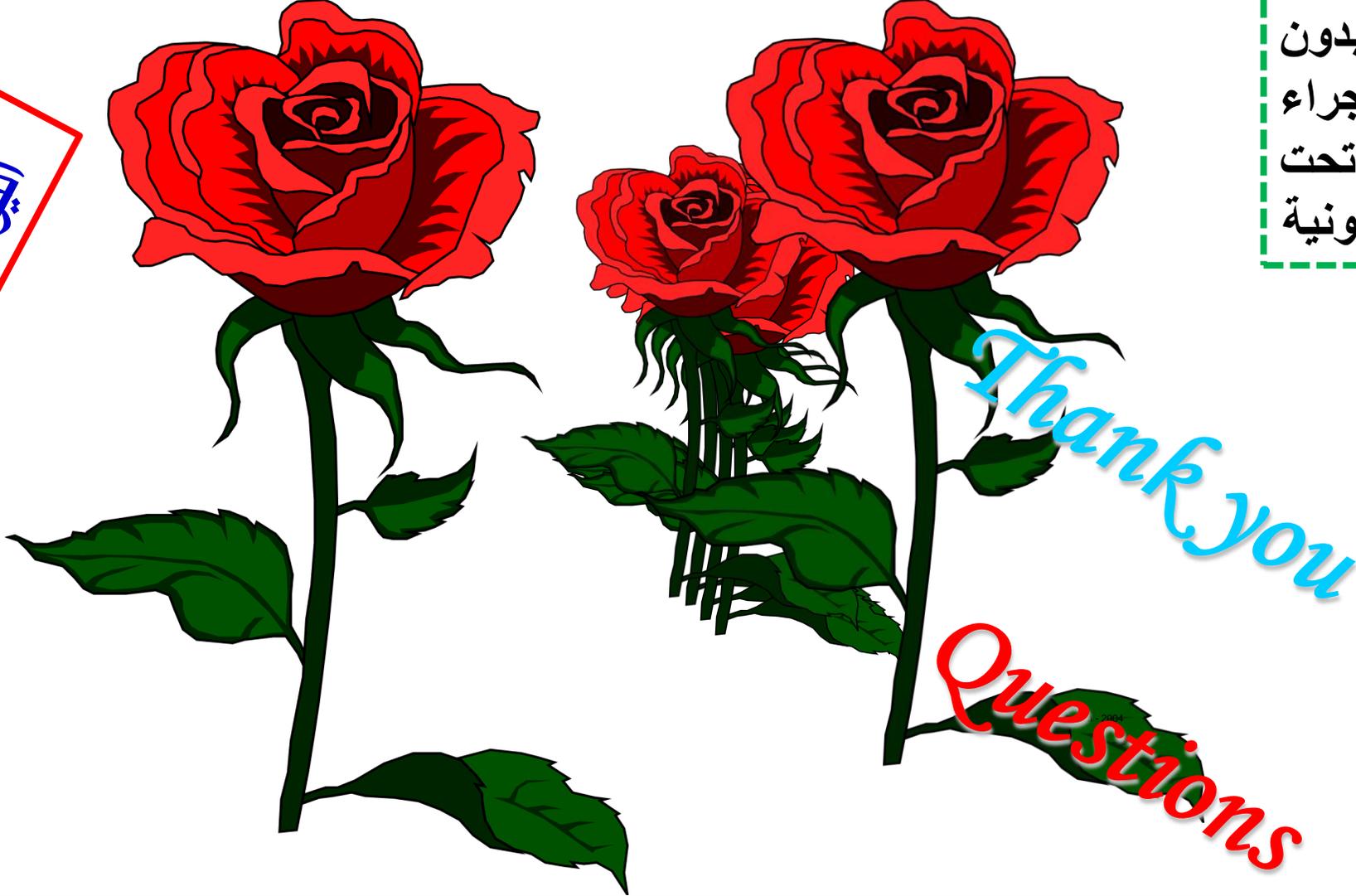


[https://www.youtube.com/channel/UCVSNqbibj9UWYaJdd\\_cn0PQ](https://www.youtube.com/channel/UCVSNqbibj9UWYaJdd_cn0PQ)

