

Muscles of the Hips, Knees, Ankles and Feet

Muscles used for movement at the hip joint	
Term of Movement	Active muscles or Agonists
Flexion of leg @ hip or flexion of trunk @ hip <i>'femur articulates with the acetabulum of the hip bone'</i>	Iliopsoas Adductors Rectus Femoris Sartorius Tensor Fascia Latae Aka: Hip Flexors
Extension of leg @ hip <i>'femur articulates with the acetabulum of the hip bone'</i>	Hamstrings Gluteus Maximus Aka: Hip Extensors
Adduction of leg @ hip <i>'femur articulates with the acetabulum of the hip bone'</i>	Adductors Pectineus Gracilis (weakly) Aka: Adductors
Abduction of leg @ hip <i>'femur articulates with the acetabulum of the hip bone'</i>	Gluteus Maximus, Medius & Minimus Sartorius Tensor fascia Latae Aka: Abductors
External rotation of leg @ hip <i>'femur articulates with the acetabulum of the hip bone'</i>	Piriformis Gemellus Superior & Inferior Obturator Internus & Externus Gluteus Maximus & Minimus Quadratus Femoris Sartorius Deep external hip rotators
Internal rotation of leg @ hip <i>'femur articulates with the acetabulum of the hip bone'</i>	Gluteus Medius & Minimus Tensor fascia latae Adductors Gracilis & Sartorius (when knee is flexed) Internal hip rotators

Muscles used for movement at the lower legs & feet	
Term of Movement	Active muscles or Agonists
Flexion of lower leg @ knee <i>'Femur articulates with the tibia'</i>	Gastrocnemius Plantaris Popliteus Gracilis Hamstrings x3 Biceps femoris Semitendinosus (requires flexion @ hip first) Semimembranosus (requires flexion @ hip first) Aka: Knee Flexors

Muscles of the Hips, Knees, Ankles and Feet

Extension of lower leg @ Knee <i>'Femur articulates with the tibia'</i>	Quadriceps Femoris (Quads x 4) Tensor fascia latae Aka: knee extensors
Dorsiflexion of the foot@ the ankle <i>'Talus articulates with the tibia & fibula'</i>	Tibialis Anterior Extensor Hallucis Longus Extensor Digitorum Longus Aka: Dorsiflexors
Plantar Flexion of the foot @ the ankle <i>'Talus articulates with the tibia & fibula'</i>	Tibialis Posterior Gastrocnemius Soleus Plantaris Flexor Hallucis Longus Flexor Digitorum Longus Aka: Plantarflexors
Inversion of the foot @ the intertarsal joints <i>'The intertarsal joints articulate with each other'</i>	Anterior & Posterior Tibialis Extensor Hallucis Longus Flexor Hallucis Longus Flexor Digitorum Longus Aka: Feet inverters
Eversion of the foot @ the intertarsal joints <i>'The intertarsal joints articulate with each other'</i>	Extensor Digitorum Longus Peroneus Longus Peroneus Brevis Aka: Feet everters