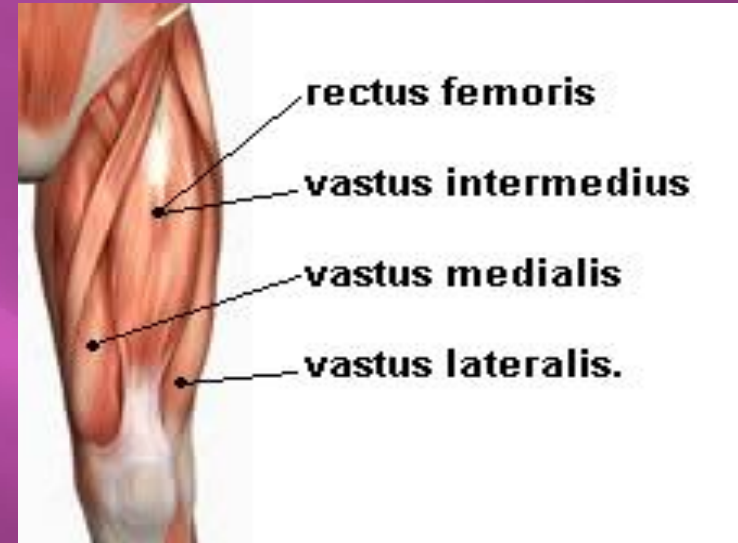


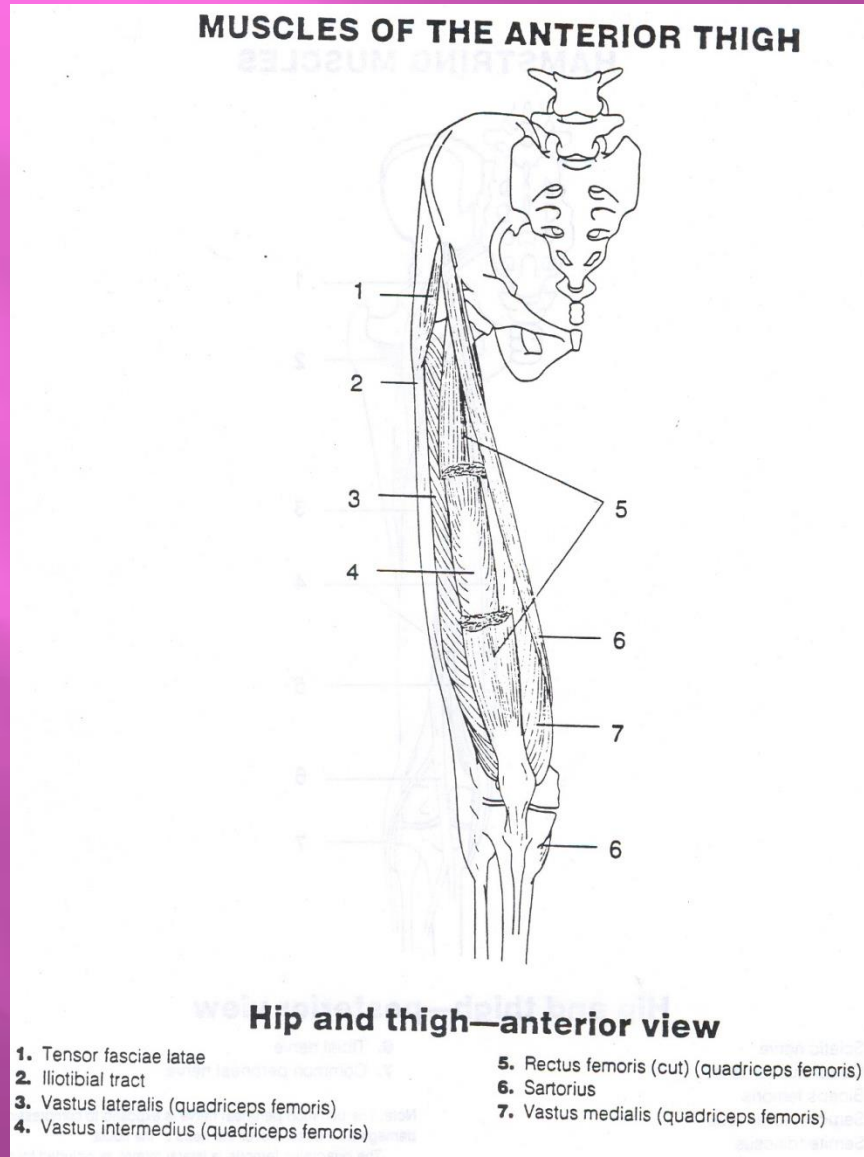
Muscles of the KNEE- Quadriceps (Shades of BLUE)

