

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>	Psoas Rectus Femoris Adductors Sartorius Tensor Fascia Latae
Extension of leg @ hip <i>'femur articulates with the acetabulum of the hip bone'</i>	Hamstrings Gluteus Maximus
Adduction of leg @ hip <i>'femur articulates with the acetabulum of the hip bone'</i>	Pectineus Gracilis Adductors
Abduction of leg @ hip <i>'femur articulates with the acetabulum of the hip bone'</i>	Gluteus Maximus Gluteus Medius Gluteus Minimus Tensor fascia Latae
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
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)

} Deep external 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)
Extension of lower leg @ Knee <i>'Femur articulates with the tibia'</i>	Quadriceps Femoris (Quads x 4) Rectus Femoris Vastus Lateralis

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	Vastus Medialis Vastus intermedius Tensor fascia latae
Dorsiflexion of the foot@ the ankle <i>'Talus articulates with the tibia & fibula'</i>	Tibialis Anterior Extensor Hallucis Longus Extensor Digitorum Longus
Plantar Flexion of the foot @ the ankle <i>'Talus articulates with the tibia & fibula'</i>	Gastrocnemius Tibialis Posterior Soleus Plantaris Flexor Hallucis Longus Flexor Digitorum Longus
Inversion of the foot @ the intertarsal joints <i>'The intertarsal joints articulate with each other'</i>	Tibialis Anterior Tibialis Posterior Extensor Hallucis Longus Flexor Hallucis Longus Flexor Digitorum Longus
Eversion of the foot @ the intertarsal joints <i>'The intertarsal joints articulate with each other'</i>	Extensor Digitorum Longus Peroneus Longus Peroneus Brevis