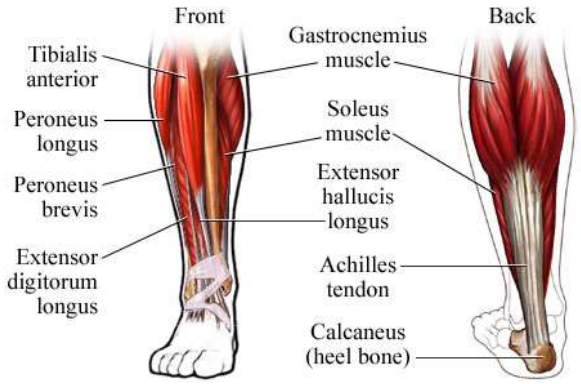
MUSCLES OF THE FALL-COLORS=3 Shades of Green, Purple, and Red

BASIC MOVEMENTS OF THE ANKLE JOINT: DORSIFLEXION, PLANTARFLEXION, INVERSION,EVERSION
BASIC MOVEMENTS OF THE TOES: FLEXION AND EXTENSION



MUSCLES OF THE FALL

- Muscles located in the **anterior** compartment of the lower leg will produce **dorsiflexion** along with **toe extension** and **inversion**.

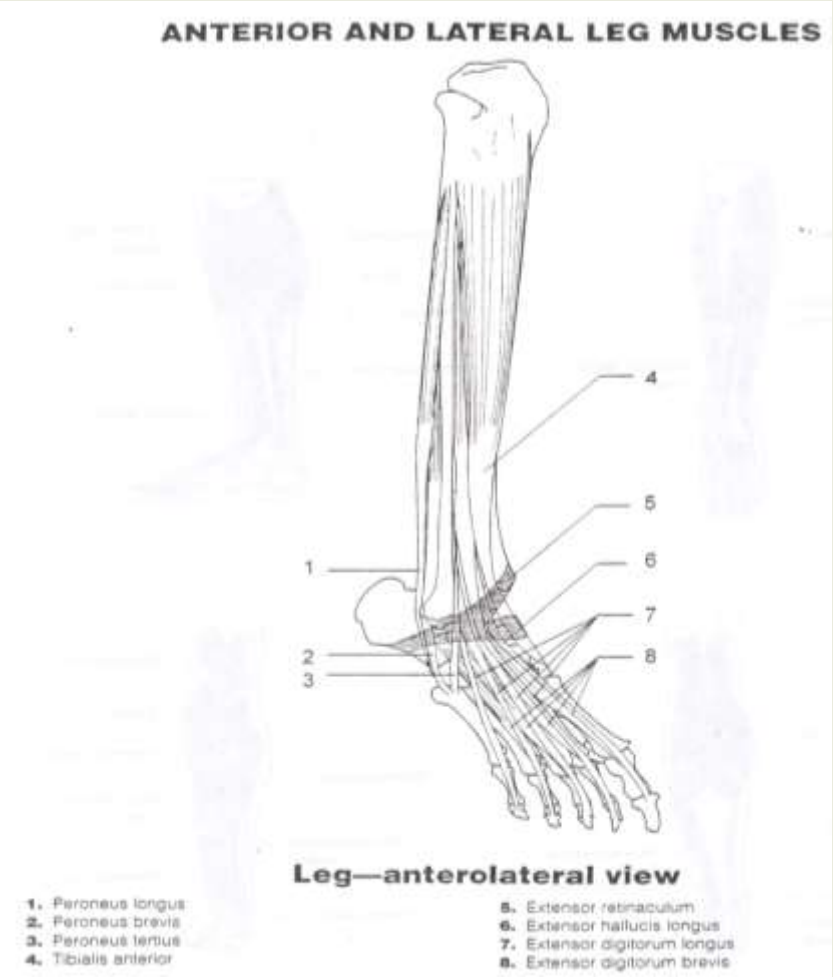
- Muscles located in the **lateral** compartment of the lower leg will produce **eversion**.

- Muscles located in the **posterior** compartment of the lower leg will produce ankle **plantar flexion** along with **toe flexion**.