- ❑ Vastus Lateralis
- ❑ Vastus Intermedias
- ❑ Vastus Medialis
- ❑ Rectus Femoris



Anterior Muscles of the THIGH = Knee Extension

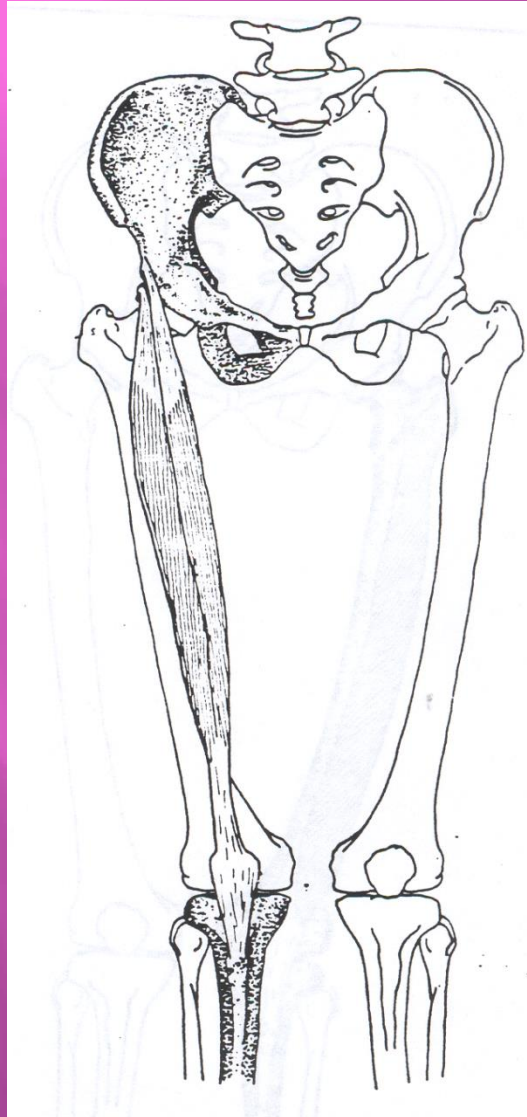
Quadriceps- Color in Shades of Blue



- ▣ 4 muscles make up the **QUADRICEPS**:
 - Rectus Femoris
 - Vastus Lateralis
 - Vastus Intermedius
 - Vastus Medialis

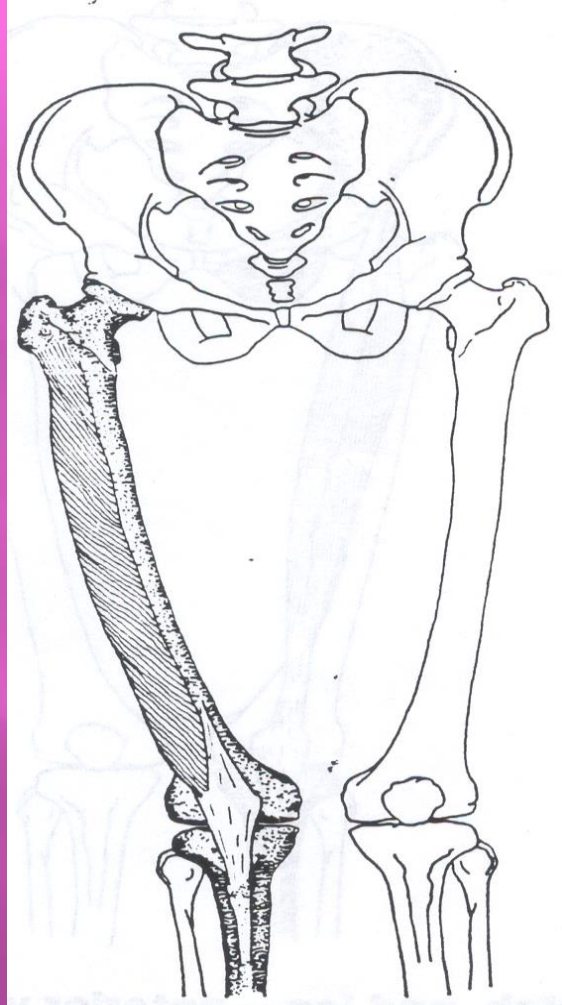
- Muscles of the anterior thigh **EXTEND** the knee.

