

POSTERIOR LOWER LEG ANATOMY

[Anatomy Illustration: Posterior Compartment]

Gastrocnemius

STRUCTURE

Superficial two-headed muscle (Medial/Lateral).

ORIGIN

Femoral condyles.

INSERTION

Calcaneus via Achilles tendon.

FUNCTION

Plantarflexion & Knee flexion.

Soleus

STRUCTURE

Flat, broad muscle deep to gastrocnemius.

ORIGIN

Posterior tibia and fibula.

INSERTION

Calcaneus via Achilles tendon.

FUNCTION

Plantarflexion (Primary postural muscle).

Anatomical Reference Guide – Triceps Surae Group – For Educational Purposes Only