

## The muscles of the legs

The muscles in the legs are the **gastrocnemius** and the **soleus** in the lower leg. The **hamstrings** made up of three muscles the **semimembranosus**, **semitendinosus**, and the **biceps femoris**. The **quadriceps** made up of four muscles the **rectus femoris**, **vastus lateralis**, **vastus intermedius**, and the **vastus medialis**. The **iliotibial tract or IT band** runs on the outer edge of the leg. The **gracilis** in the inner leg and **Sartorius** runs from the outer leg across the quads into the inner leg. Tension in the gracilis and the sartorius cause the majority of knee issues.