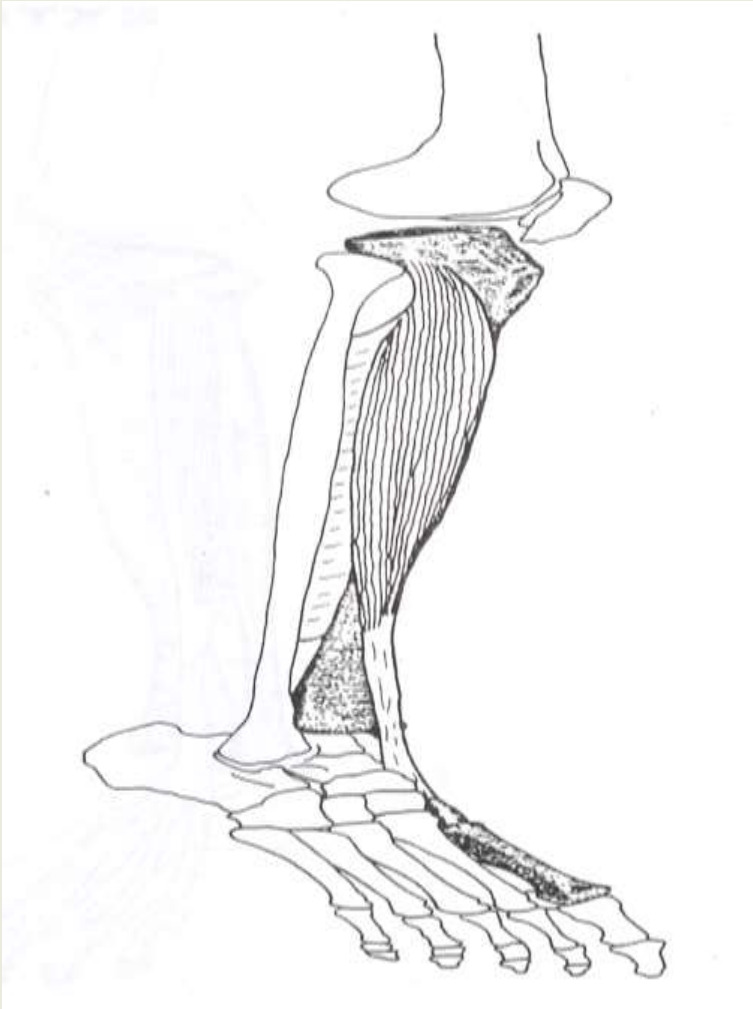
Anterior Compartment-Color Purple

Anterior Muscles-

- Tibialis Anterior
- Extensor Digitorum Longus
- Extensor Hallucis Longus
- Peroneus Tertius

