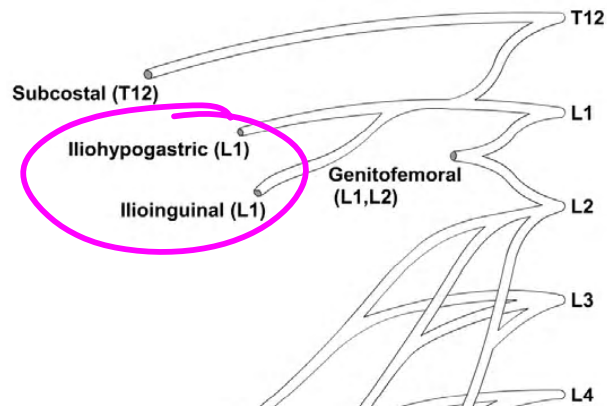
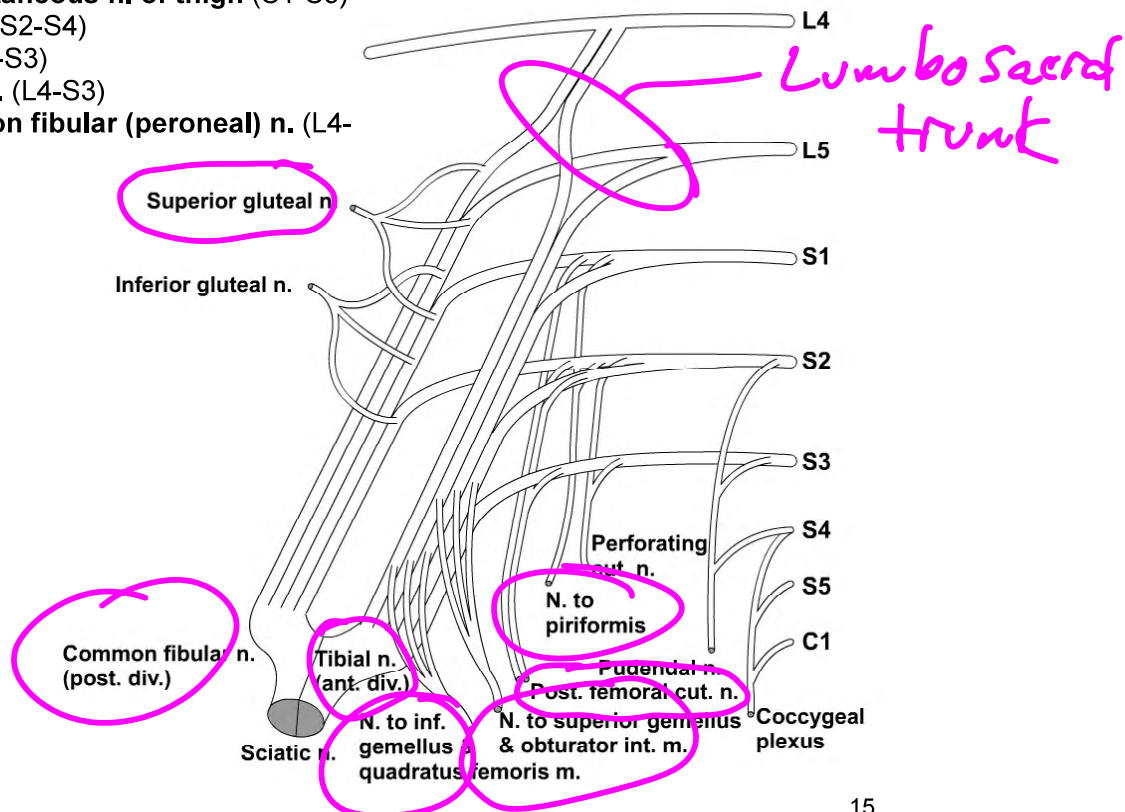


