

THIGH MUSCLE ATTACHMENTS

Anatomical Reference Chart

Subject ID: _____

Muscle	Proximal Attachment (Origin)	Distal Attachment (Insertion)
ANTERIOR COMPARTMENT (EXTENSORS)		
Rectus Femoris	AIS and ilium superior to acetabulum	Base of patella and tibial tuberosity via patellar ligament
Vastus Lateralis	Greater trochanter and lateral lip of linea aspera	Base of patella and tibial tuberosity
Sartorius	Anterior superior iliac spine (ASIS)	Superior part of medial surface of tibia (Pes Anserinus)
MEDIAL COMPARTMENT (ADDUCTORS)		
Adductor Longus	Body of pubis inferior to pubic crest	Middle third of linea aspera of femur
Gracilis	Body and inferior ramus of pubis	Superior part of medial surface of tibia (Pes Anserinus)
POSTERIOR COMPARTMENT (HAMSTRINGS)		

Muscle	Proximal Attachment (Origin)	Distal Attachment (Insertion)
Biceps Femoris	Long head: Ischial tuberosity Short head: Linea aspera	Lateral side of head of fibula
Semitendinosus	Ischial tuberosity	Superior part of medial surface of tibia (Pes Anserinus)
Semimembranosus	Ischial tuberosity	Posterior part of medial condyle of tibia