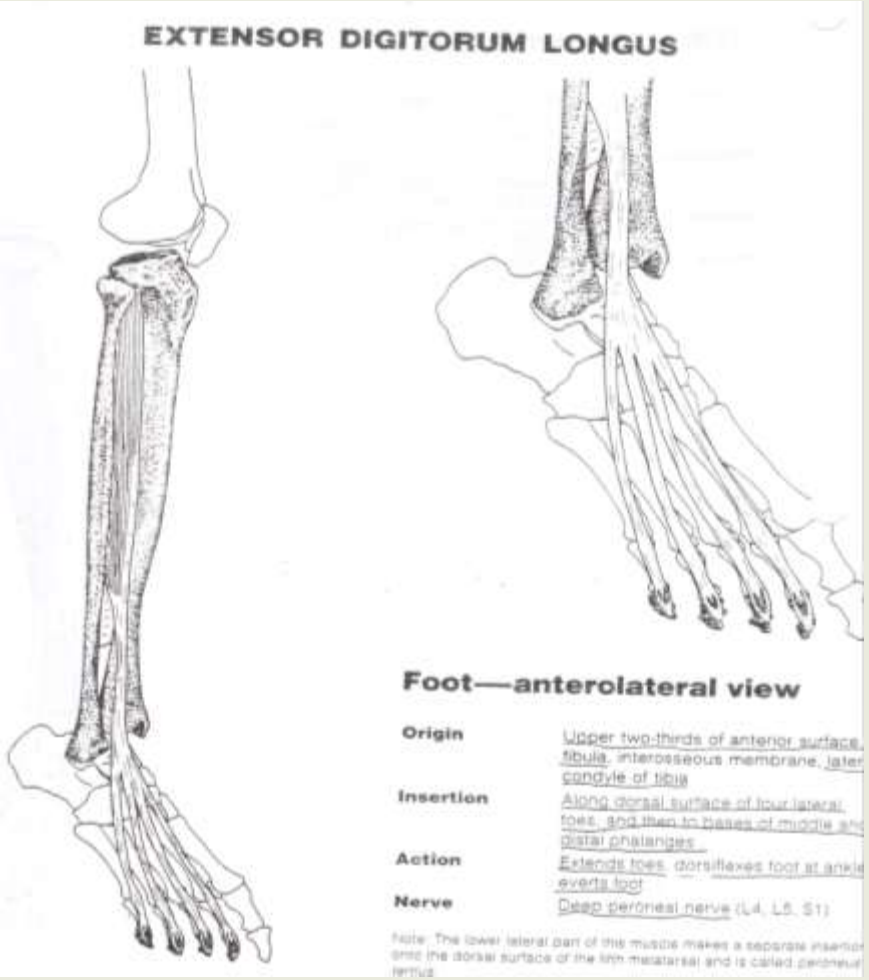


Tibialis Anterior



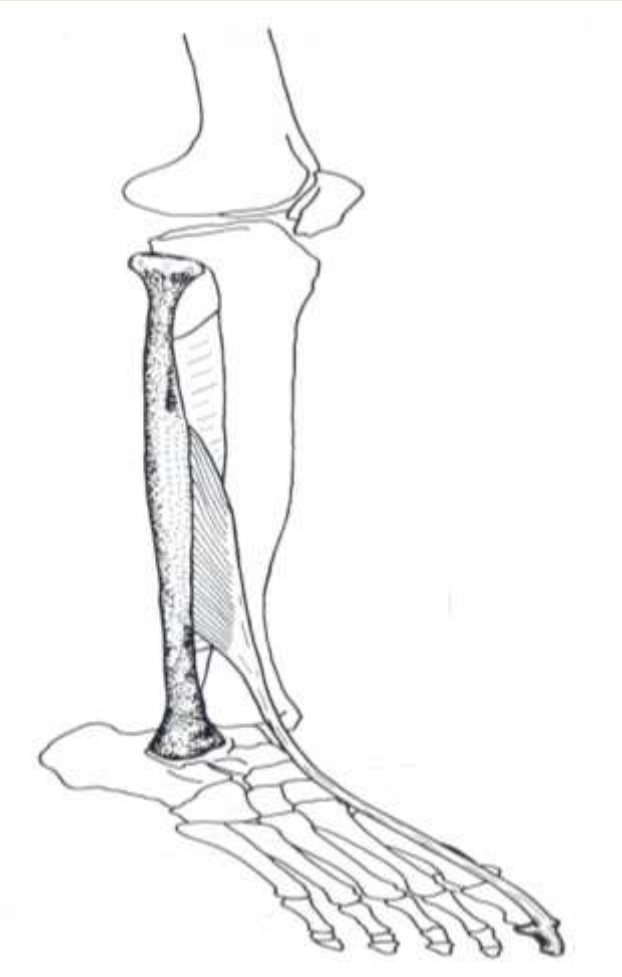
- Anterior Compartment
- Action: Dorsiflexion and Inversion
- Largest muscle on the front of the shin.

Extensor Digitorum Longus



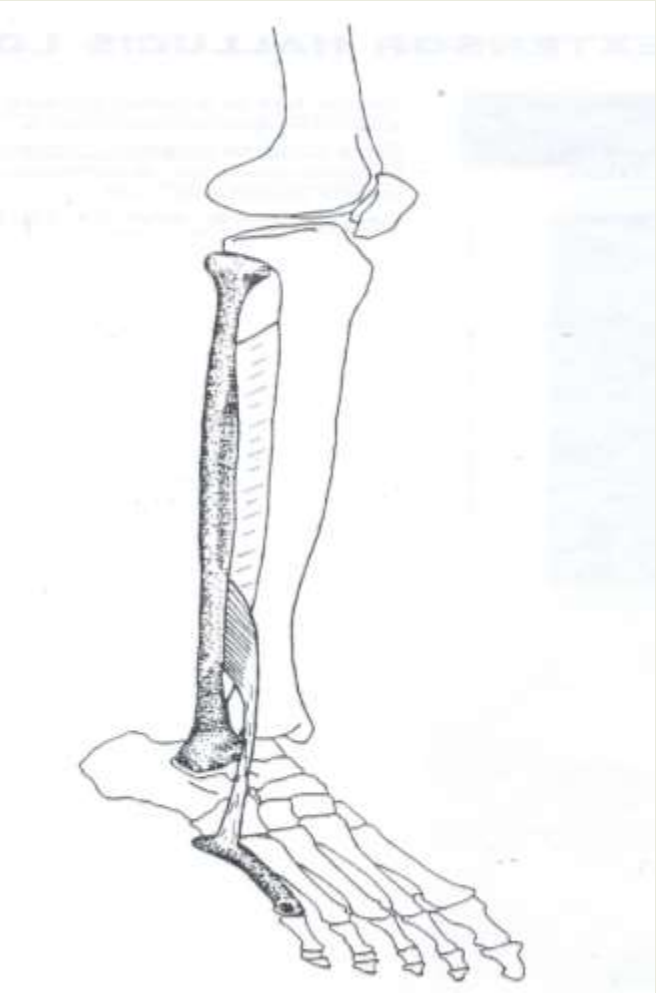
- Anterior Compartment
- Action: Extends 4 toes

