

HIND LIMB - OIA (SUPERFICIAL LATERAL)

Name	<i>Origin</i>	<i>Insertion</i>	<i>Action</i>
Biceps Femoris	Ischium	Tibia and patella	Extends thigh
Caudofemoralis	Vertebrae	Patella	Abducts thigh
Extensor digitorum longus	Distal femur	Phalanges	Extends digits
Gastrocnemius	Femur	Calcaneus	Extends foot
Gemellus inferior	Ischium	Tendon of deep muscle	Abducts thigh
Gluteus maximus	Fascia of spinal area	Femur	Abducts thigh
Gluteus medius	Ilium	Femur	Abducts thigh
Peroneus longus	Proximal fibula	Metatarsals	Flexes foot
Peroneus tertius	Lateral fibula	5 th digit	Abducts 5 th digit
Sartorius	Ilium	Proximal tibia	Flexes thigh
Semitendinosus	Ischium	Proximal tibia	Flexes lower leg
Soleus	Head of fibula	Achilles tendon	Extends foot
Tensor fasciae latae	Ilium	Fasciae latae	Tenses fasciae latae
Tibialis anterior	Tibia and fibula	1 st metatarsal	Flexes foot

