

The muscles of the feet

The muscles of the feet can be found on page 65 of the Anatomy Coloring Book

The muscles of the foot and ankle move the bones by moving the joints. The foot's movements on the anterior or front of the leg are for dorsiflexion the muscles are **tibialis anterior, extensor hallucis longus, extensor digitorum longus** and **peroneus tertius**.

The muscles involved in inversion are **extensor hallucis longus, tibialis anterior, tibialis posterior, flexor digitorum longus,** and **flexor hallucis longus**.

The muscles involved in plantar flexion are **peroneus longus, peroneus brevis, flexor hallucis longus, tibialis posterior** and **flexor digitorum longus**.

The muscles that move the toes are **extensor hallucis longus**, which creates dorsiflexion of the big toe and foot. **Extensor digitorum longus**, which creates dorsiflexion of toes 2-5. **Flexor digitorum longus**, which creates plantar flexion of toes 2-5 the most powerful flexor of the toes.

Flexor hallucis longus creates plantar flexion of the big toe and ankle, important in the propulsion phase of walking and keeps the balance when on tip toes. **Extensor digitorum brevis** creates dorsiflexion of toes 1-4. The **plantar interossei** and **dorsal interossei** create plantar flexion of the phalanges for the propulsion phase of walking. They also spread the toes apart.

The **Lumbricals** push the toes off the ground in walking. **Flexor digitorum brevis** creates plantar flexion of middle and proximal phalanges of toes 2-5, is the cause of claw foot.

Flexor hallucis brevis creates plantar flexion of the big toe. **Abductor hallucis** is a powerful muscle that plays an important role in keeping the big toe properly aligned during walking. It's action is abduction and flexion of the big toe. **Flexor digiti brevis** creates plantar flexion of the little toe. **Abductor digiti minimi's** action is abduction of the little toe and support of the lateral arch.