Rectus Femoris



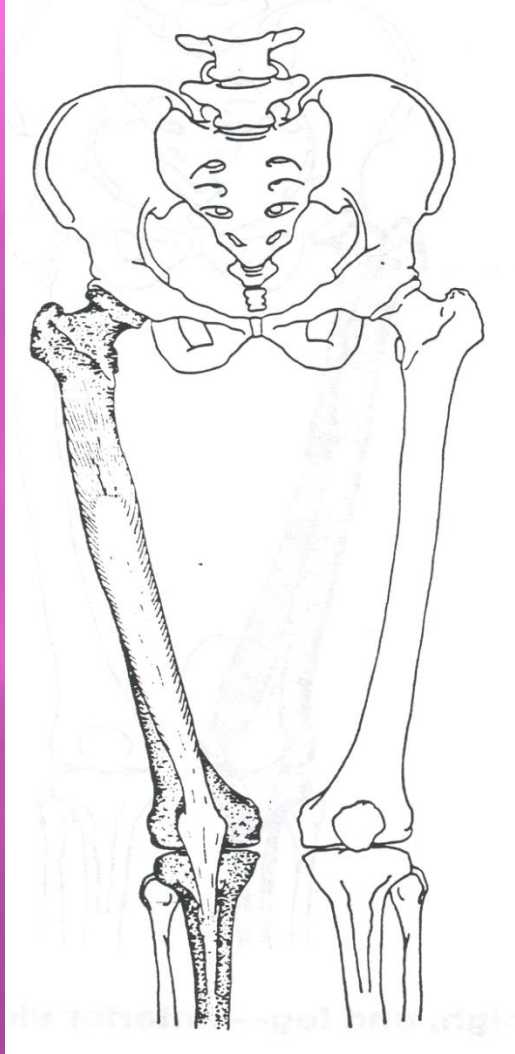
- ▣ A Superficial Quadriceps Muscle located in the Middle of the Thigh.
- ▣ Action at the Knee:
Extension
- ▣ Action at the Hip:
Flexion

Vastus Lateralis



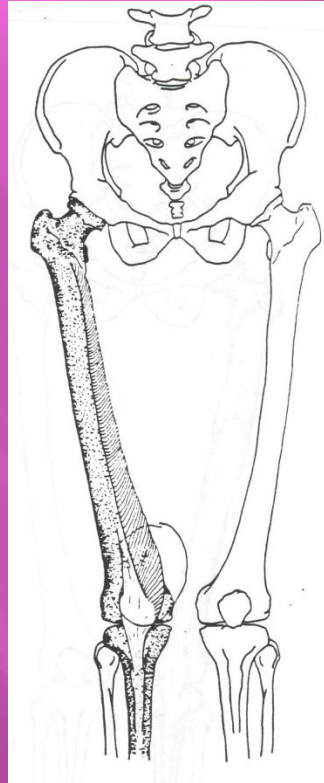
- ▣ Quadriceps Muscle located on the Lateral Side of the Thigh.
- ▣ Action at the Knee: Extension

Vastus Intermedius



- ▣ Quadriceps Muscle that sits deep to the Rectus Femoris located in the Middle of the Thigh.
- ▣ Action at the Knee:
Extension