Extensor Hallucis Longus



- Anterior Compartment
- Action: Extension of the Hallux or Great (Big) toe

Peroneus Tertius

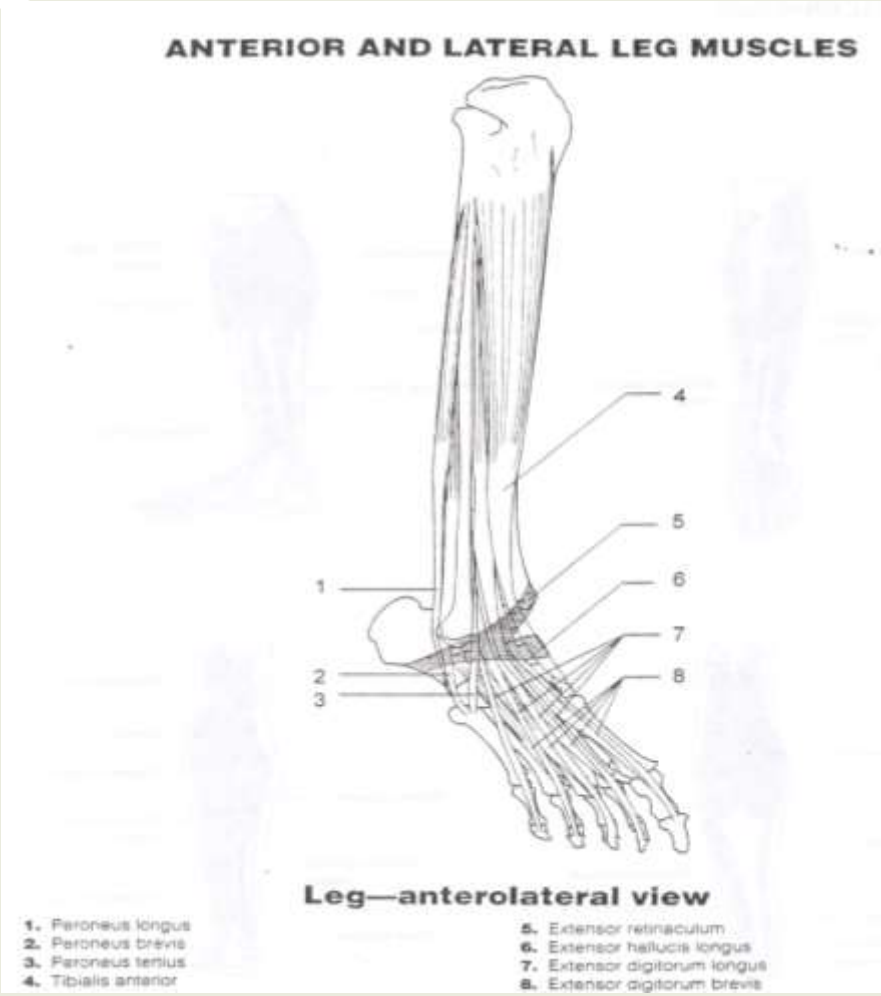


- Anterior Compartment
- Action: Eversion and Dorsiflexion
- Inserts at the 5th metatarsal.