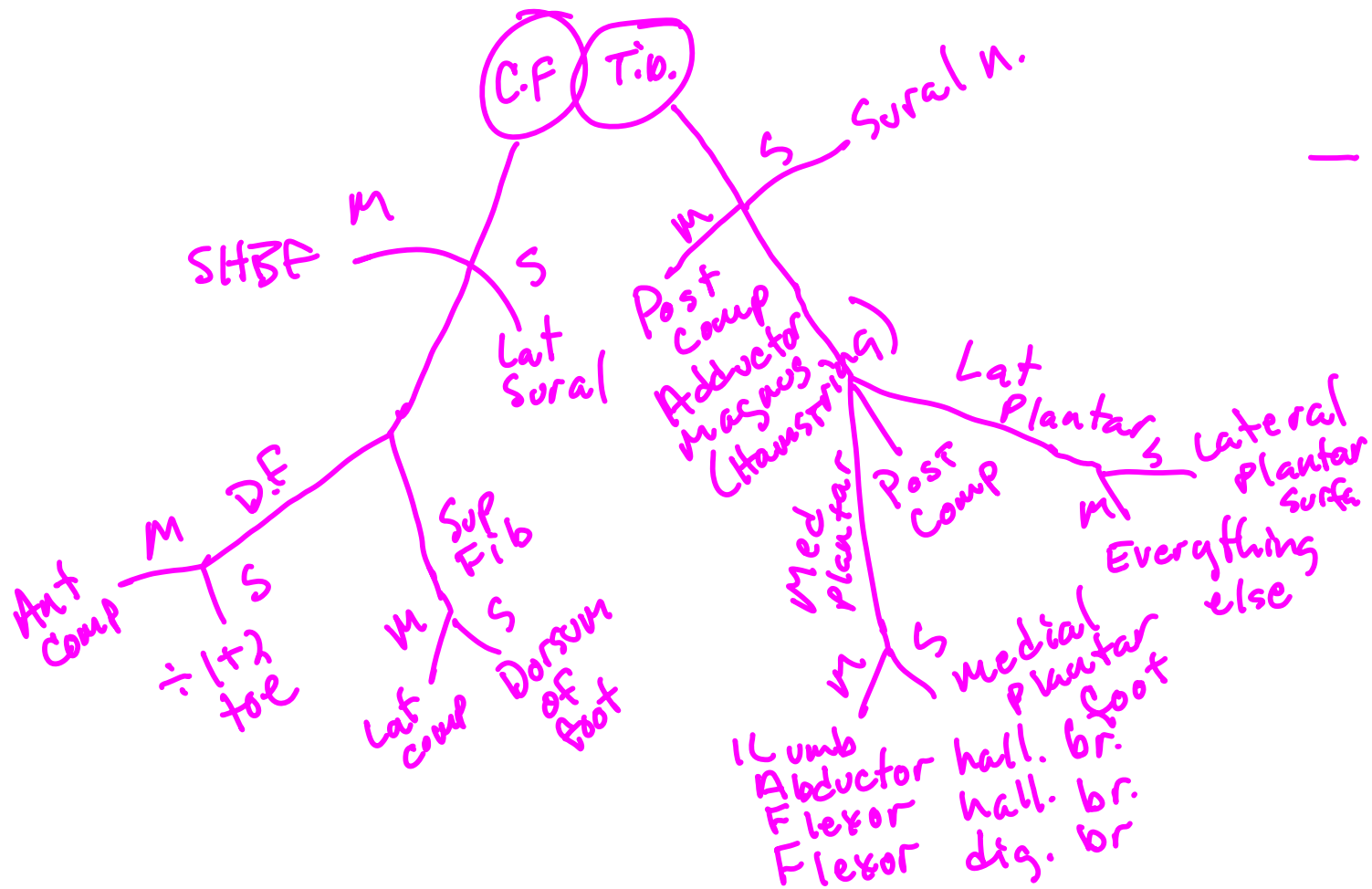
Lumbar Plexus



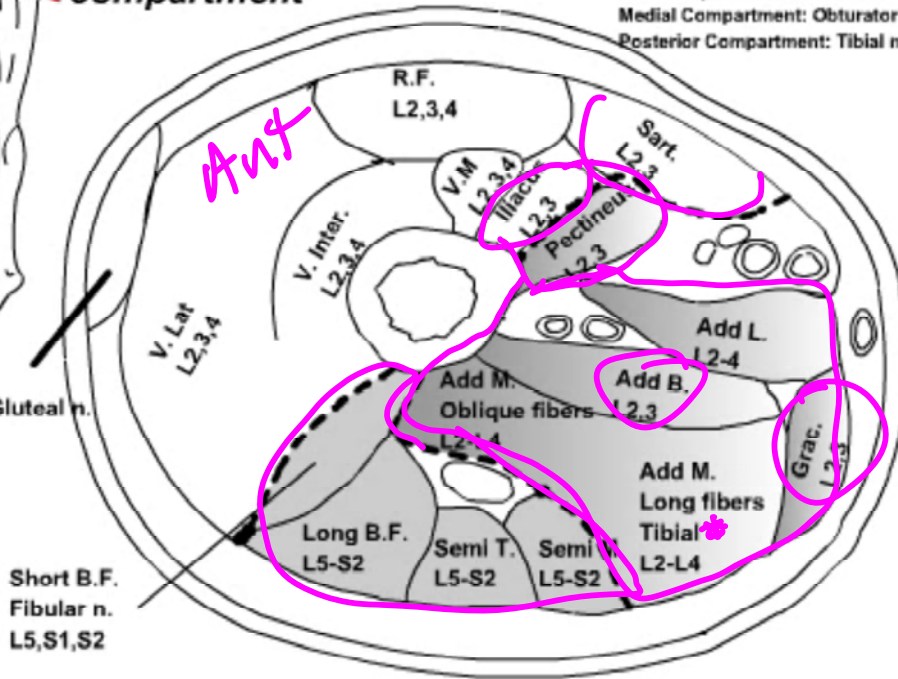
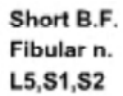
Sacral plexus

- Superior gluteal n. (L4-S1)
- Inferior gluteal n. (L5-S2)
- Nerve to piriformis m. (S1-S2)
- Perforating cutaneous n. (S2-S3)
- Nerve to quadratus femoris and inferior gemellus mm. (L4-S1)
- Nerve to obturator internus and superior gemellus mm. (L5-S2)
- Posterior cutaneous n. of thigh (S1-S3)
- Pudendal n. (S2-S4)
- Sciatic n. (L4-S3)
 - Tibial n. (L4-S3)
 - Common fibular (peroneal) n. (L4-S2)

