



# PODIATRY COURSE MUSCLE CHART

Muscle / Innervation
<b>HIP REGION</b>
Gluteus Maximus (Inf. Glut L5,S1,S2)
Gluteus Medius (Sup Glut, L4,L5,S1)
Gluteus Minimus (Sup Glut, L4,L5,S1)
TFL (Sup Glut, L4,L5,S1)
<b>FOOT</b>
Abductor Hallucis S1/2 Med Plantar N
Flexor Digitorum Brevis S1/2 Med Plantar N
Abductor Digiti Minimi S1-S3 Lat plantar N
Quadratus Plantae S1-S3 Lat Plantar N
Dorsal Interosseous S2/3 Lat Plantar N
Adductor Hallucis S2 /S3 lat Plantar N
Flexor Hallucis Brevis S1/2 Medial Plantar N

Muscle / Innervation
<b>LOWER EXTREMITY</b>
Gastrocnemius (Tibial, S1,S2)
Soleus (Tibial, S1, S2)
Tibialis Anterior (Deep peroneal L4,L5,)
Extensor Hallucis Longus L4,5 Deep Peroneal
Peroneus Longus/brevis (Superficial peroneal L5,S1)
Extensor digitorum longus (Deep peroneal L4,L5,)
Popliteus L4,5, S1 Tibial N
Tibialis Posterior L4,5 Tibial N
Flexor Digitorum Longus
Flexor Hallucis Longus S1,2 Tibial N
<b>THIGH REGION</b>
VL (Fem, L2,L3,L4)
VMO (Fem, L2,L3,L4)
Rectus femoris (Fem, L2,L3,L4)
Sartorius (Fem, L2,L3,L4)
Gracilis (Obt, L2,L3,L4)
Adductor Magnus (Obt, L2,L3, Tibial L4, L5)