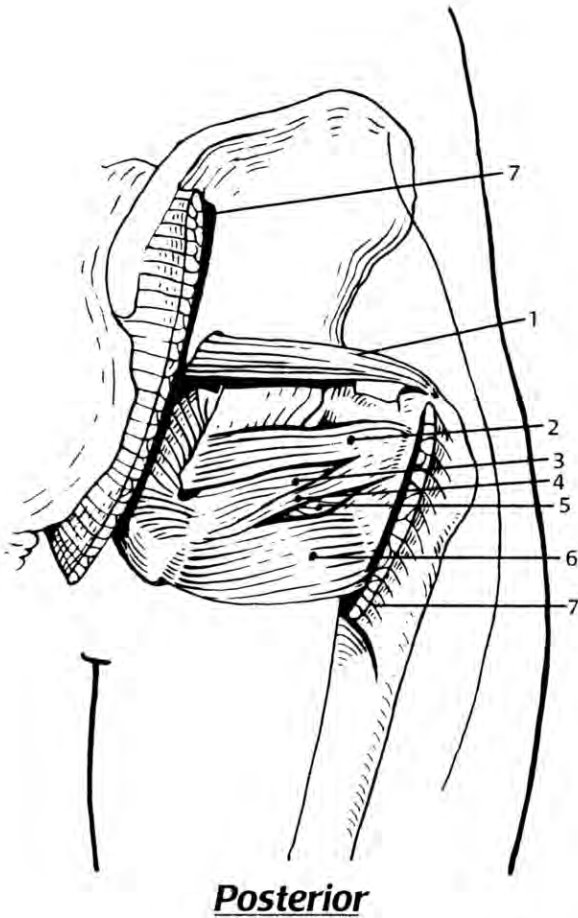
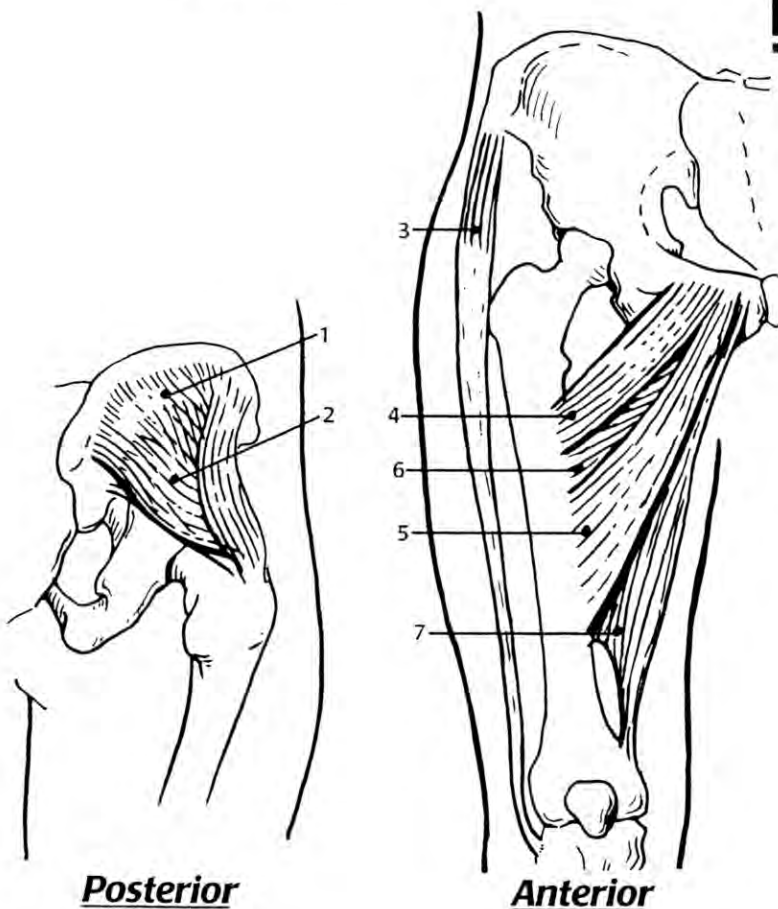