يُمنع أخذ السلايدات بدون  
إذن المحرر واي اجراء  
يخالف ذلك يقع تحت  
طائلة المسؤولية القانونية

اليوتيوب د. يوسف حسين



<https://www.youtube.com/@ProfDrYoussefHusseinAnatomy/playlists>

<https://www.youtube.com/@ProfDrYoussefHusseinAnatomy/playlists>

# Superficial muscles back of the leg

[Prof. Dr. Youssef Hussein Anatomy - YouTube](#)

**Dorsal aspect**

**Distal phalanx**  
**Proximal phalanx**

**Distal phalanx**  
**Middle phalanx**  
**Proximal phalanx**

**14 Phalanges**

**1 2 3 4 5**  
**Metatarsal**

**5 Metatarsal**

**Medial cuneiform**  
**Intermediate cuneiform**

**Lateral cuneiform**

**Cuboid**

**7 Tarsal**

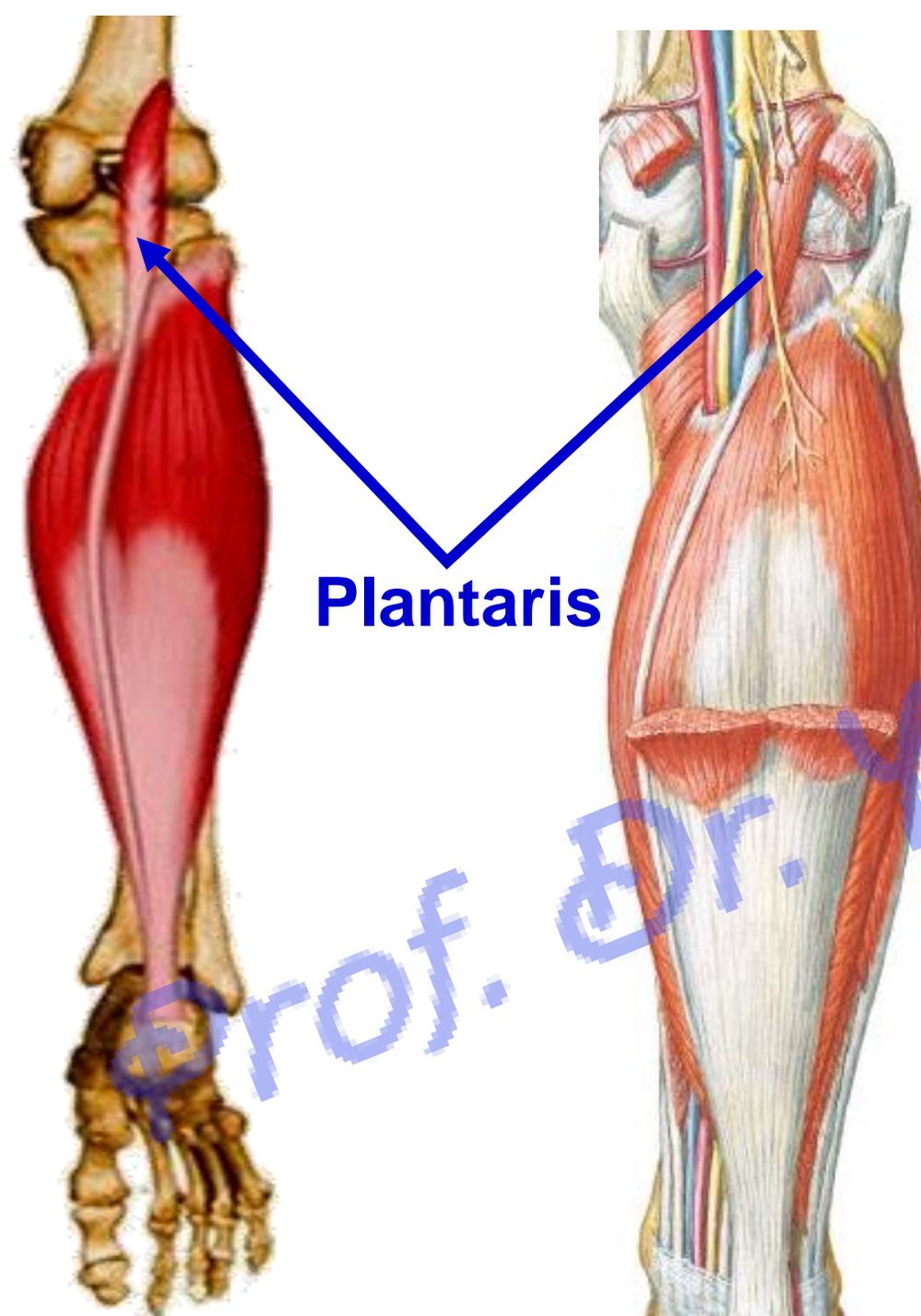
**Navicular**

**Talus**

**Calcaneus**

**Prof. Dr. Youssef Hussein Anatomy - YouTube**

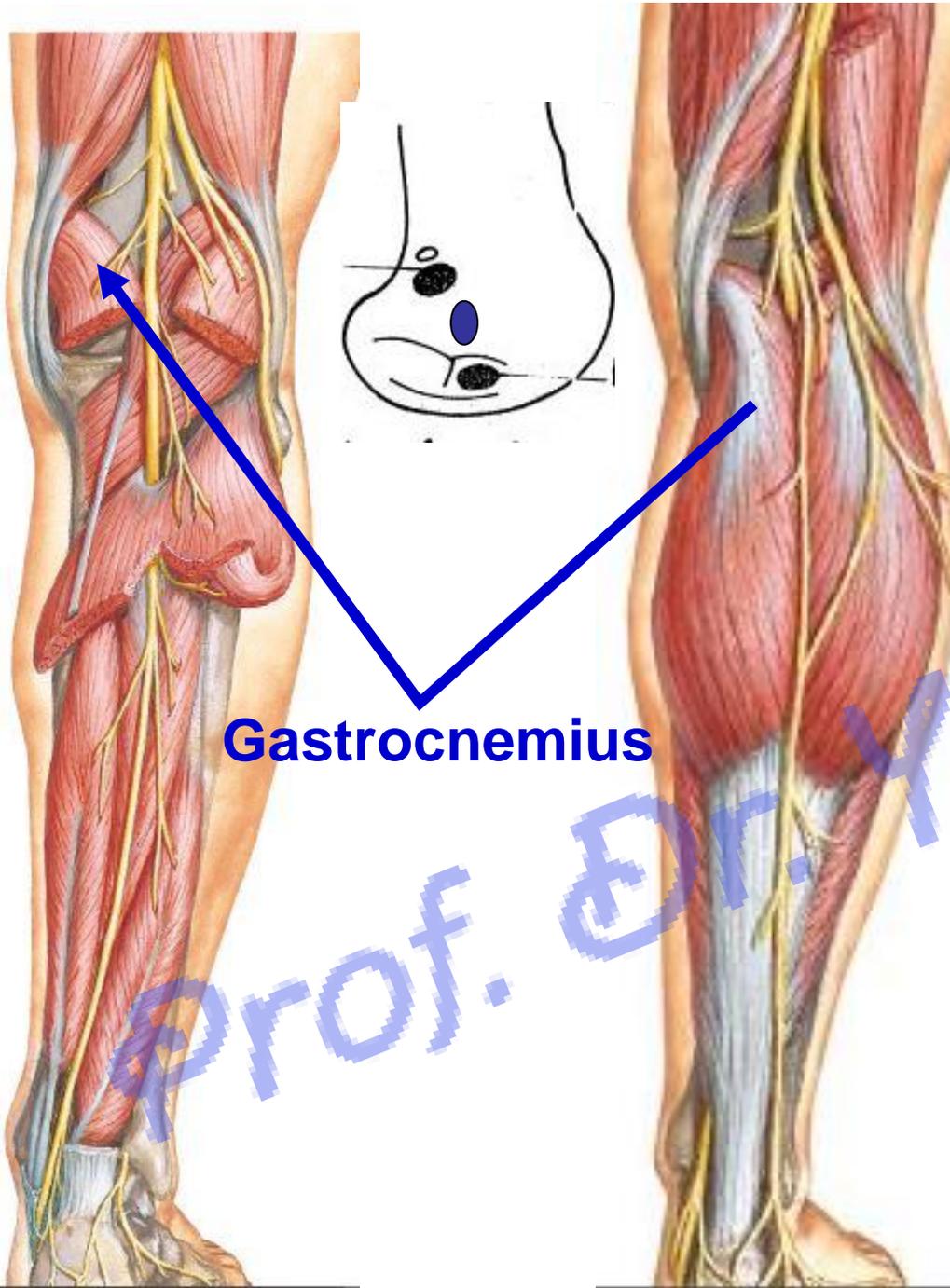




**Plantaris**

- **PLantaris**

- \*\* **Origin:** from the popliteal surface of the femur just above the Lateral condyle.
- **The muscle may be absent.**
- \*\* **Course;** It is a long slender tendon which descends between the gastrocnemius and soleus.
