

KINESIOLOGY: THIGH MUSCULATURE

Reference Template

[Anterior & Posterior Anatomical Illustration Area]

MUSCLE NAME	ORIGIN / INSERTION	PRIMARY ACTION	INNERVATION
Anterior Compartment (Extensors)			
Rectus Femoris	AIIS / Patellar Tendon	Knee extension; Hip flexion	Femoral Nerve
Vastus Lateralis	Greater trochanter / Patella	Knee extension	Femoral Nerve
Sartorius	ASIS / Pes Anserinus	Hip flexion, abduction, ER	Femoral Nerve
Medial Compartment (Adductors)			
Adductor Longus	Pubic body / Linea aspera	Adduction; Hip flexion	Obturator Nerve
Gracilis	Pubic arch / Pes Anserinus	Adduction; Knee flexion	Obturator Nerve

MUSCLE NAME	ORIGIN / INSERTION	PRIMARY ACTION	INNERVATION
Posterior Compartment (Flexors)			
Biceps Femoris	Ischial tuberosity / Fibula head	Knee flexion; Hip extension	Sciatic Nerve
Semitendinosus	Ischial tuberosity / Pes Anserinus	Knee flexion; Hip extension	Sciatic Nerve

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