Lateral (External) Rotators of the Hip



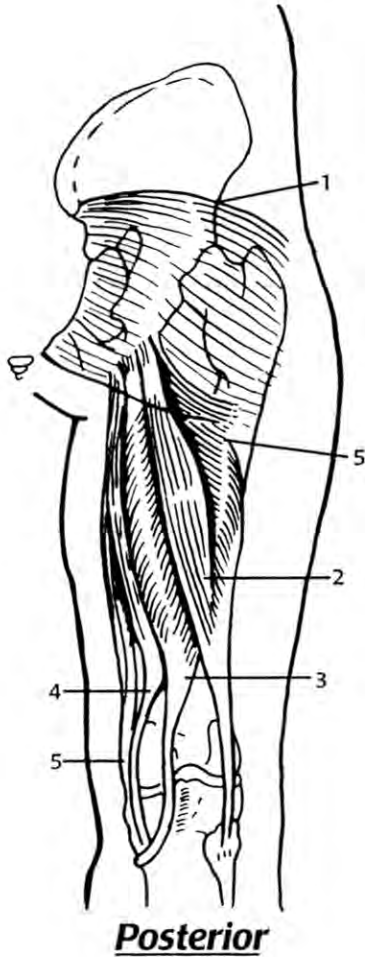
1. Piriformis
2. Gemellus superior
3. Obturator internus
4. Gemellus inferior
5. Obturator externus
6. Quadratus femoris
7. Gluteus maximus (*cut away*)
8. Iliopsoas (*not shown*)
9. Sartorius (*not shown*)

Medial (Internal) Rotators of the Hip



1. Gluteus medius
2. Gluteus minimus
3. *Tensor fasciae latae*
4. *Pectineus*
5. *Adductor longus*
6. *Adductor brevis*
7. *Adductor magnus*
(*horizontal fibers*)

