

Muscular Leg

ML 1

Inferior extremity

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|----|--|----|--|
| 1 | Head of femur (femoral head) | 49 | Flexor digitorum brevis muscle |
| 2 | Greater trochanter | 50 | Lumbrical muscle of foot |
| 3 | Patella | 51 | Flexor hallucis brevis muscle |
| 4 | Tibia (shin bone) | 52 | Abductor hallucis muscle |
| 5 | Fibula | 53 | Dorsal interosseous muscles of foot |
| 6 | Medial malleolus | 54 | Tendon of rectus femoris muscle |
| 7 | Lateral malleolus | 55 | Tendon of sartorius muscle |
| 8 | Metatarsal bone I | 56 | Cruciate ligament of ankle |
| 9 | Calcaneus (heel bone) | 57 | Superior peroneal retinaculum |
| 10 | Heel tendon | 58 | Inferior peroneal retinaculum |
| | Muscles | 59 | Tendon of extensor hallucis longus muscle |
| 11 | Gluteus maximus muscle | 60 | Tendons of extensor digitorum longus pedis muscle |
| 12 | Gluteus medius muscle | 61 | Tendon of peroneus brevis muscle |
| 13 | Piriformis muscle | 62 | Tendon of peroneus longus muscle |
| 14 | Gemellus superior muscle | 63 | Plantar aponeurosis |
| 15 | Obturator internus muscle | | Vessels |
| 16 | Gemellus inferior muscle | 64 | Superior gluteal artery |
| 17 | Quadratus femoris muscle | 65 | Inferior gluteal artery |
| 18 | Tensor fasciae latae muscle | 66 | Medial circumflex femoral artery |
| 19 | Iliotibial tract | 67 | Femoral artery |
| 20 | Rectus femoris muscle | 68 | Femoral vein |
| 21 | Vastus lateralis muscle | 69 | Ascending branch of medial circumflex femoral artery |
| 22 | Vastus intermedius muscle | 70 | Descending branch of lateral circumflex femoral artery |
| 23 | Vastus medialis muscle | 71 | Deep femoral artery |
| 24 | Sartorius muscle | 72 | Popliteal artery |
| 25 | Iliopsoas muscle | 73 | Popliteal vein |
| 26 | Adductor longus muscle | 74 | Medial superior artery of knee |
| 27 | Gracilis muscle | 75 | Lateral superior artery of knee |
| 28 | Adductor magnus muscle | 76 | Medial inferior artery of knee |
| 29 | Semimembranosus muscle | 77 | Lateral inferior artery of knee |
| 30 | Semitendinosus muscle | 78 | Posterior tibial artery |
| 31 | Long head of biceps femoris muscle | 79 | Posterior tibial vein |
| 32 | Short head of biceps femoris muscle | 80 | Anterior tibial artery |
| 33 | Tibialis anterior muscle | 81 | Fibular artery (peroneal artery) |
| 34 | Extensor digitorum longus muscle (of foot) | 82 | Lateral anterior malleolar artery |
| 35 | Peroneus longus muscle | | Nerves |
| 36 | Peroneus brevis muscle | 83 | Sciatic nerve |
| 37 | Lateral (great) head of gastrocnemius muscle | 84 | Femoral nerve |
| 38 | Medial head of gastrocnemius muscle | 85 | Tibial nerve |
| 39 | Soleus muscle | 86 | Common fibular nerve |
| 40 | Tibialis posterior muscle | 87 | Deep peroneal nerve |
| 41 | Popliteus muscle | 88 | Superficial fibular nerve |
| 42 | Flexor digitorum longus muscle | | |
| 43 | Flexor hallucis longus muscle | | |
| 44 | Extensor hallucis longus muscle | | |
| 45 | Extensor hallucis brevis muscle | | |
| 46 | Extensor digitorum brevis muscle of foot | | |
| 47 | Abductor digiti minimi muscle of foot | | |
| 48 | Flexor digiti minimi brevis muscle of foot | | |

LOWER EXTREMITY WITH MUSCLES



WHITE BASE

ML2

	MUSCLES		VESSELS
1	muscle gluteus maximus	44	superior gluteal artery
1a	muscle gluteus medius	45	inferior gluteal artery
2	muscle piriformis	46	deep branch of medial femoral circumflex artery
3	muscle gemellous superior		perforating arteries
4	muscle obturator internus	47	femoral artery
5	muscle gemellous inferior	48	femoral vena
6	muscle quadratus femori	48a	deep femoral artery
7	muscle vaginigluteus	48b	ramus ascendus of lateral femoral circumflex artery
8	muscle sartorius	48c	ramus descendus of lateral femoral circumflex artery
9	tractus iliotibialis fasciae latae		popliteal artery
10	muscle vastus medialis	48d	popliteal vena
11	muscle vastus lateralis		superior medial genicular artery
12	muscle rectus femoris	49	superior lateral genicular artery
12a	muscle vastus intermedius	49a	inferior medial genicular artery
13	muscle gracilis	50	lateral inferior genicular artery
14	muscle adductor longus		
14a	muscle iliopsoas	51	posterior tibial artery
15	muscle adductor magnus		posterior tibial vena
16	muscle semitendineus	52	anterior tibial artery
17	muscle semimembranosus		peroneal artery
18	muscle biceps femoris (long head)	53	lateral anterior malleolar artery
19	muscle biceps femoris (short head)	54	
20	muscle tibialis anterior	55	
21	muscle extensor digitorum	56	
22	muscle peroneus longus	57	
23	muscle peroneus brevis	58	
24	muscle gastrocnemicus (middle head)		
25	muscle gastrocnemicus (lateral head)	59	BONES
26	tendo Achillis	60	whirlbone of femur
27	muscle soleus	61	small trochanter
28	muscle popliteus	62	iliac crest
29	muscle flexor digitorum longus	63	whirlbone
30	muscle flexor hallucis longus	64	shinbone
31	muscle tibialis posterior	65	splint bone
32	muscle extensor digitorum brevis	66	heel bone
33	muscle abductor digiti quinti of toe	67	medial malleolus
34	muscle flexor digitorum brevis	68	lateral malleolus
35	muscle abductor hallucis		metatarsus bone I
36	muscle flexor hallucis brevis		
37	muscles lumbricales	70	TENDINES
38	muscle extensor hallucis brevis	71	Tendo musculi recti femoris
38a	muscle extensor hallucis longus	72	Tendo musculi sartorii
39	muscle flexor digiti quinti brevis of small toe		Retina culum mm. extensorum
40	muscles dorsal interosseous	73	Tendo muscle extens. hallucis longi
	NERVES	74	Tendines muscles extensores digitorum longi
41	sciatic nerve	75	Retinaculum muscles peroneorum inferius
41a	femoral nerve		Tendo musculus peronei longi
42	tibial nerve	76	Tendo musculus peronei brevis
43	common peroneal nerve	77	Plantar aponeurosis
43a	deep peroneal nerve	78	Retinaculum muscles peroneorum superius
43b	superficial peroneal nerve	79	