

SUMMARY OF MUSCLE GROUPS

- ABDUCTORS OF THE HIP_A
- ADDUCTORS OF THE HIP_B
- FLEXORS OF THE HIP_C
- EXTENSORS OF THE HIP_D
- FLEXORS OF THE KNEE_E
- EXTENSORS OF THE KNEE_F
- PLANTAR FLEXORS OF ANKLE & FOOT
- DORSAL FLEXORS OF ANKLE & FOOT
- INVERTORS OF THE ANKLE_I
- EVERTORS OF THE ANKLE_J
- INTRINSIC MUSCLES OF THE FOOT_K

CN: Color one group of muscles in as many views as it appears before going on to the next. Most of the intrinsic muscles of the foot (K) are on the plantar surface and are not shown here.

Some of the muscles shown here cross two joints and/or have more than one function; the primary functions of the muscles are labeled here, as in Plate 52 (summary of upper limb muscles).