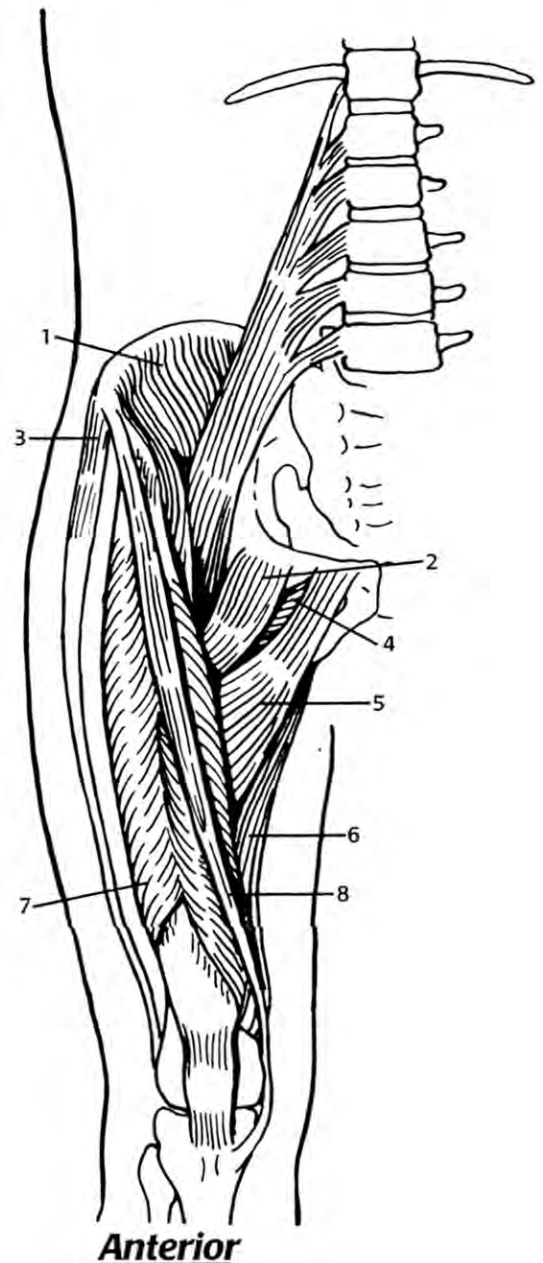
Extensors of the Hip



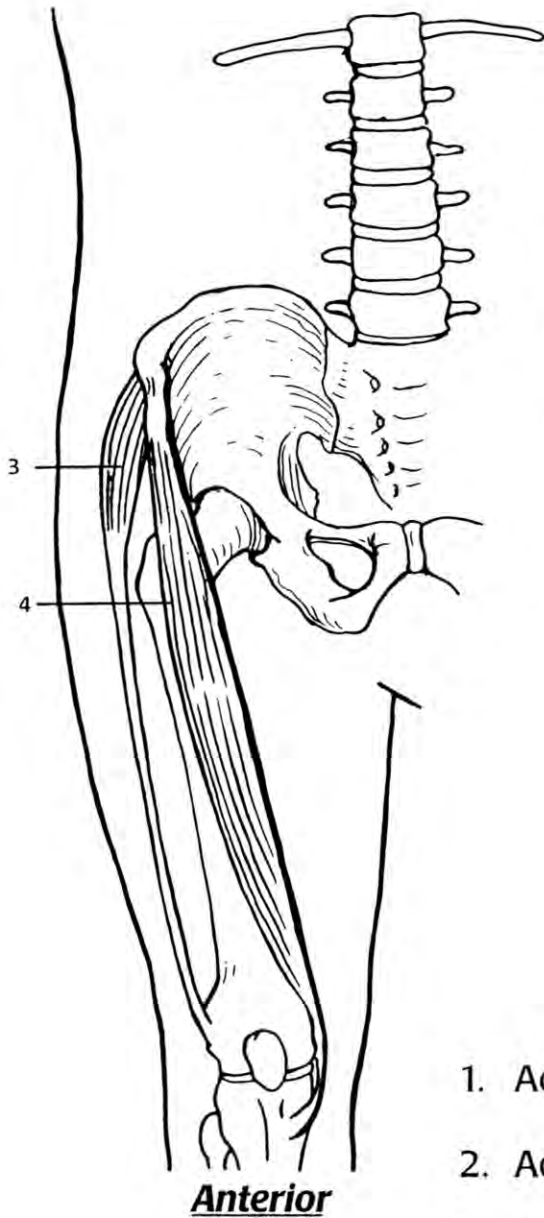
1. Gluteus maximus
2. Biceps femoris (long head)
3. Semitendinosus
4. Semimembranosus
5. *Adductor magnus (posterior portion)*

Flexors of the Hip

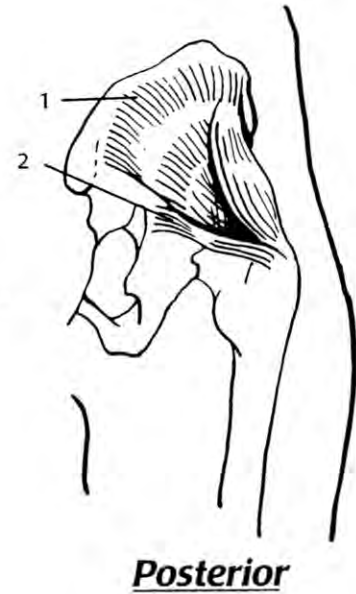
1. Iliopsoas
2. Pectineus
3. *Tensor fasciae latae*
4. Adductor brevis
5. Adductor longus
6. *Adductor magnus (anterior portion)*
7. Rectus femoris
8. Sartorius