- \*\* **Insertion,** either Into the tendocalcaneus.
  - OR separately in the posterior surface of the calcaneus.
- \*\* **Nerve supply:** Tibial nerve.
- \*\* **Actions:** Plantar Flexion of the foot.



**Gastrocnemius**

- **Gastrocnemius**

**\*\* Origin:** by 2 heads:

**1- Medial head:** From the popliteal surface of the femur just above the medial condyle.

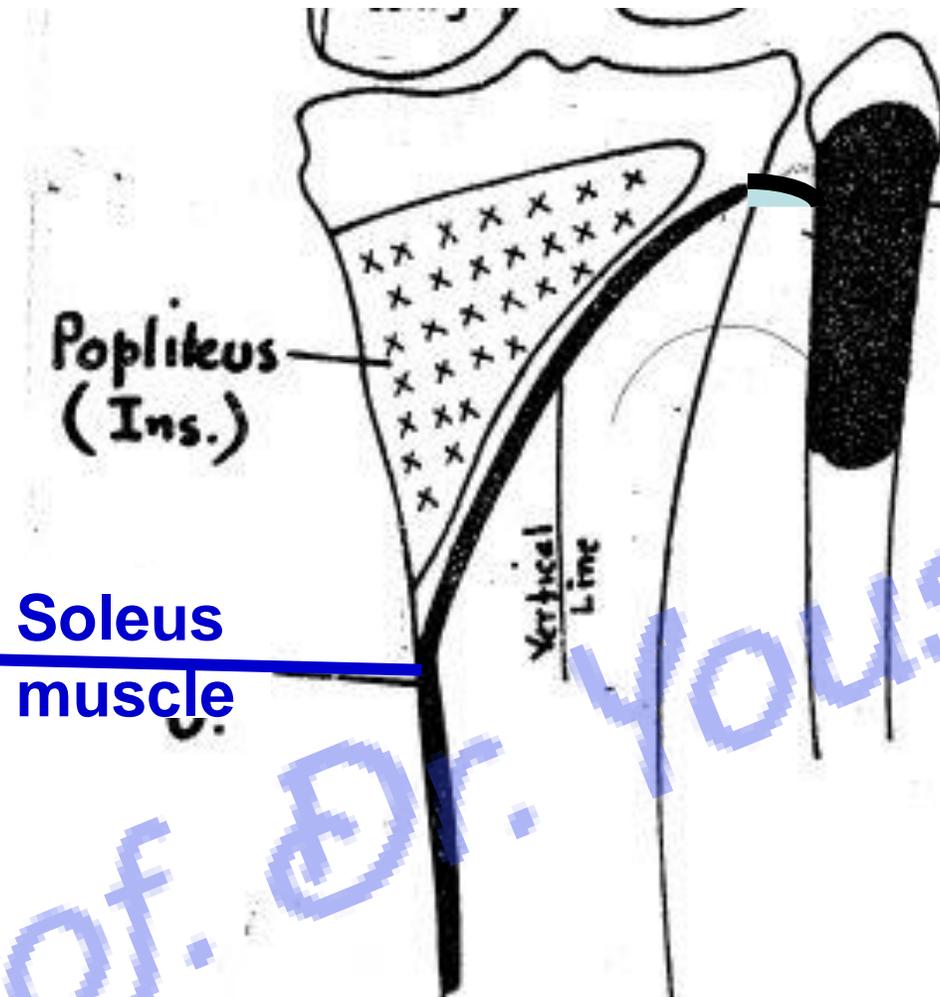
**2- Lateral head:** from lateral surface of lateral condyle of femur above and behind the lateral epicondyle. It contains sesamoid bone called **Fabella**.

