

MUSCLES OF THE HUMAN LEG (13 PARTS – LIFE SIZE)



1. Iliacus muscle
2. Psoas major muscle
3. Tensor fasciae latae muscle
4. Iliotibial tract
5. Gluteus maximus muscle
6. Gluteus medius muscle
7. Gluteus minimus muscle
8. Obturator internus muscle
9. Piriformis muscle
10. Gemellus superior muscle
11. Gemellus inferior muscle
12. Quadratus femoris muscle
13. Sartorius muscle
14. Rectus femoris muscle
15. Vastus medialis muscle
16. Vastus intermedius muscle
17. Vastus lateralis muscle
18. Pectineus muscle
19. Adductor longus muscle
20. Gracilis muscle
21. Adductor brevis muscle
22. Adductor magnus muscle
23. Anteromedial intermuscular septum
24. Adductor hiatus
25. Long head of biceps femoris muscle
26. Short head of biceps femoris muscle
27. Semitendinosus muscle
28. Semimembranosus muscle
29. Tibialis anterior muscle
30. Extensor digitorum longus muscle
31. Extensor hallucis longus muscle
32. Peroneus longus muscle
33. Peroneus brevis muscle
34. Medial head of gastrocnemius muscle
35. Lateral head of gastrocnemius
36. Plantaris muscle
37. Soleus muscle
38. Calcaneal (Achilles) tendon
39. Popliteus muscle
40. Flexor digitorum longus muscle
41. Flexor hallucis longus muscle
42. Tibialis posterior muscle
43. Plantar aponeurosis
44. Abductor hallucis muscle
45. Flexor digitorum brevis muscle
46. Abductor digiti minimi muscle
47. Flexor hallucis brevis muscle
48. Oblique head of adductor hallucis muscle
49. Transverse head of adductor hallucis muscle
50. Flexor digiti minimi brevis muscle
51. Quadratus plantae muscle

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| 52. Lumbricales muscle | 77. Lateral malleolus | 100. Internal pudendal artery |
| 53. Pantar interosseous muscle | 78. Inferior extensor retinaculum | 101. Pudendal nerve |
| 54. Extensor digitorum brevis muscle | 79. Flexor retinaculum | 102. Pudendal artery |
| 55. Extensor hallucis brevis muscle | 80. Superior peroneal pteriaculum | 103. Popliteal vein |
| 56. Dorsal interosseous muscle | superior fibular retinaculum | 104. Tibial nerve |
| 57. Fifth lumbar vertebra (LV) | 81. Calcaneus | 105. Posterior tibial artery |
| 58. Intervertebral disc | 82. Tuberosity of fifth metatarsal bone (V) | 106. Deep fibular (peroneal) nerve |
| 59. Hip bone | 83. Dorsal digitorum aponeurosis | 107. Anterior tibial artery |
| 60. Inguinal ligament | 84. Common iliac artery | 108. Dorsalis pedis artery |
| 61. Intepubic disc interpubic fibrocartilage | 85. Common iliac vein | 109. Medial branch of deep fibular (peroneal) nerve |
| 62. Sacrum | 86. Lumbosacral trunk | 110. Superficial branch of medial plantar artery |
| 63. Coccyx | 87. External iliac artery | 111. Deep branch of medial plantar artery |
| 64. Sacrospinous ligament | 88. External iliac vein | 112. Medial plantar nerve |
| 65. Sacrotuberous ligament | 89. Internal iliac artery | 113. Lateral plantar artery |
| 66. Greater trochanter of femur | 90. Sacral plexus | 114. Lateral plantar nerve |
| 67. Patella | 91. Obturator artery | 115. Deep plantar arch |
| 68. Patellar ligament | 92. Obturator nerve | 116. Common plantar digital nerves |
| 69. Fibular head | 93. Femoral nerve | 117. Common plantar digital arteries |
| 70. Popliteal fossa | 94. Femoral artery | 118. Proper plantar digital nerves |
| 71. Medial condyle of femur | 95. Femoral vein | 119. Proper plantar digital arteries |
| 72. Lateral condyle of femur | 96. Sciatic nerve | |
| 73. Oblique popliteal ligament | 97. Posterior femoral cutaneous nerve | |
| 74. Tibia | 98. Inferior gluteal nerve | |
| 75. Crural interosseous membrane | 99. Inferior gluteal artery | |
| 76. Medial malleolus | | |