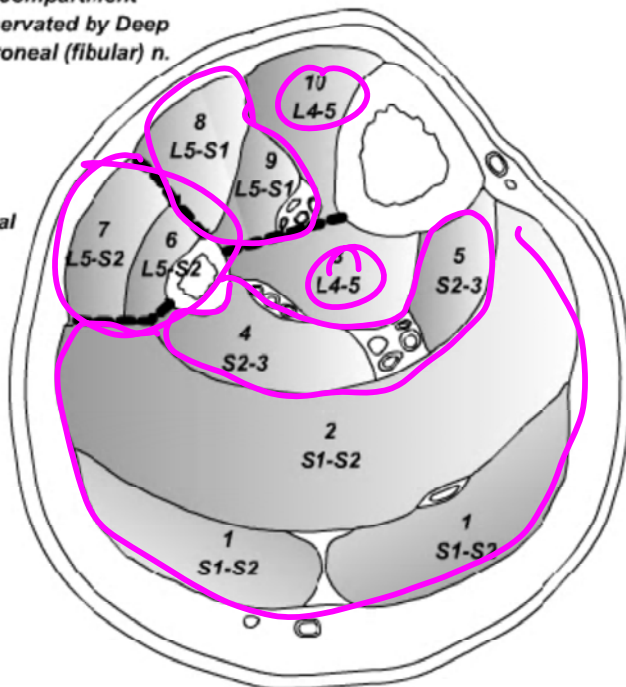




~~Posterior Compartment: Tibial n.~~



real

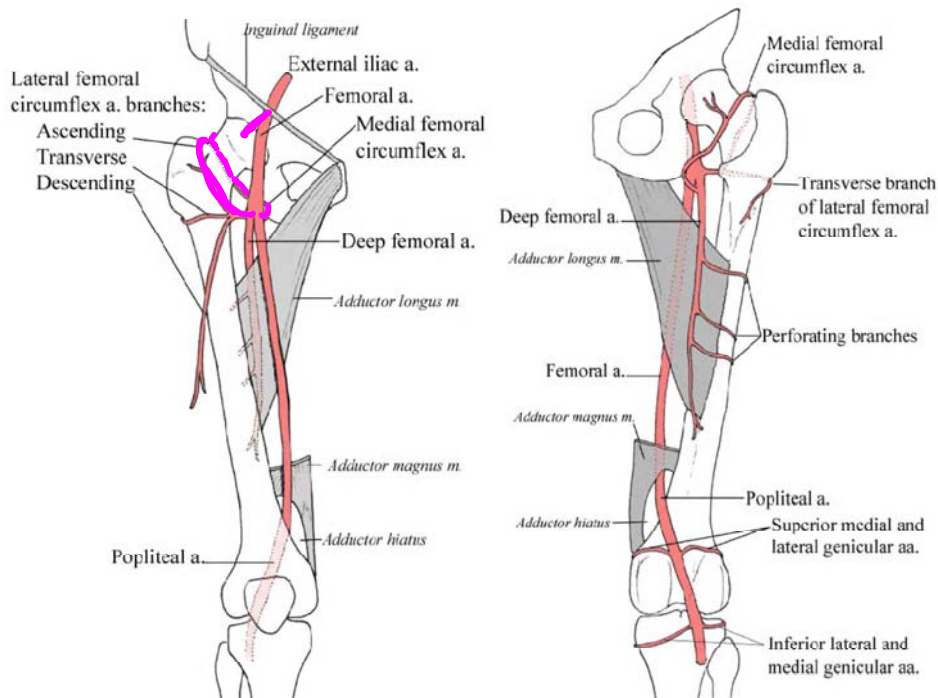


1	Gastrocnemius
2	Soleus
3	Tibialis posterior
4	Flexor hallucis longus