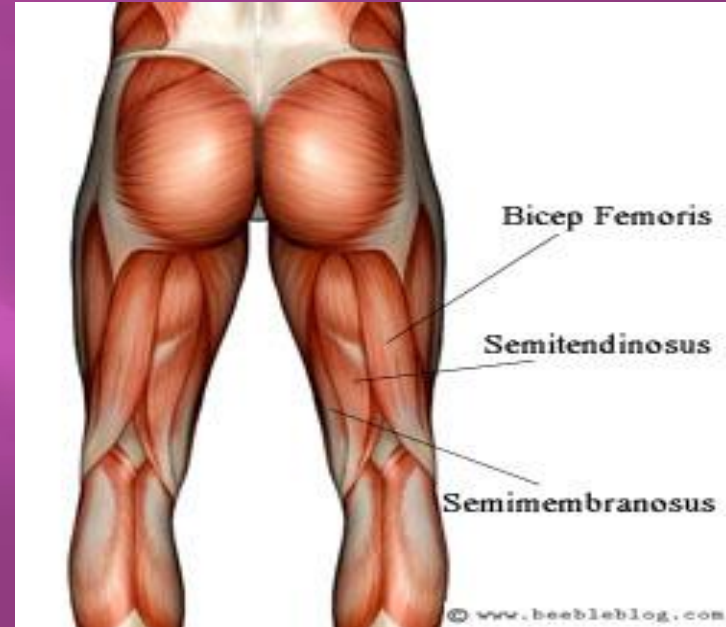
Vastus Medialis



- ▣ Quadriceps Muscle that is located on the Medial side of the Thigh.
- ▣ Action at the Knee:
Extension

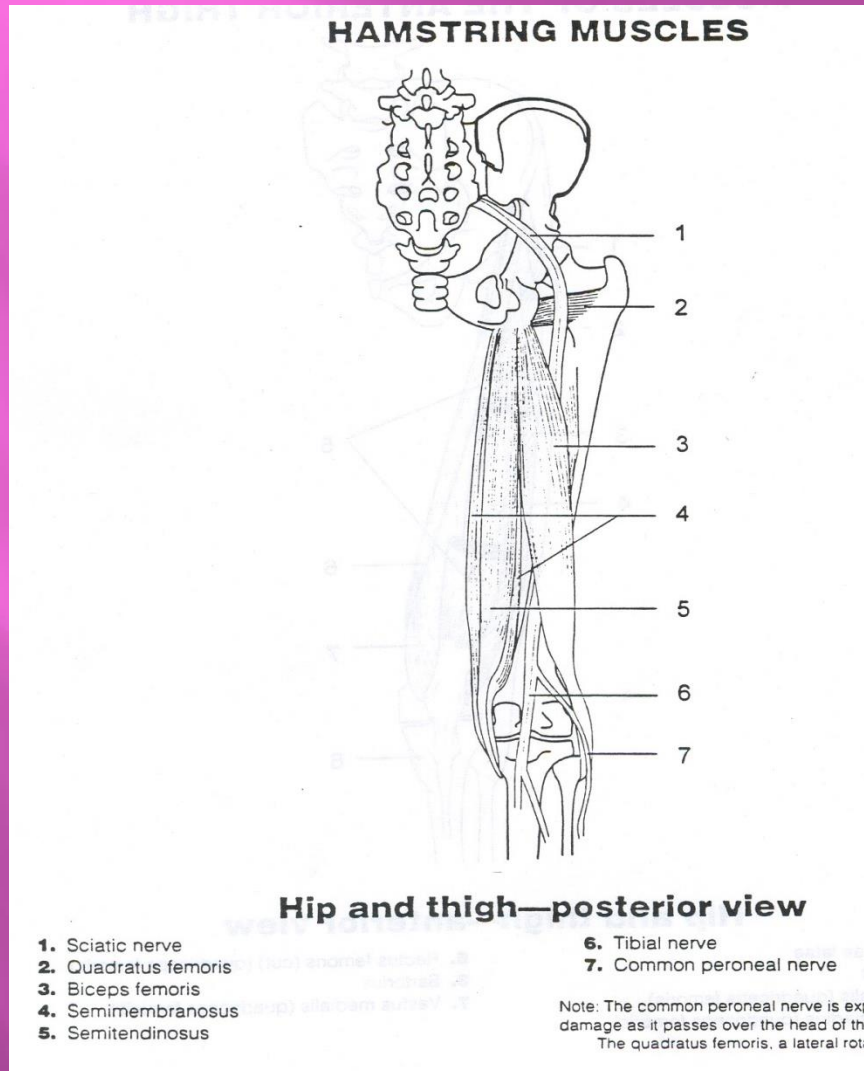
Muscles of the KNEE- Hamstrings (Shades of ORANGE)

