

SUPERFICIAL CALF MUSCLE ANATOMY

[Posterior View Diagram]

- 1. Gastrocnemius (Medial Head)** Originates from the medial condyle of the femur.
- 2. Gastrocnemius (Lateral Head)** Originates from the lateral condyle of the femur.
- 3. Soleus** Large muscle lying deep to the gastrocnemius.
- 4. Plantaris** Small muscle with a long, thin tendon.
- 5. Achilles Tendon** Common insertion for the triceps surae onto the calcaneus.

Anatomical Reference Template – Not for Medical Diagnosis