5	Flexor digitorum longus
6	Fibularis brevis
7	Fibularis longus
8	Extensor digitorum longus
9	Extensor hallucis longus
10	Tibialis anterior

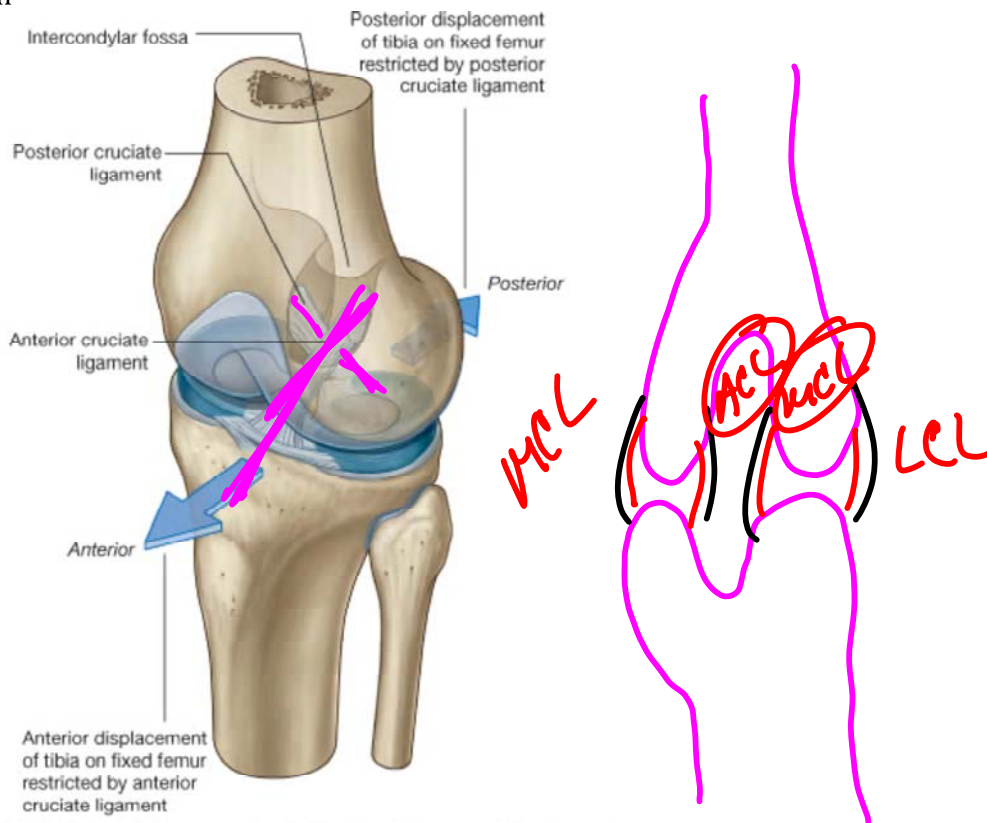
- Fibularis tertius: Deep Fibular n. L5-S1

