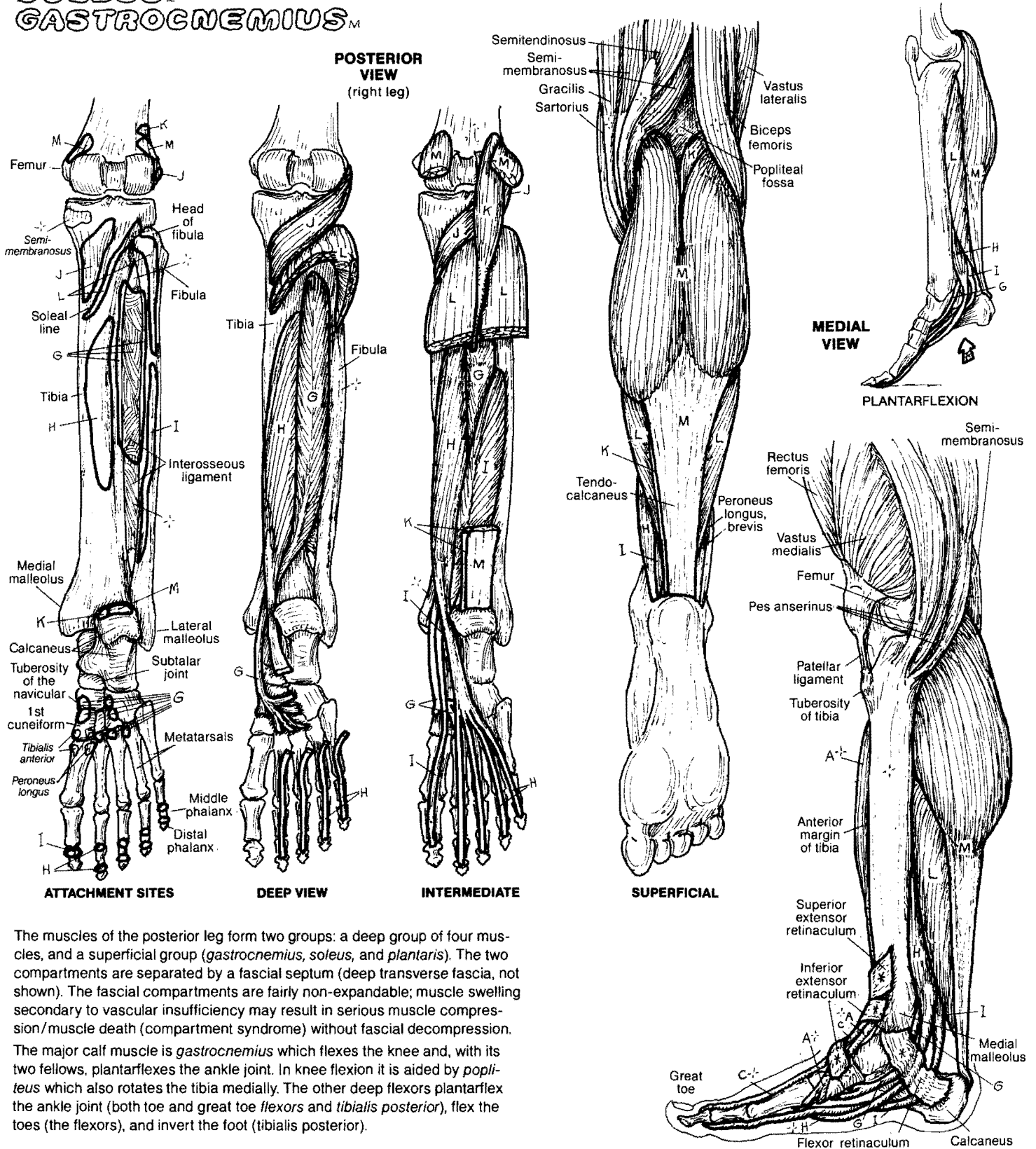


V. MUSCULAR SYSTEM / LOWER LIMB

MUSCLES OF POSTERIOR LEG

**TIBIALIS POSTERIOR,
FLEXOR DIGITORUM LONGUS,
FLEXOR HALLUCIS LONGUS,
POPLITEUS,
PLANTARIS,
SOLEUS,
GASTROCNEMIUS**

CN: The muscles to be colored on this plate are labeled G-M; any other letter label found here (A-F from Pl. 57; N-Y from Pl. 59) is for identification only, and those muscles should be left uncolored. You may repeat colors used for muscles on Plate 57 on this and/or the next plate. (1) Color one muscle at a time in each of the posterior views. Note that the plantaris (K), the soleus (L), and the gastrocnemius (M) all insert into the same tendon (tendocalcaneus) which receives the color M. (2) Color the upper and lower medial views.



The muscles of the posterior leg form two groups: a deep group of four muscles, and a superficial group (*gastrocnemius*, *soleus*, and *plantaris*). The two compartments are separated by a fascial septum (deep transverse fascia, not shown). The fascial compartments are fairly non-expandable; muscle swelling secondary to vascular insufficiency may result in serious muscle compression/muscle death (compartment syndrome) without fascial decompression.

The major calf muscle is *gastrocnemius* which flexes the knee and, with its two fellows, plantarflexes the ankle joint. In knee flexion it is aided by *popliteus* which also rotates the tibia medially. The other deep flexors plantarflex the ankle joint (both toe and great toe flexors and *tibialis posterior*), flex the toes (the flexors), and invert the foot (*tibialis posterior*).