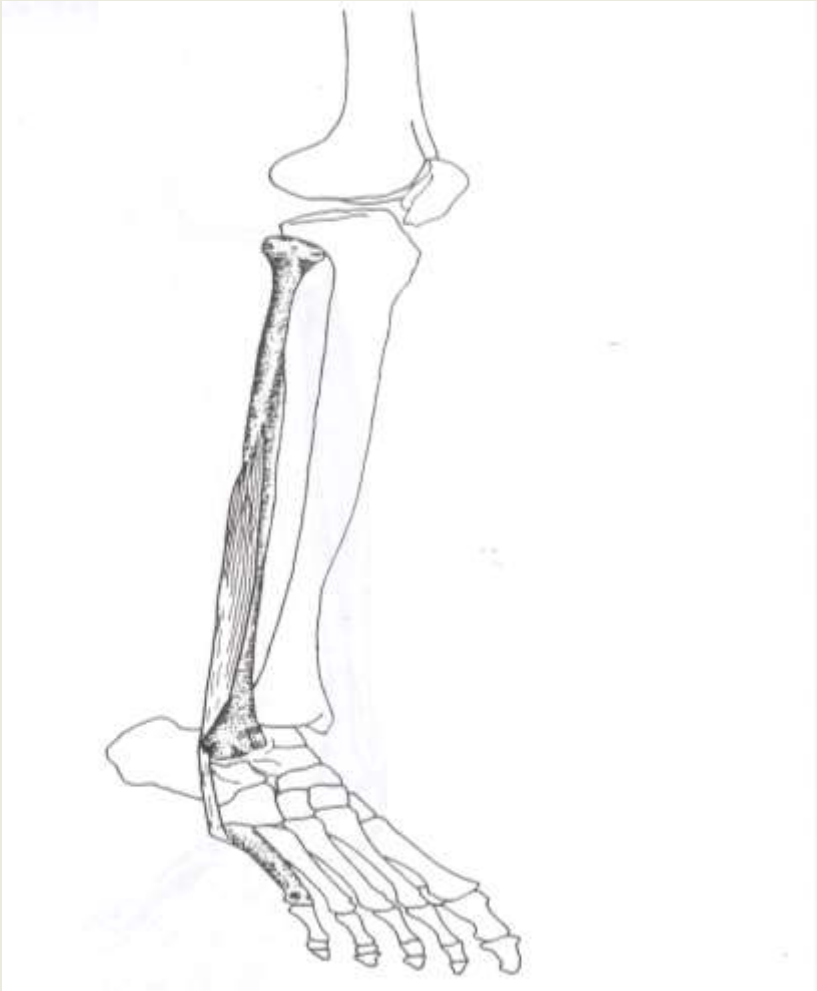
Lateral Compartment-Color RED

Lateral Muscles-

- Peroneus Brevis
- Peroneus Longus

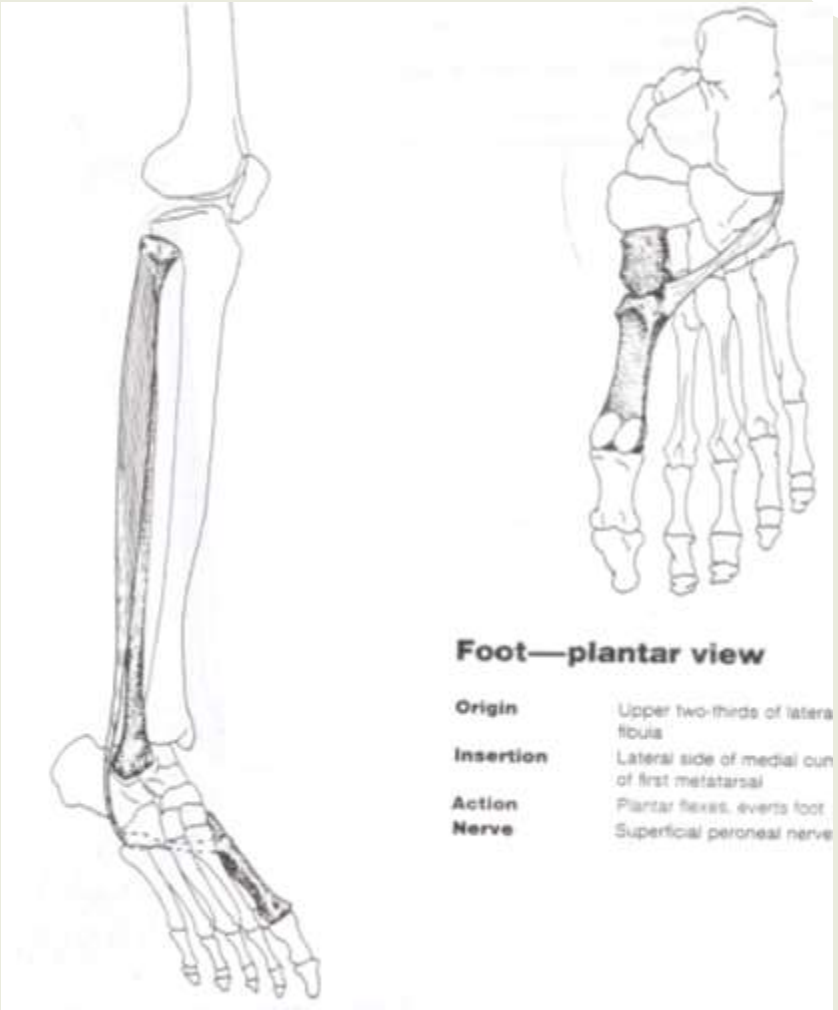


Peroneus Brevis



- Lateral Compartment
- Action: Eversion
- Inserts at the 5th metatarsal.

