

Summary of LEC 10 - Anatomy

Compartment Of Leg (3 compartment)

Anterior

4 muscles

group A + group B → *biacromial head*

*Tibialis Anterior Extensor Digitorum Longus
*Fibularis Tertius Extensor Hallucis Longus

• The function?

1. Dorsiflex and Invert the foot
at the ankle joint (A+B)

2. group B extend the toes

• Muscles of Anterior compartment
are innervated by Deep fibular nerve

• Blood is supplied via Anterior tibial artery

Lateral

2 muscles

→ peroneal (fibularis) Longus
→ peroneal (fibularis) brevis

• The function?

1. eversion ⇒ Sole of the foot outwards
2. fix the medial margin of the foot
during running and prevent excessive inversion

innervated by → Superficial fibular nerve

posterior

7 muscles

→ Superficial → Deep

* Between superficial and deep there is band of fascia

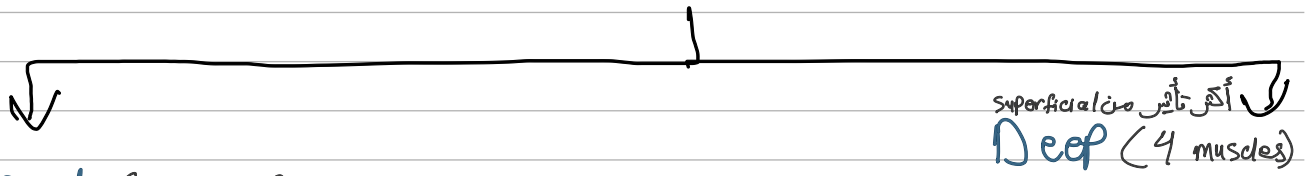
* The posterior Largest of the 3 compartment

• The function?

The all 7 muscles
plantarflex and Invert
the foot

innervated by → Tibial nerve
↳ Terminal branch of the
Sciatic nerve

The posterior compartment of the leg



Superficial (3 muscles)

تتميز → Calf shape of the posterior leg

* The all posterior compartment of leg are insert into the calcaneus via **Calcaneal tendon**

Calf often exposed to friction, and the friction is reduced through? The **two** **bursae** (fluid filled sacs: أكياس مملوءة بالسوائل) associated with the calcaneal tendon

one * **Subcutaneous calcaneal bursa** (Between the skin and calcaneal tendon)

two * **Deep bursa of calcaneal tendon** (Between the tendon and calcaneus)

3 * **Gastrocnemius**: The most superficial of the muscles in the posterior leg

→ has 2 heads - medial and lateral which converge to form a single muscle belly

Deep (4 muscles)

الفخذ
→ **Popliteus**: - Located superiorly in the leg
- behind the knee joint
- forming the base of popliteal fossa

→ **Tibialis posterior**:
- The deepest out of 4 muscles
- It lies between the flexor digitorum longus and flexor hallucis longus

→ **Flexor digitorum longus (FDL)**
- $FDL < FHL$
- Located medially in the P.L

→ **Flexor hallucis longus (FHL)**
- Lateral side of leg

Good Luck

Important Note:

التخمين لا يعنى عن دراية المحاضر من العلم باليد - مع العلم انه تم نقل أهم النقاط فيها -