

LOWER LIMB MUSCULAR SYSTEM

Reference Anatomical Chart

Gluteal Region & Hip

Muscle	Primary Action
Gluteus Maximus	Hip Extension
Gluteus Medius	Hip Abduction
Iliopsoas	Hip Flexion
Tensor Fasciae Latae	Stabilization

Anterior Thigh

Muscle	Primary Action
Rectus Femoris	Knee Ext / Hip Flex
Vastus Lateralis	Knee Extension
Vastus Medialis	Knee Extension
Sartorius	Hip/Knee Flexion

Posterior Thigh

Muscle	Primary Action
Biceps Femoris	Knee Flexion
Semitendinosus	Knee Flexion
Semimembranosus	Knee Flexion

Lower Leg

Muscle	Primary Action
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Gastrocnemius	Plantar Flexion
Soleus	Plantar Flexion
Tibialis Anterior	Dorsiflexion
Peroneus Longus	Eversion

[Anatomical Illustration Placement]

Document for educational reference only.