Peroneus Longus



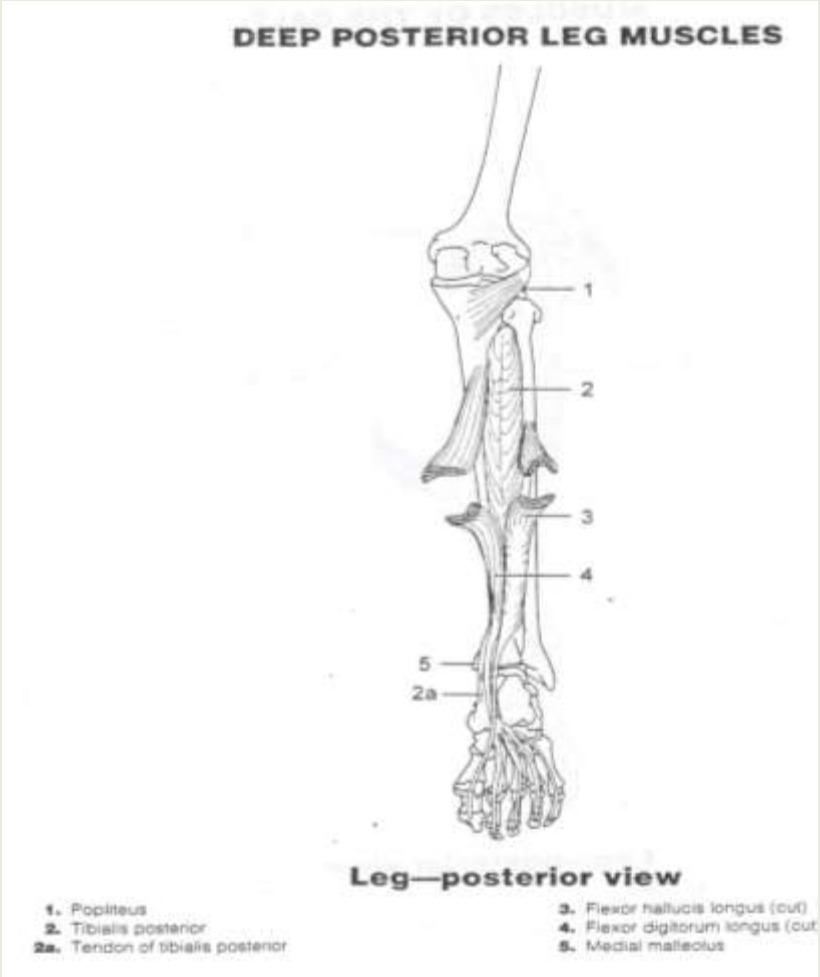
- Lateral Compartment
- Action: Eversion

- The longest of the Peroneal muscles.
- Inserts underneath the foot.
- Runs behind the lateral malleoli.

Posterior Compartment – Color in Shades of Green

Posterior Muscles (three layers)-

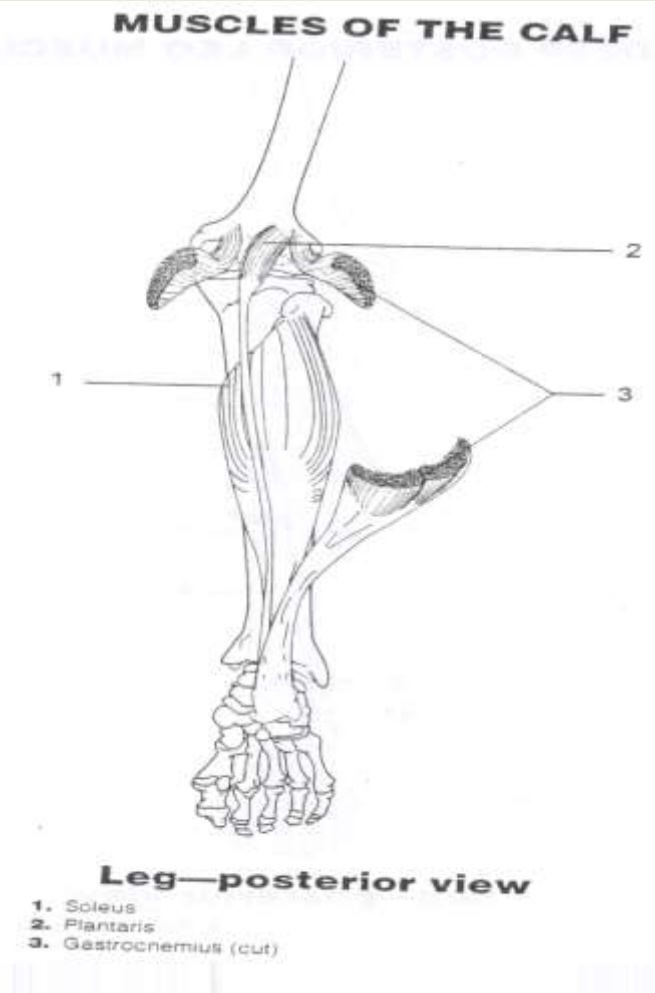
- Superficial Layer : Gastrocnemius
- Middle Layer: Soleus
- Deep Layer: Tibialis Posterior, Flexor Digitorum Longus, Flexor Hallucis Longus



Muscles of the Calf

- Superficial Layer : Gastrocnemius
- Middle Layer: Soleus

- The Calf Muscles come together and make up the Achilles tendon.

