

POSTERIOR COMPARTMENT OF THE LEG

Anatomy Reference & Clinical Chart

SUPERFICIAL GROUP

Muscle	Origin / Insertion	Primary Action
Gastrocnemius	Femoral condyles / Calcaneus via Achilles	Plantarflexion; Knee flexion
Soleus	Fibula & Tibia / Calcaneus	Plantarflexion (Primary steady-state)
Plantaris	Lateral supracondylar ridge / Calcaneus	Weak assist in plantarflexion

DEEP GROUP

Muscle	Origin / Insertion	Primary Action
Popliteus	Lateral femoral condyle / Proximal tibia	Unlocks knee (Internal rotation of tibia)
Tibialis Posterior	Interosseous membrane / Navicular & Cuneiforms	Inversion; Plantarflexion; Arch support
Flexor Digitorum Longus	Posterior tibia / Distal phalanges 2-5	Flexes lateral four toes; Plantarflexion
Flexor Hallucis Longus	Posterior fibula / Distal phalanx of Hallux	Flexes great toe; "Push-off" muscle

INNERVATION & BLOOD SUPPLY

Nerve Supply: Tibial Nerve (S1, S2)

Arterial Supply:

Posterior Tibial Artery & Peroneal Artery