Abductors of the Hip

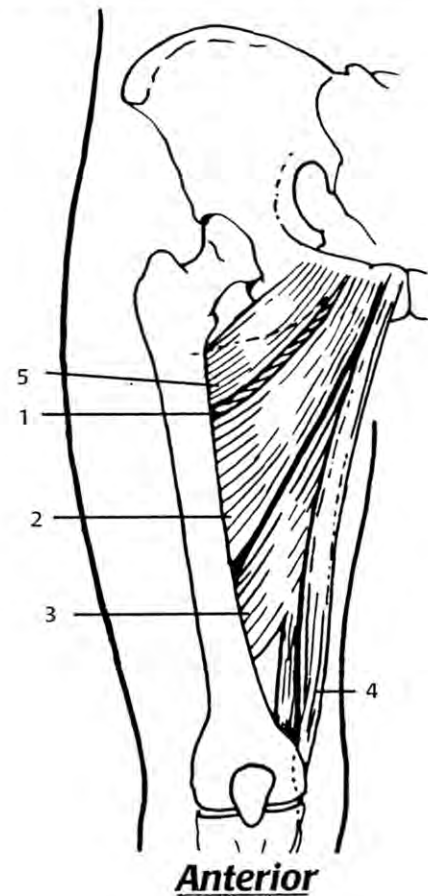


1. Gluteus medius
2. Gluteus minimus
3. *Tensor fasciae latae*
4. *Sartorius*

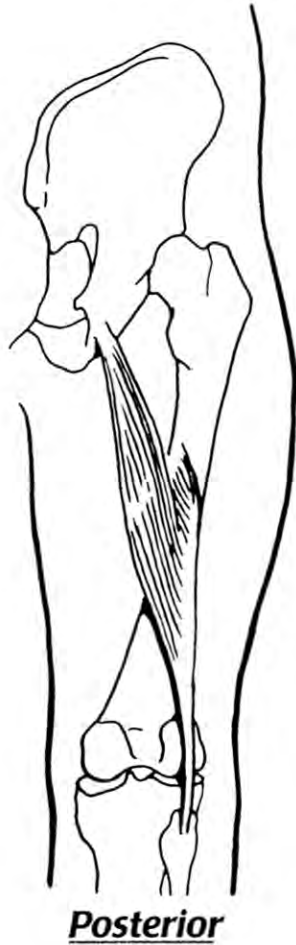


Adductors of the Hip

1. Adductor brevis
2. Adductor longus
3. Adductor magnus
4. Gracilis
5. *Pectineus*



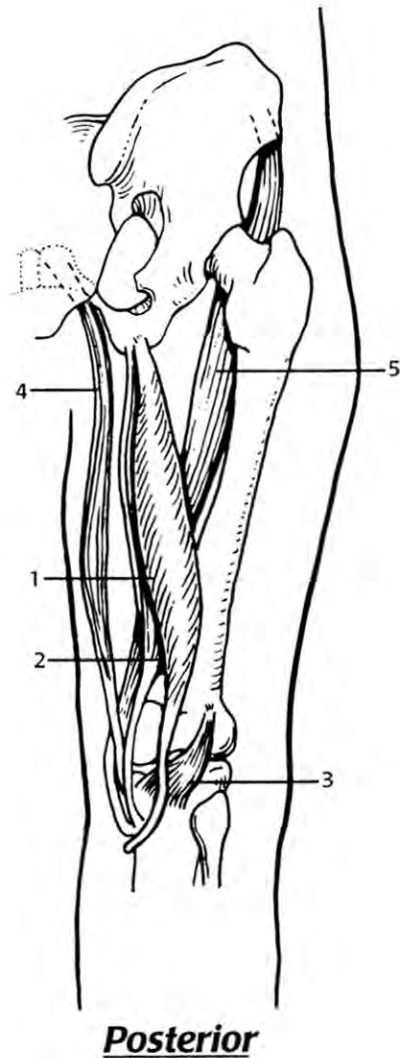
Lateral (External) Rotator of the Knee



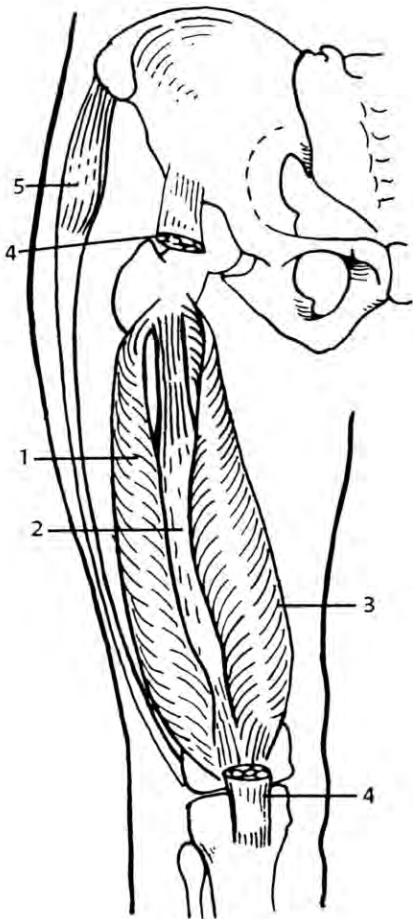
Biceps femoris

Medial (Internal) Rotators of the Knee

1. Semitendinosus
