

## ANATOMY OF THE MUSCLES OF THE LEGS

Refer to The Anatomy Coloring Book pages 60-64 (some of which you already colored in The Feet section)

The **gastrocnemius** and the **soleus** comprise the calf of the lower leg (p 64).

The **hamstrings (p 60)** are made up of three muscles: the **semimembranosus**, **semitendinosus**, and the **biceps femoris**.

The **quadriceps (p 62)** are 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 (p 61)** is in the inner leg and **sartorius (p 62)** runs from the outer leg across the quads into the inner leg. Tension in the gracilis and/or the sartorius cause the majority of knee issues.