

HIND LIMB—OIA (*DEEP LATERAL AND DEEP MEDIAL*)

Name	Origin	Insertion	Action
Adductor femoris	Pubis	Femur	Adducts thigh
Flexor digitorum longus	Tibia	2 nd to 5 th phalanges	Flexes digits
Gemellus Inferior	Ischium	Tendon of deep muscle	Abducts thigh
Gracilis	Pubis	Proximal end of tibia	Abducts thigh
Iliopsoas	Lumbar Vertebrae	Proximal end of Femur	Flexes thigh
Pectineus	Pubis	Proximal end of femur	Adducts thigh
Quadratus femoris	Ischium	Greater Trochanter	Extends thigh
Rectus femoris	Ilium	Patella	Extends lower leg
Semimembranosis	Ischium	Distal end of femur	Extends thigh
Tenuissimus	2 nd caudal vertebrae	Patella	Abducts thigh
Vastus medialis	Femur	Patella	Extends Lower Leg
Vastus lateralis	Femur	Patella	Extends Lower Leg