- ❑ **Biceps Femoris**
- ❑ **Semimembranosus**
- ❑ **Semitendinosus**



Posterior Thigh Muscles = Knee Flexion

Hamstring Muscles- Color in Shades of Orange

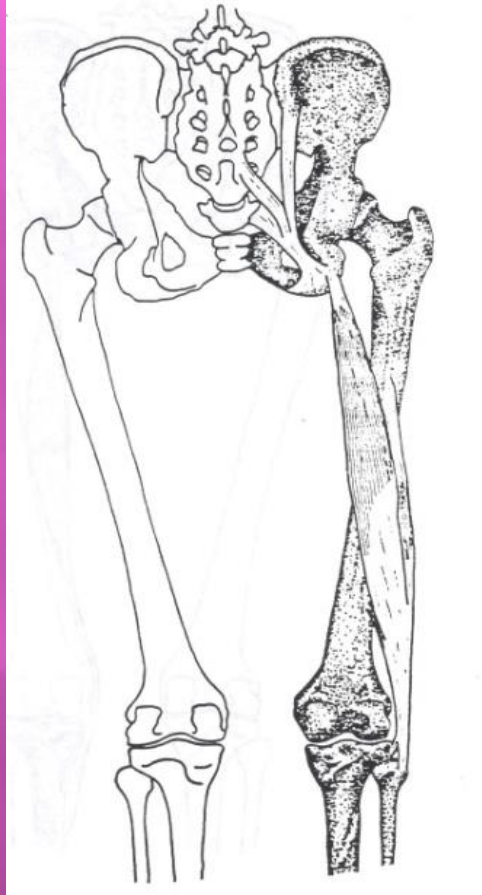


□ 3 Muscles make up the HAMSTRINGS:

- Biceps Femoris
- Semimembranosus
- Semitendinosus

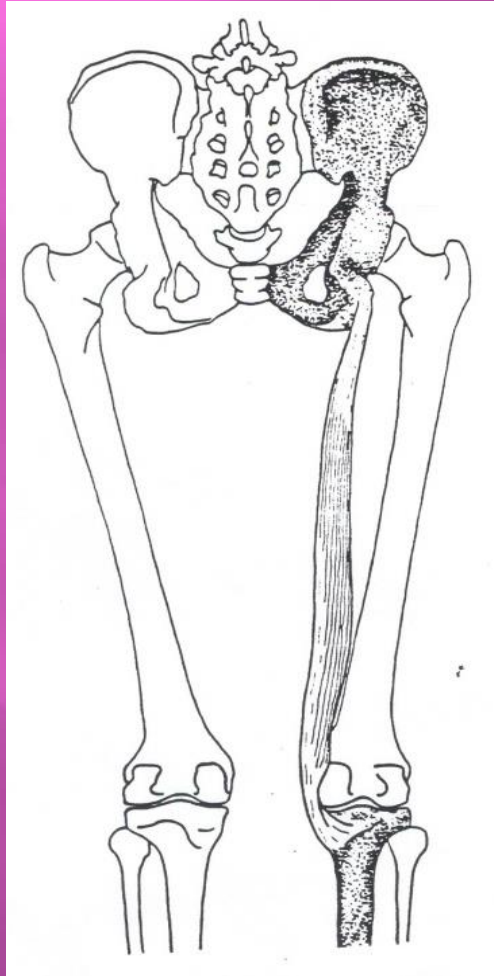
Muscles on the posterior aspect of the thigh help flex the knee.