Common lower limb injuries:

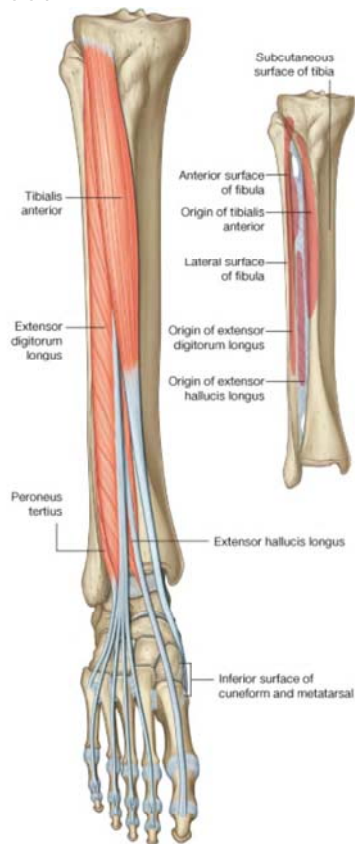
- Avascular necrosis of head of femur



- ACL tear

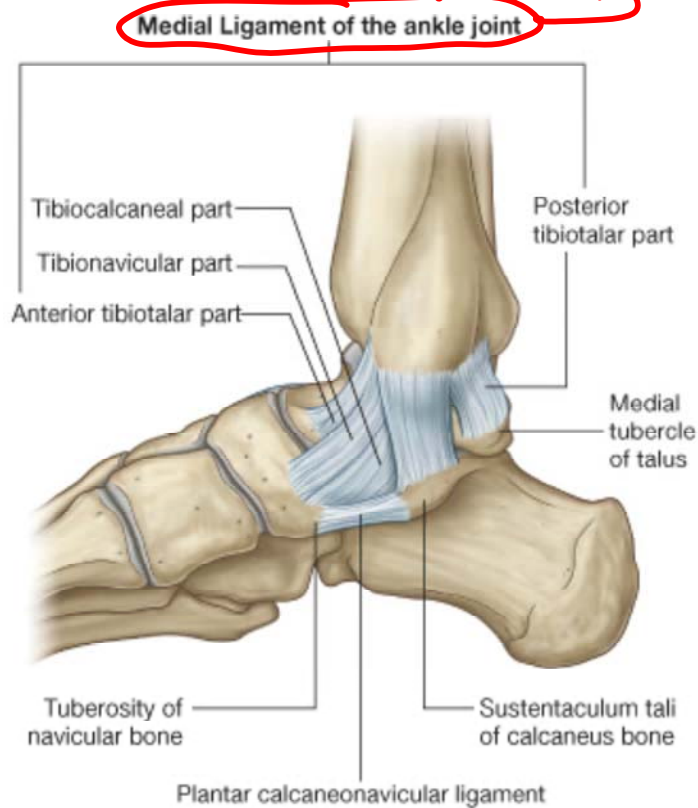


- Drop foot



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- Medial Ankle Sprain *Deltoid ligament*