2. Semimembranosus
3. Popliteus
4. *Gracilis*
5. *Sartorius*

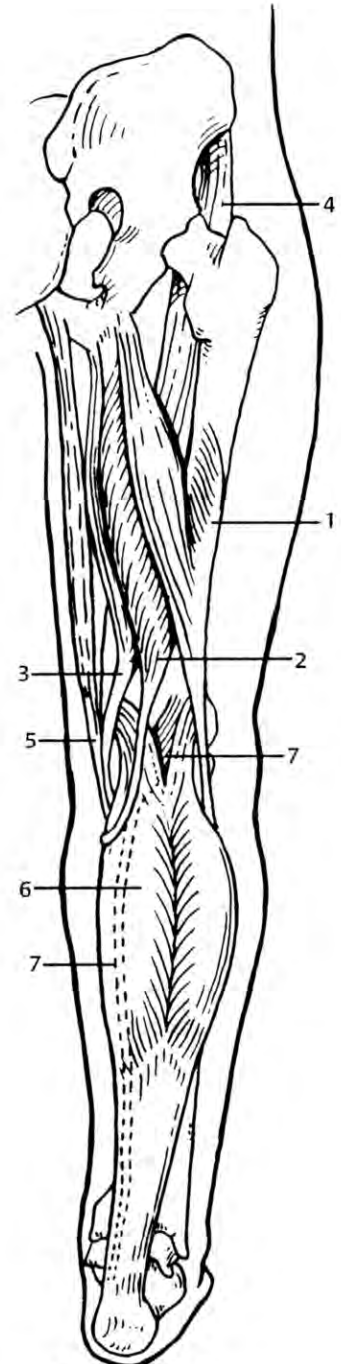


Extensors of the Knee



Anterior

1. Vastus lateralis
2. Vastus intermedius
3. Vastus medialis
4. Rectus femoris
5. *Tensor fascia latae*

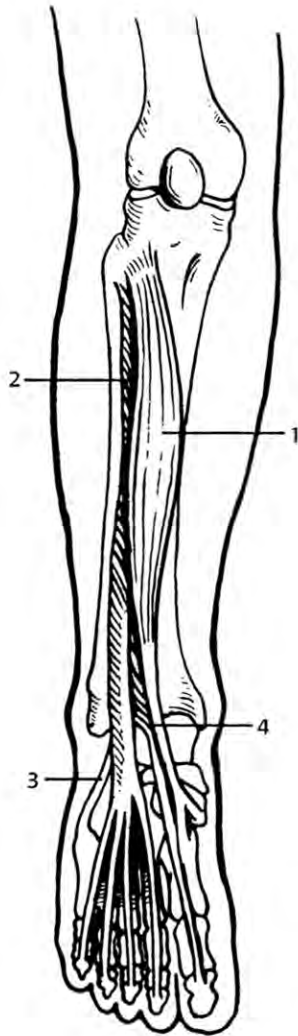


Posterior

Flexors of the Knee

1. Biceps femoris
2. Semitendinosus
3. Semimembranosus
4. *Sartorius*
5. *Gracilis*
6. *Gastrocnemius*
7. *Plantaris*
8. *Popliteus (not shown; deep to plantaris)*