**\*\* Insertion:** Tendocalcaneus into the middle of the posterior surface of the calcaneus.

**\*\* Nerve supply:** Tibial nerve (each head receive separate branch).

**\*\* Actions:** 1- Plantar flexion of the foot (at ankle joint).

2- Flexion of the knee joint.



## • Soleus

### \*\* Origin: from

- 1- Upper 1/3 of posterior surface of fibula.
- 2- Back of the head of the fibula.
- 3- Tendinous arch (between head of fibula and soleal line).
- 4- Soleal line of the tibia
- 5- Middle 1/3 of medial border of tibia.

\*\* **Insertion:** into the tendocalcaneus.

\*\* **Nerve supply:** Double nerve supply.

**1- Its superficial surface,** branch from the tibial nerve in the popliteal fossa.

**2- Its deep surface,** branch from the posterior tibial nerve in the leg.

\*\* **Action:** powerful plantar flexor of the foot (acted only on the ankle joint).

[dr\\_youssefhussein@yahoo.com](mailto:dr_youssefhussein@yahoo.com)

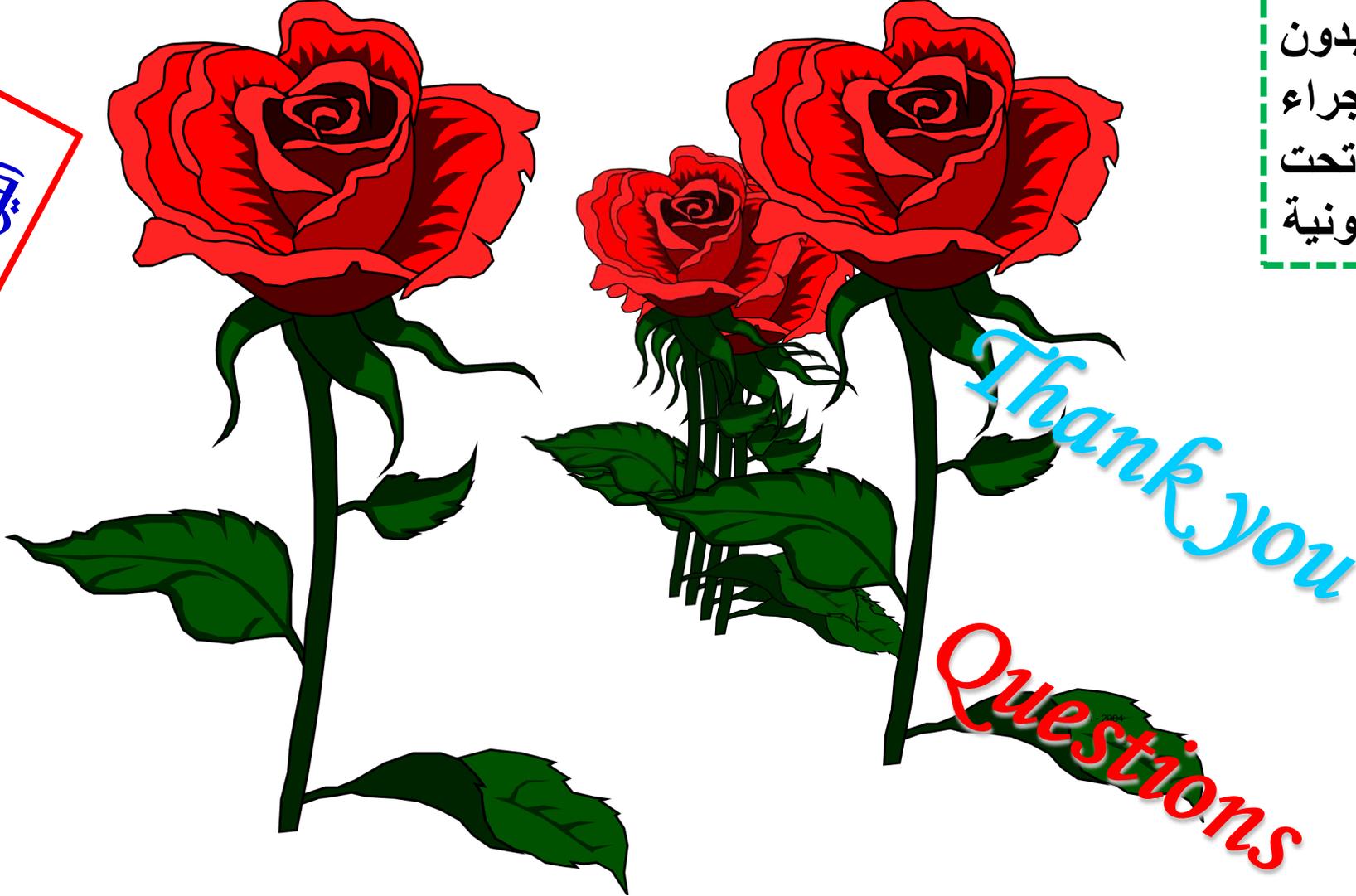
## ❖ **Tendocalcaneus (Tendo-Achilles = Tennis player)**

- It receives insertion of **Gastrocnemius, soleus and** plantaris muscles.
- It ends in the middle of the posterior surface of the calcaneus.
- Tendocalcaneus is the strongest and thickest tendon of the body.