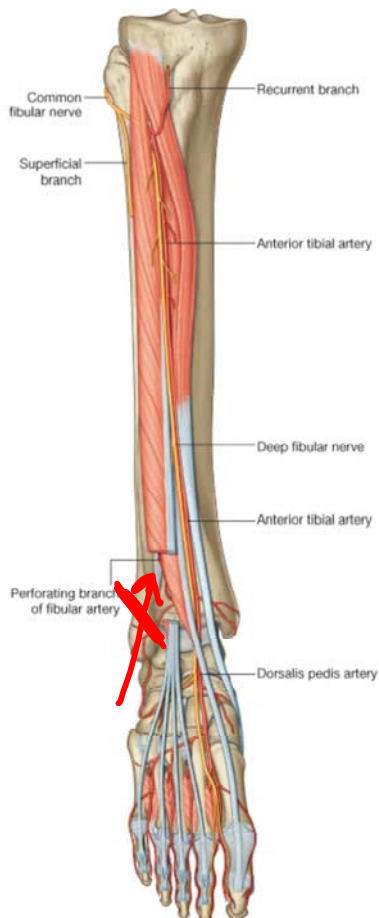
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- Lateral Ankle Sprain



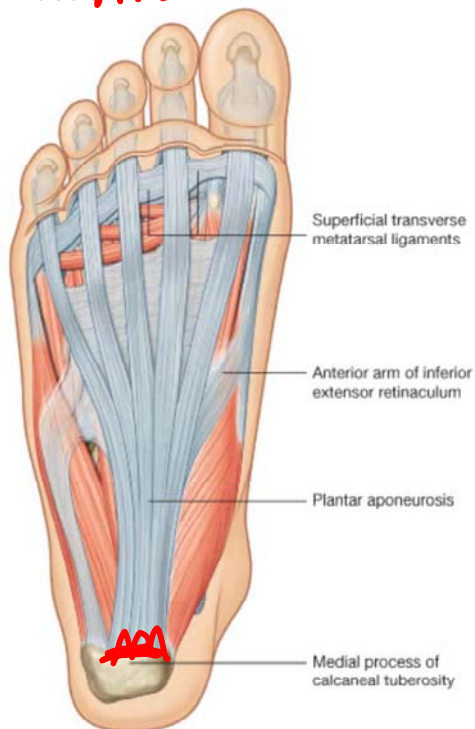
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- Anterior Compartment Syndrome



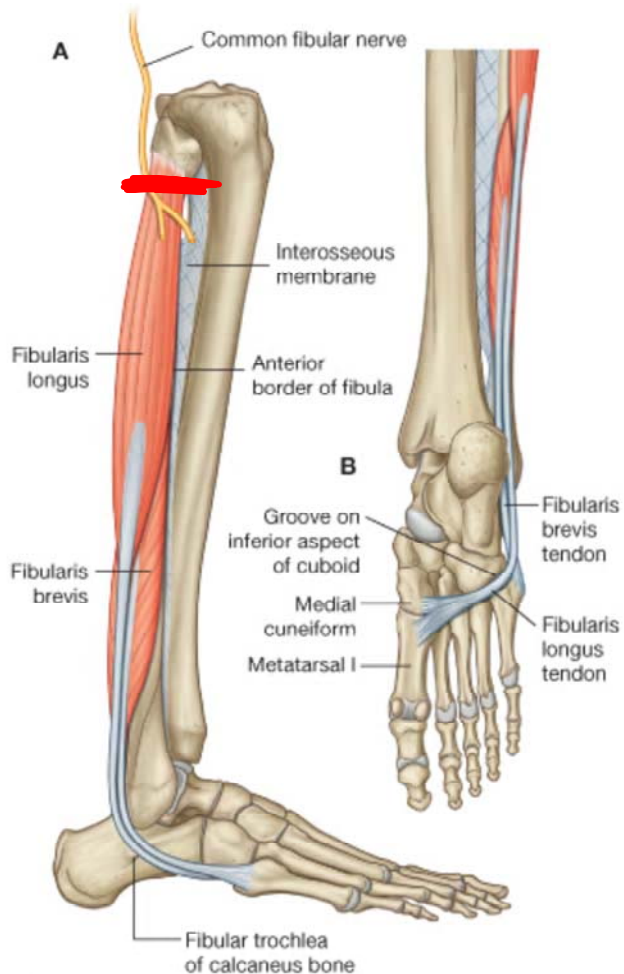
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- Plantar Fasciitis