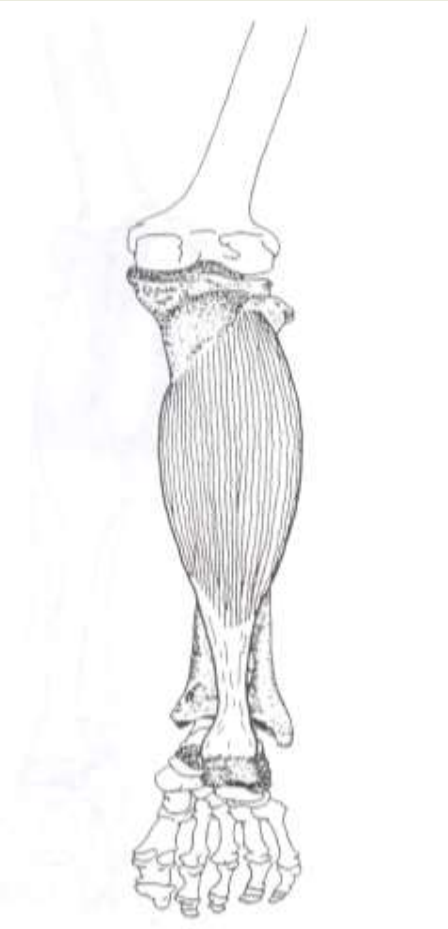


Gastrocnemius

- Posterior Compartment
- Superficial Layer

- Action: Plantarflexion

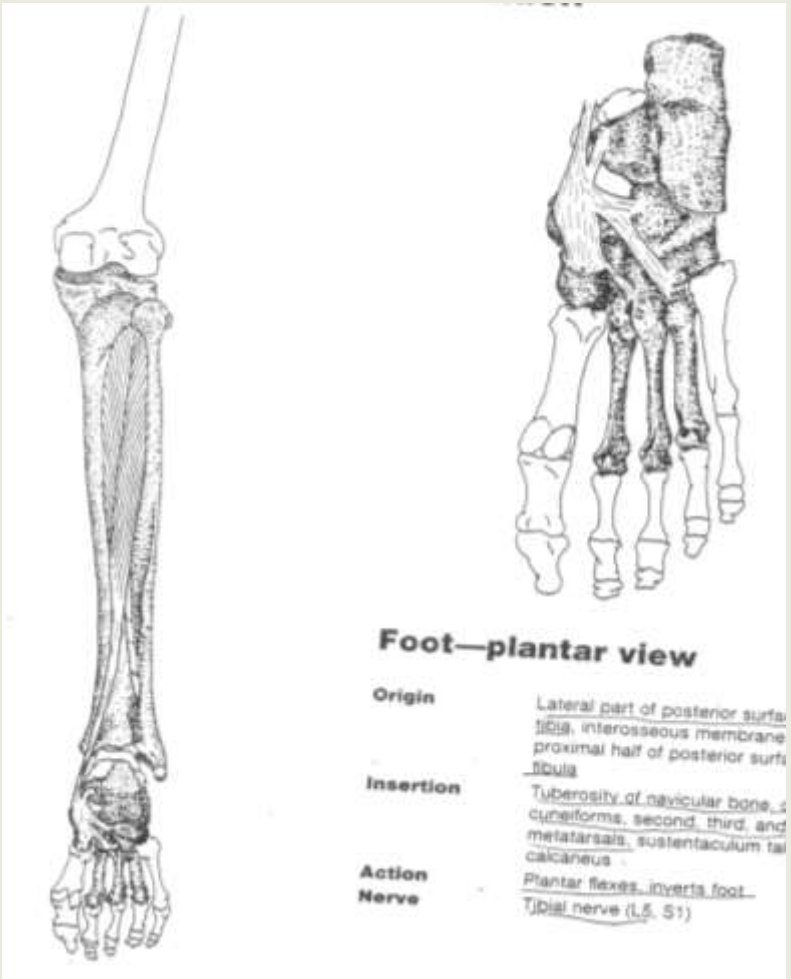
Soleus



- Posterior Compartment
- Middle Layer

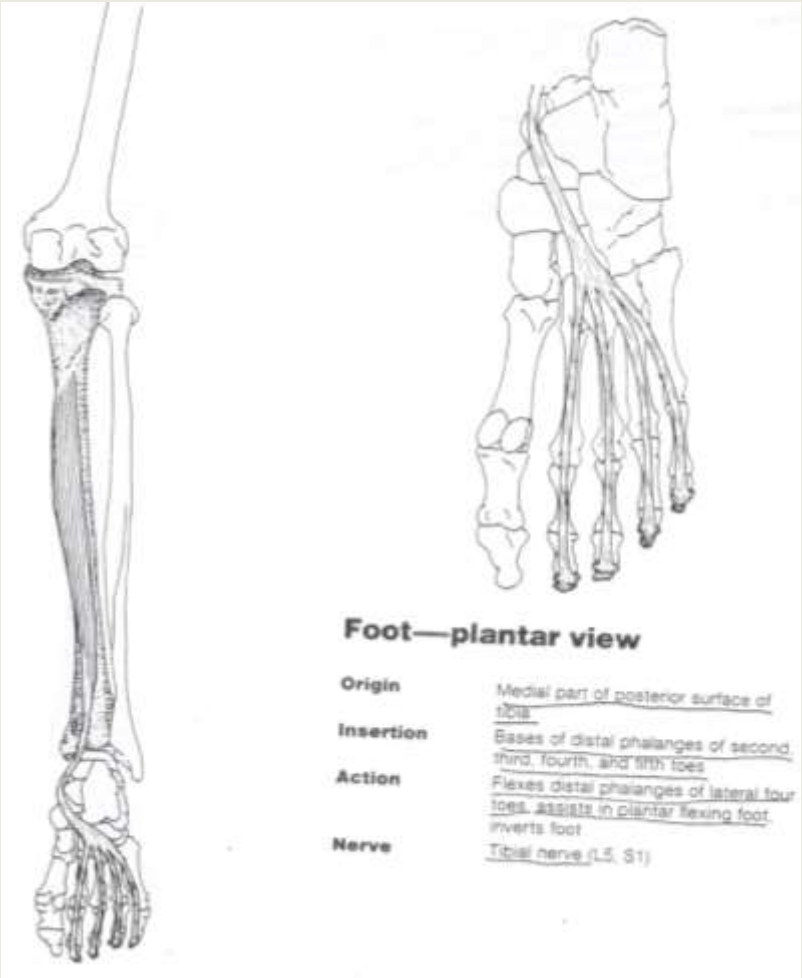
- Action: Plantarflexion

Tibialis Posterior



- Posterior Compartment
- Deep Layer
- Action: Plantarflexion and Inversion
- Inserts underneath the foot at cuneiforms.
- Runs in front of the medial malleoli.

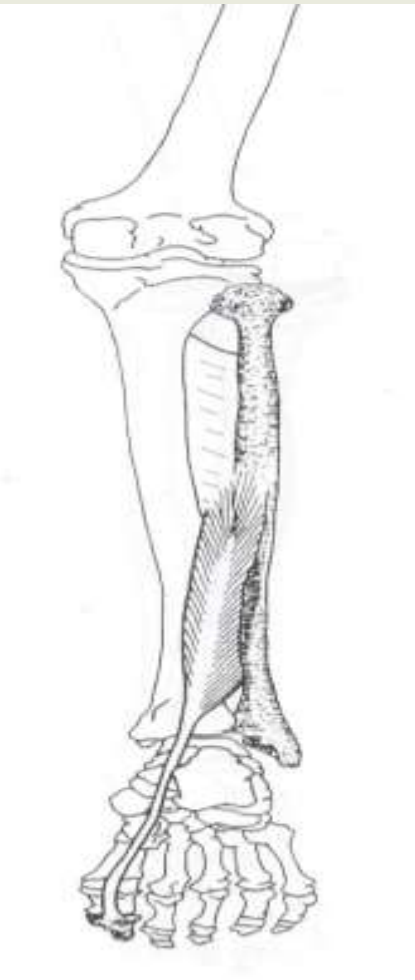
Flexor Digitorum Longus



- Posterior Compartment
- Deep Layer

- Action: Flexion of the 4 toes.

Flexor Hallucis Longus



- Posterior Compartment
- Deep Layer

- Action: Flexion of the Hallux or Great (Big) toe.

Let's Make Flashcards

Anterior Compartment- Purple	Lateral Compartment- Red	Posterior Compartment (3 Layers)- Shades of Green
Tibialis Anterior	Peroneus Brevis	Gastrocnemius- Superficial Layer
Peroneus Tertius	Peroneus Longus	Soleus- Middle Layer
Extensor Hallucis Longus		Tibialis Posterior-Deep Layer
Extensor Digitorum Longus		Flexor Hallucis Longus- Deep Layer
		Flexor Digitorum Longus- Deep Layer

Let's Make Flashcards

Anterior Compartment- Purple	**Lateral Compartment- Red**	**Posterior Compartment (3 Layers)- Shades of Green**
Tibialis Anterior- Dorsiflexion/Inversion	Peroneus Brevis- Eversion	Gastrocnemius- Superficial Layer Plantarflexion
Peroneus Tertius- Eversion/Dorsiflexion	Peroneus Longus- Eversion	Soleus- Middle Layer Plantarflexion
Extensor Hallucis Longus- Extends Big Toe		Tibialis Posterior-Deep Layer Plantarflexion/ Inversion
Extensor Digitorum Longus-Extends 4 Toes		Flexor Hallucis Longus- Deep Layer Flexes Big Toe
		Flexor Digitorum Longus- Deep Layer Flexes 4 Toes