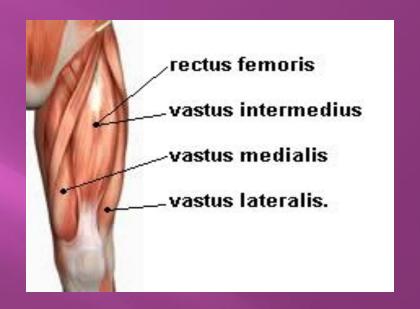
Muscles of the KNEE- Quadriceps (Shades of BLUE)

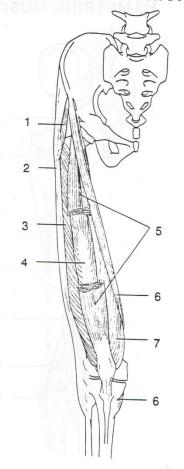
- Vastus Lateralis
- Vastus Intermedias
- Vastus Medialis
- Rectus Femoris



Anterior Muscles of the THIGH = Knee Extension

Quadriceps-Color in Shades of Blue

MUSCLES OF THE ANTERIOR THIGH



Hip and thigh—anterior view

5. Rectus femoris (cut) (quadriceps femoris)

7. Vastus medialis (quadriceps femoris)

- 1. Tensor fasciae latae
- Iliotibial tract
- 3. Vastus lateralis (quadriceps femoris)
- 4. Vastus intermedius (quadriceps femoris)

QUADRICEPS:
- Rectus Femoris

4 muscles make up the

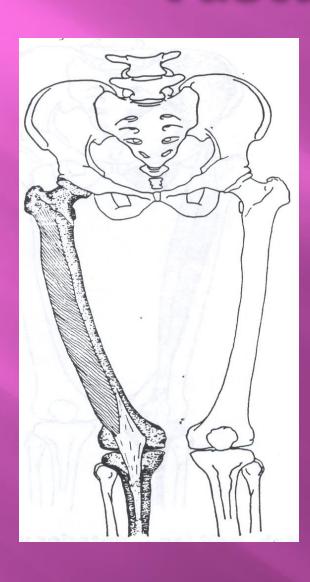
- Vastus Lateralis
- Vastus Intermedius
- Vastus Medialis
- Muscles of the anterior thigh EXTEND the knee.

Rectus Femoris



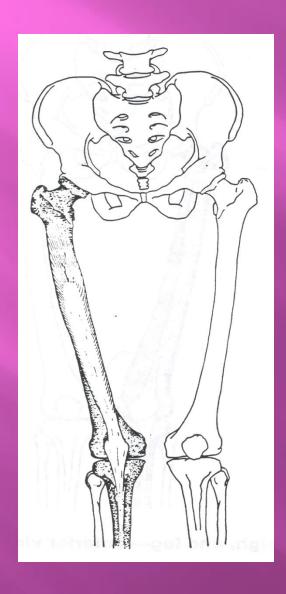
- A Superficial Quadriceps
 Muscle located in the
 Middle of the Thigh.
- Action at the Knee:Extension
- Action at the Hip: Flexion

Vastus Lateralis



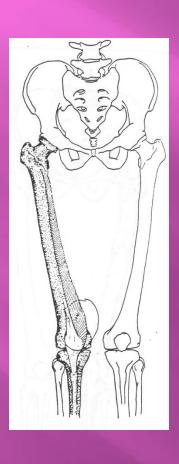
- Quadriceps Muscle located on the Lateral Side of the Thigh.
- Action at the Knee: Extension

Vastus Intermedius



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

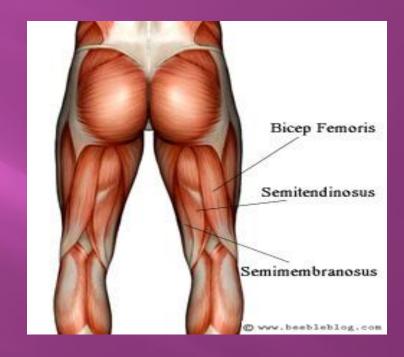
Vastus Medialis



- 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)

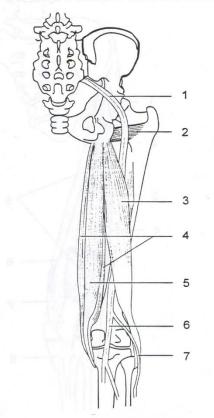
- Biceps Femoris
- Semimembranosus
- Semitendinosus



<u>Posterior Thigh Muscles = Knee Flexion</u>

Hamstring Muscles-Color in Shades of Orange

HAMSTRING MUSCLES



Hip and thigh—posterior view

- 1. Sciatic nerve
- 2. Quadratus femoris
- 3. Biceps femoris
- Semimembranosu
- 5. Semitendinosus

- 6. Tibial nerve
- 7. Common peroneal nerve

Note: The common peroneal nerve is exp damage as it passes over the head of the The quadratus femoris, a lateral rotal

- 3 Muscles make up the HAMSTRINGS:
 - Biceps Femoris
 - Semimembranosus
 - Semitendinosis

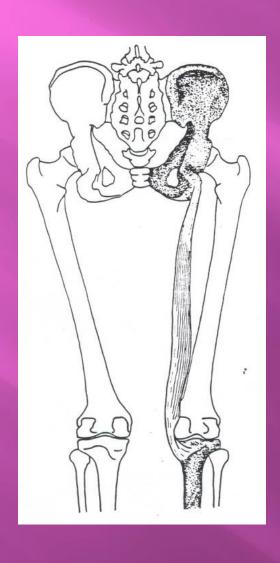
Muscles on the posterior aspect of the thigh help flex the knee.

Biceps Femoris



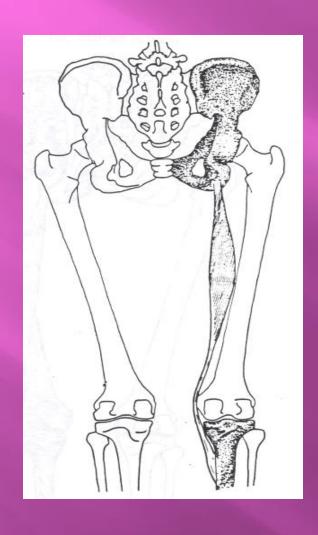
- Hamstring Muscle that originates on the ischial tuberosity (hip) and inserts on the fibula.
- Action at the Knee: Flexion.
- Action at the Hip: Extension

Semimembranosus



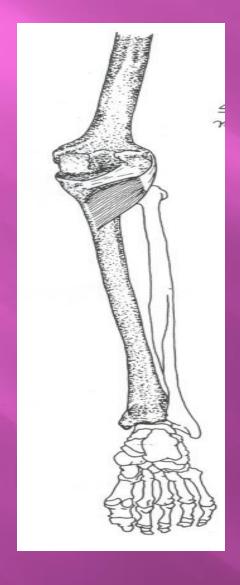
- Hamstring Muscle that originates on the ischial tuberosity (hip) and inserts on the tibia.
- Action at the Knee:Flexion.
- * Wider muscle*

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