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- Fibular fracture



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Plexuses, Muscle Tables, Cutaneous Innervation, Dermatomes, Myotomes

Muscle	Prox. attachment	Distal attachment	Action	Innervation
Gluteal Region				
Tensor fascia lata	Lateral aspect of crest of ilium between anterior superior iliac spine and tubercle of the crest	Iliotibial tract of fascia lata	Stabilizes the knee in extension	Superior gluteal n. [L4,L5,S1]
Gluteus maximus	Ilium behind posterior gluteal line, sacrum, coccyx, sacrotuberous ligament	Iliotibial tract of and gluteal tuberosity of femur	Powerful extensor of flexed femur at hip joint; lateral stabilizer of hip joint and knee joint	Inferior gluteal n. [L5,S1,S2]
Gluteus medius	Ilium between anterior and posterior gluteal lines	Greater trochanter	Abducts femur at hip joint; holds pelvis secure over stance leg and prevents pelvic drop on the opposite swing side during walking; hip internal rotation	Superior gluteal n. [L4,L5,S1]
Gluteus minimus	Ilium between anterior and inferior gluteal lines		Laterally rotates the hip joint	N. to piriformis [S1,S2] Nerve to the obturator internus and sup. gemellus [L5,S1,S2] Nerve to the inf. gemellus and quadratus femoris [L4,L5,S1]
Piriformis	Anterior surface of sacrum			
Superior gemellus	Ischial spine			
Obturator internus	Deep surface of obturator membrane and surrounding bone			
Inferior gemellus	Ischial tuberosity			
Quadratus femoris	Lateral aspect of the ischium just anterior to the ischial tuberosity	Intertrochanteric crest		
Anterior Compartment of the Thigh				
Psoas major	T12 to L5 transverse processes, vertebral bodies and discs	Lesser trochanter of femur	Flexes the thigh at the hip joint	Anterior rami [L1,L2,L3]
Iliacus	Iliac fossa			Femoral n. [L2,L3]
Sartorius	Anterior superior iliac spine	Inferomedial to tibial tuberosity (pes anserinus)	Flexes the thigh at the hip joint and flexes the leg at the knee joint	Femoral n. [L2,L3]

Plexuses, Muscle Tables, Cutaneous Innervation, Dermatomes, Myotomes

Muscle	Prox. attachment	Distal attachment	Action	Innervation
Anterior Compartment of the Thigh (continued)				
Rectus femoris	Anterior inferior iliac spine	Quadriceps femoris tendon	Flexes the thigh at the hip joint and extends the leg at the knee joint	Femoral n. [L2,L3,L4]
Vastus lateralis	Lateral part of intertrochanteric line, margin of greater trochanter, lateral margin of gluteal tuberosity, lateral lip of the linea aspera		Extends the leg at the knee joint	
Vastus medialis	Medial part of intertrochanteric line, pectineal line, medial lip of the linea aspera, medial supracondylar ridge			
Vastus intermedius	Femur: upper two-thirds of anterior and lateral surfaces			
Medial Compartment of the Thigh				
Pectineus	Pectineal line	Oblique line extending from base of lesser trochanter to linea aspera on posterior surface of proximal femur	Adducts and flexes thigh at hip joint	Femoral n. [L2,L3]
Adductor longus	Body of pubis	Linea aspera	Adducts and medially rotates thigh at hip joint	Obturator n. (anterior division) [L2,L3,L4]
Adductor brevis	Body of pubis and inferior pubic ramus			
Adductor magnus	Adductor part: ischiopubic ramus Hamstring part: ischial tuberosity	Adductor part: linea aspera Hamstring part: Adductor tubercle	Adducts and medially rotates thigh at hip joint	Adductor part: Obturator n. [L2,L3,L4], Hamstring part: tibial division of sciatic n. [L4] and Obturator n. [L2,L3]
Gracilis	Body and inf. ramus of pubic bone	Medial surface of proximal shaft of the tibia (pes anserinus)	Adducts thigh at hip joint and flexes leg at knee joint	Obturator n. [L2,L3]
Obturator externus	External surface of obturator membrane and adjacent bone	Trochanteric fossa	Laterally rotates the hip	Obturator n. (posterior division) [L3,L4]

