.
- **Sartorius** Longest muscle in the body; runs diagonally.

[Posterior View Illustration]

POSTERIOR COMPARTMENT (FLEXORS)

- **Biceps Femoris** Lateral hamstring muscle with two heads.
- **Semitendinosus** Medial hamstring muscle with a long tendon.
- **Semimembranosus** Deepest of the three hamstring muscles.

MEDIAL COMPARTMENT (ADDUCTORS)

- **Gracilis** Thin muscle on the medial surface of the thigh.
- **Adductor Longus** Large fan-shaped muscle that adducts the thigh.

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