Dorsiflexors of the Ankle

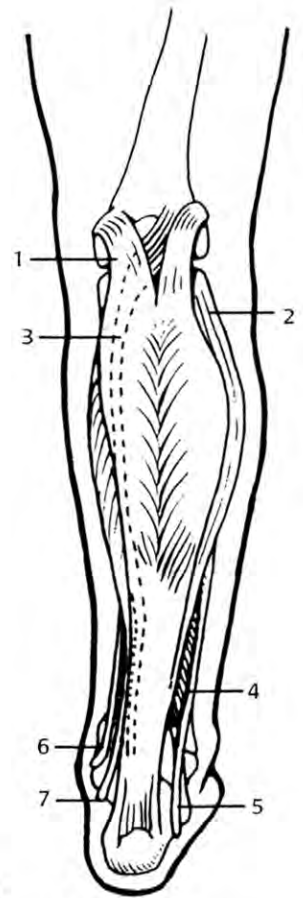


Anterior

1. Tibialis anterior
2. *Extensor digitorum longus*
3. *Peroneus tertius*
4. *Extensor hallucis longus*

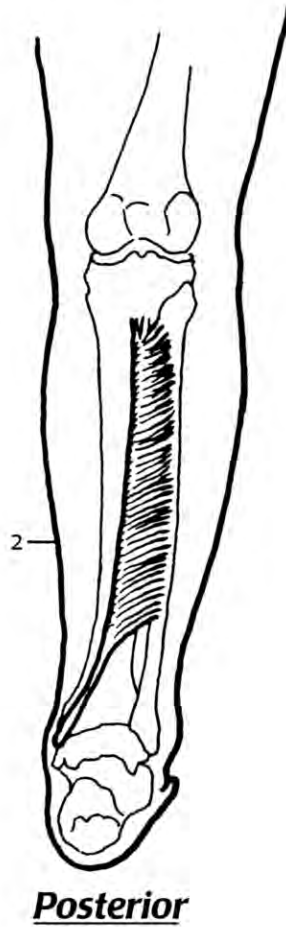
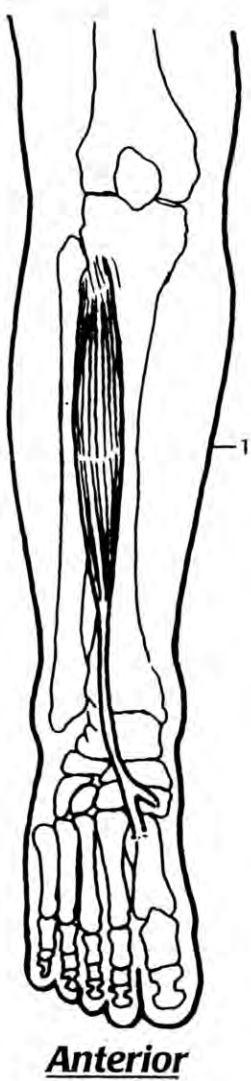
Plantar Flexors of the Ankle

- | | |
|---------------------------|---|
| 1. Gastrocnemius | 5. <i>Peroneus brevis</i> |
| 2. Soleus | 6. <i>Tibialis posterior</i> |
| 3. <i>Plantaris</i> | 7. <i>Flexor hallucis longus</i> |
| 4. <i>Peroneus longus</i> | 8. <i>Flexor digitorum longus</i> (not shown) |

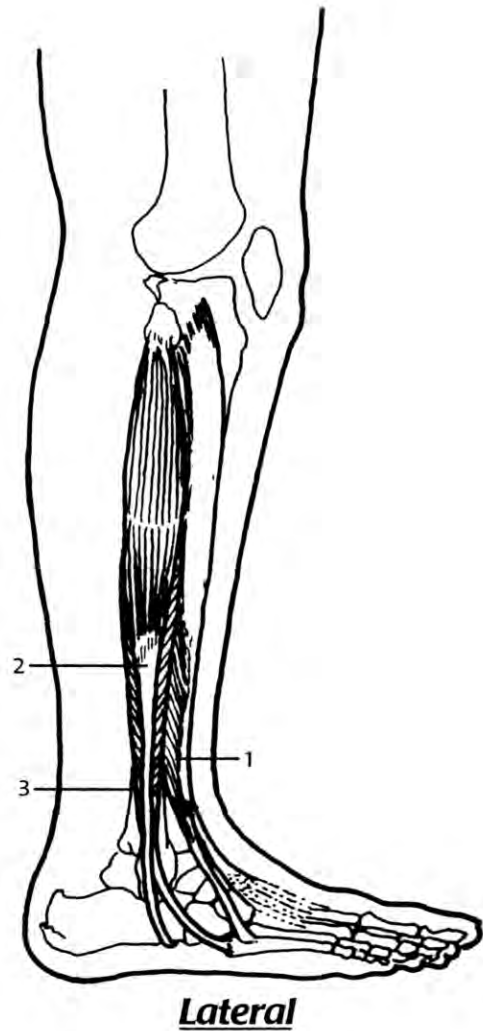


Posterior

Invertors of the Foot



1. Tibialis anterior
2. Tibialis posterior



Evertors of the Foot

1. Peroneus tertius
2. Peroneus longus
3. Peroneus brevis