Plexuses, Muscle Tables, Cutaneous Innervation, Dermatomes, Myotomes

Muscle	Prox. attachment	Distal attachment	Action	Innervation
Posterior Compartment of the Thigh				
Semitendinosus	Ischial tuberosity	Medial surface of proximal tibia (pes anserinus)	Flexes leg at knee joint and extends thigh at hip joint; medially rotates the thigh at the hip joint and leg at the knee joint	Tibial division of sciatic n. [L5 to S2]
Semimembranosus		Medial and posterior surface of medial tibial condyle		
Biceps femoris	Long head: ischial tuberosity Short head: lateral lip of linea aspera	Head of the fibula		Long head: Tibial division of sciatic n. [L5 to S2] Short head: Fibular division of sciatic n. [L5 to S2]

Plexuses, Muscle Tables, Cutaneous Innervation, Dermatomes, Myotomes

Muscle	Prox. attachment	Distal attachment	Action	Innervation
Anterior Compartment of the Leg				
Tibialis anterior	Tibia and interosseous membrane	Medial cuneiform and base of metatarsal 1	Dorsiflexion of foot at ankle joint; inversion of foot	Deep fibular n. [L4,L5]
Extensor digitorum longus	Fibula and lateral tibial condyle	Via dorsal digital expansions into toes 2-5	Extension of lateral toes 2-4 and dorsiflexion of foot	Deep fibular n. [L5,S1]
Extensor hallucis longus	Fibula and interosseous membrane	Distal phalanx of great toe	Extension of great tow and dorsiflexion of foot	
Fibularis (peroneus) tertius	Distal part of fibula	Base of metatarsal 5	Dorsiflexion and eversion of foot	
Lateral Compartment of the Leg				
Fibularis (peroneus) longus	Upper surface of fibula	Medial cuneiform and base of metatarsal 1	Eversion and plantarflexion of foot	Superficial fibular n. [L5,S1,S2]
Fibularis (peroneus) brevis	Lower surface of fibula	Base of metatarsal 5		
Posterior Compartment of the Leg (Superficial Group)				
Gastrocnemius	Medial head: superior to medial femoral condyle Lateral head: superior to lateral femoral condyle	Via calcaneal tendon, to posterior surface of calcaneus	Plantarflexes foot and flexes knee	Tibial n. [S1,S2]
Plantaris	Superior to lateral femoral condyle			
Soleus	Posterior aspect of tibia (soleal line) and posterior aspect of fibular head and shaft		Plantarflexes the foot	
Posterior Compartment of the Leg (Deep Group)				
Popliteus	Posterior surface of proximal tibia	Lateral femoral condyle	Unlocks knee joint (laterally rotates femur on fixed tibia)	Tibial n. [L4 to S1]
Flexor hallucis longus	Posterior surface of fibula and interosseous membrane	Distal phalanx of great toe	Flexes great toe	Tibial n. [S2,S3]
Flexor digitorum longus	Tibia	Distal phalanges of the toes 2-5	Flexes toes 2-5	
Tibialis posterior	Interosseous membrane, tibia, and fibula	Navicular, all cuneiform bones, and metatarsals 2-4	Inversion and plantarflexion of foot; support of medial arch of foot during walking	Tibial n. [L4,L5]