Biceps Femoris



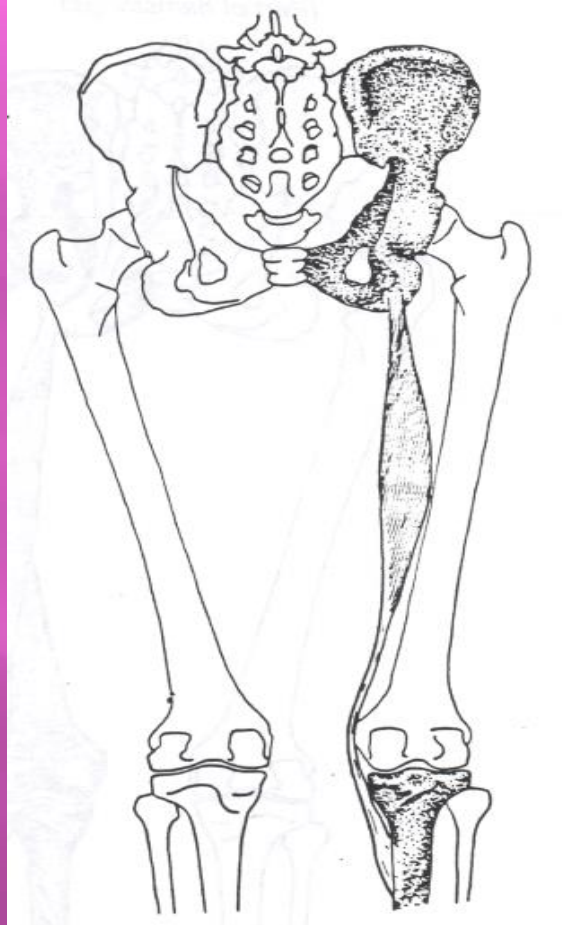
- ▣ Hamstring Muscle that originates on the ischial tuberosity (hip) and inserts on the fibula.
- ▣ Action at the Knee: Flexion.
- ▣ Action at the Hip: Extension

Semimembranosus



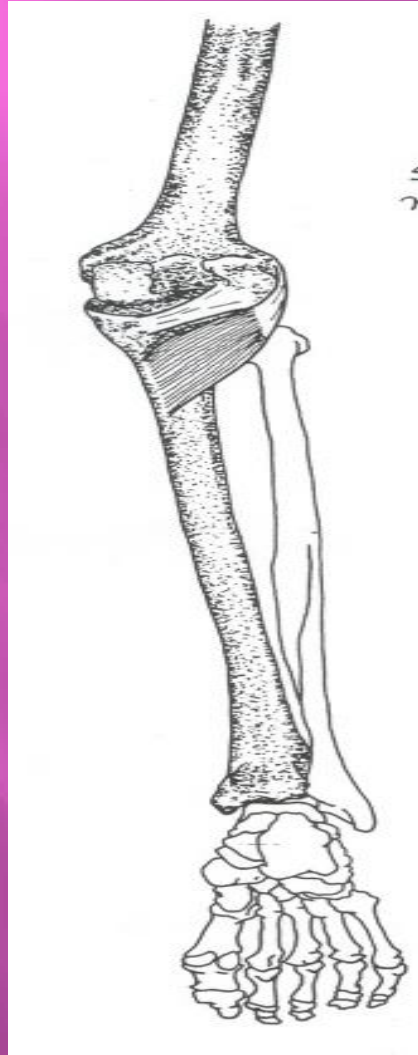
- ▣ Hamstring Muscle that originates on the ischial tuberosity (hip) and inserts on the tibia.
- ▣ Action at the Knee:
Flexion.
- * Wider muscle*

Semitendinosus



- ▣ Hamstring Muscle that originates at the ischial tuberosity (Hip) and inserts on the tibia.
- ▣ Action at the Knee:
Flexion
Thinner Muscle

Popliteus



- ▣ The POPLITEUS muscle performs the “screw home mechanism.”
- ▣ The “Screw Home Mechanism” involves Internal Rotation of the Tibia that occurs when the knee flexes.

Let's Make Flashcards!

QUADRICEPS- Shades of BLUE	HAMSTRINGS- Shades of ORANGE
Rectus Femoris-Knee Extension **Hip Flexion	Biceps Femoris- Knee Flexion **Hip Extension
Vastus Lateralis-Knee Extension	Semimembranosus-Knee Flexion
Vastus Intermedius-Knee Extension	Semitendinosus-Knee Flexion
Vastus Medialis- Knee Extension	

Popliteus-Internal Rotation of the Tibia