

# V. MUSCULAR SYSTEM / LOWER LIMB

## MUSCLES OF ANTERIOR & LATERAL LEG

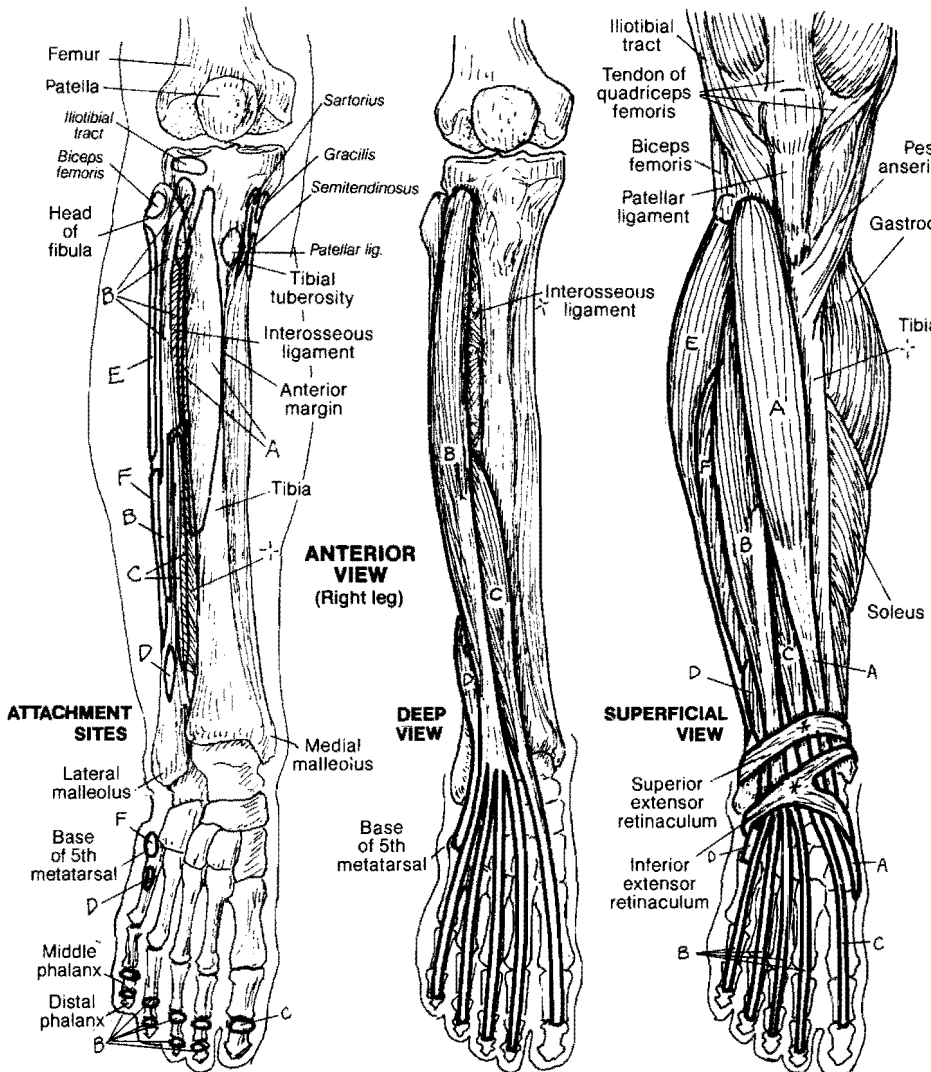
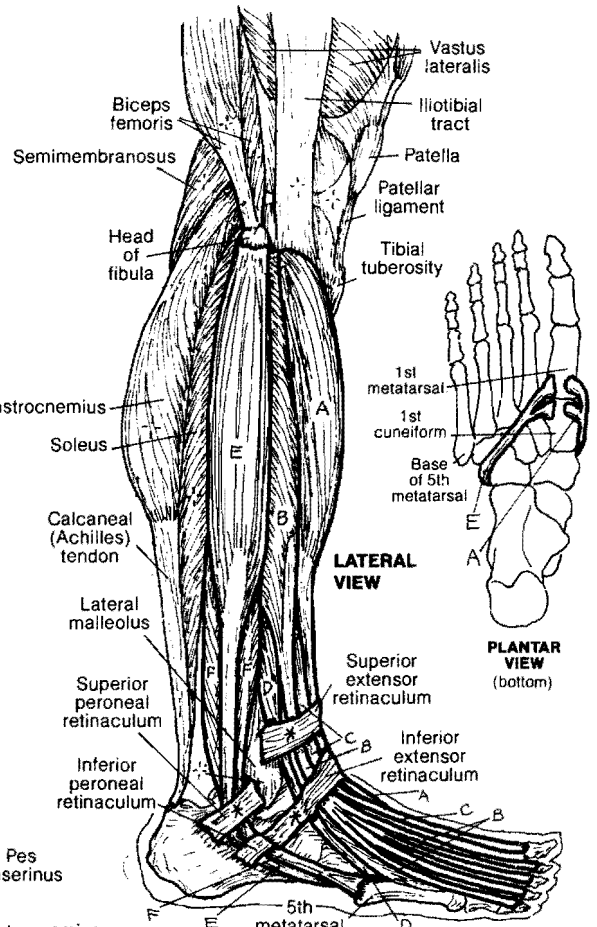
CN: Begin with the attachment sites of the anterior leg. Note that the muscles A, B, and C arise from the interosseous ligament as well as the tibia and the fibula. Do not color the attachment sites of the thigh muscles (in small italics). Attachment sites on the plantar surface of the foot are shown at upper right.

The muscles of the leg are arranged into anterior-lateral, lateral, and posterior compartments. The bony ridge (anterior margin) of the tibia creates two oblique surfaces the anterolateral of which relates to the anterior leg muscles; the anteromedial surface is bony (ouch!) and devoid of muscle. The lateral compartment muscles largely arise from the fibula and the interosseous ligament between tibia and fibula.

### ANTERIOR LEG:\*

- TIBIALIS ANTERIOR<sup>A</sup>
- EXTENSOR DIGITORUM LONGUS<sup>B</sup>
- EXTENSOR HALLUCIS LONGUS<sup>C</sup>
- PERONEUS TERTIUS<sup>D</sup>

All of the anterior leg muscles are dorsiflexors (extensors) of the ankle; *extensors hallucis and digitorum longus* are toe extensors; *tibialis anterior* is an invertor of the subtalar joints as well, and *peroneus tertius* (the 5th tendon of extensor digitorum) is an evertor. Due to rotation of the lower limb during embryonic development, these extensors are anterior to the bones in the anatomical position (unlike the upper limb wrist extensors). Tibialis anterior is particularly helpful in lifting the foot up during the swing phase of walking to avoid striking the toes.



### LATERAL LEG:\*

#### PERONEUS LONGUS<sup>E</sup>

#### PERONEUS BREVIS<sup>F</sup>

The peroneal muscles are principally evertors of the foot, and are especially active during plantar flexion, as in walking on the toes or pushing off with the great toe. Peroneus tertius arises in the peroneal compartment but is actually part of extensor digitorum.