- **Soleus** muscle has a very strong but slow action (**like 1<sup>st</sup> gear of car**).
- When movement is under way, the quicker acting **gastrocnemius** increases the speed (**like the top gear of the car**) e.g. in **running**.
- The 2 heads of gastrocnemius and soleus are called **triceps surae**.
- **The soleus muscle** contains a **rich venous plexus** which drains the superficial veins and pumps it to the deep veins against gravity (**peripheral heart**). So, it liable to **deep venous thrombosis** especially with old age, bed rest for a long time, sitting for long time, or fracture neck of femur
- Rupture of tendocalcaneus leading to walking disability and running is impossible.
- **Rupture of tendon of plantaris leading to sudden and severe pain**. Due to pushing a heavy item (ground) or trauma to ankle joint during stretch of plantaris (plantar flexion of ankle joint) while simultaneously keeping knee joint straight

[https://www.youtube.com/channel/UCVSNqbibj9UWYaJdd\\_cn0PQ](https://www.youtube.com/channel/UCVSNqbibj9UWYaJdd_cn0PQ)

يُمنع أخذ السلايدات بدون  
إذن المحرر واي اجراء  
يخالف ذلك يقع تحت  
طائلة المسؤولية القانونية

اليوتيوب د. يوسف حسين



<https://www.youtube.com/@ProfDrYoussefHusseinAnatomy/playlists>