



...going one step further



M20

Latin

Extremitas Inferior

- 1 Femur, caput
- 2 Trochanter major
- 3 Patella
- 4 Tibia
- 5 Fibula
- 6 Malleolus medialis
- 7 Malleolus lateralis
- 8 Os metatarsale I
- 9 Calcaneus
- 10 Tendo calcanei

Musculi

- 11 M. gluteus maximus
- 12 M. gluteus medius
- 13 M. piriformis
- 14 M. gemellus superior
- 15 M. obturatorius internus
- 16 M. gemellus inferior
- 17 M. quadratus femoris
- 18 M. tensor fasciae latae
- 19 Tractus iliotibialis
- 20 M. rectus femoris
- 21 M. vastus lateralis
- 22 M. vastus intermedius
- 23 M. vastus medialis
- 24 M. sartorius
- 25 M. iliopsoas
- 26 M. adductor longus
- 27 M. gracilis
- 28 M. adductor magnus
- 29 M. semimembranosus
- 30 M. semitendinosus
- 31 M. biceps femoris, caput longum
- 32 M. biceps femoris, caput breve
- 33 M. tibialis anterior
- 34 M. extensor digitorum longus pedis
- 35 M. fibularis (peroneus) longus
- 36 M. fibularis (peroneus) brevis
- 37 M. gastrocnemius, caput laterale
- 38 M. gastrocnemius, caput mediale
- 39 M. soleus
- 40 M. tibialis posterior
- 41 M. popliteus
- 42 M. flexor digitorum longus pedis
- 43 M. flexor hallucis longus
- 44 M. extensor hallucis longus
- 45 M. extensor hallucis brevis
- 46 M. extensor digitorum brevis pedis
- 47 M. abductor digiti minimi pedis
- 48 M. flexor digiti minimi brevis pedis
- 49 M. flexor digitorum brevis pedis
- 50 M. lumbricalis pedis

- 51 M. flexor hallucis brevis
- 52 M. abductor hallucis
- 53 Mm. interossei dorsales pedis
- 54 M. rectus femoris, tendo
- 55 M. sartorius, tendo
- 56 Retinaculum musculorum extensorum inferius
- 57 Retinaculum musculorum fibularium (peroneorum) superius
- 58 Retinaculum musculorum fibularium (peroneorum) inferius
- 59 M. extensor hallucis longus, tendo
- 60 M. extensor digitorum longus pedis, tendines
- 61 M. fibularis (peroneus) brevis, tendo
- 62 M. fibularis (peroneus) longus, tendo
- 63 Aponeurosis plantaris

Vasa

- 64 A. glutealis superior
- 65 A. glutealis inferior
- 66 A. circumflexa femoris medialis
- 67 A. femoralis
- 68 V. femoralis
- 69 A. circumflexa femoris lateralis, ramus ascendens
- 70 A. circumflexa femoris lateralis, ramus descendens
- 71 A. profunda femoris
- 72 A. poplitea
- 73 V. poplitea
- 74 A. superior medialis genus
- 75 A. superior lateralis genus
- 76 A. inferior medialis genus
- 77 A. inferior lateralis genus
- 78 A. tibialis posterior
- 79 V. tibialis posterior
- 80 A. tibialis anterior
- 81 A. fibularis
- 82 A. malleolaris anterior lateralis

Nervi

- 83 N. ischiadicus
- 84 N. femoralis
- 85 N. tibialis
- 86 N. fibularis communis
- 87 N. fibularis profundus
- 88 N. fibularis superficialis

Muscular Leg

English

Inferior extremity

- 1 Head of femur (femoral head)
- 2 Greater trochanter
- 3 Patella
- 4 Tibia (shin bone)
- 5 Fibula
- 6 Medial malleolus
- 7 Lateral malleolus
- 8 Metatarsal bone I
- 9 Calcaneus (heel bone)
- 10 Heel tendon

Muscles

- 11 Gluteus maximus muscle
- 12 Gluteus medius muscle
- 13 Piriformis muscle
- 14 Gemellus superior muscle
- 15 Obturator internus muscle
- 16 Gemellus inferior muscle
- 17 Quadratus femoris muscle
- 18 Tensor fasciae latae muscle
- 19 Iliotibial tract
- 20 Rectus femoris muscle
- 21 Vastus lateralis muscle
- 22 Vastus intermedius muscle
- 23 Vastus medialis muscle
- 24 Sartorius muscle
- 25 Iliopsoas muscle
- 26 Adductor longus muscle
- 27 Gracilis muscle
- 28 Adductor magnus muscle
- 29 Semimembranosus muscle
- 30 Semitendinosus muscle
- 31 Long head of biceps femoris muscle
- 32 Short head of biceps femoris muscle
- 33 Tibialis anterior muscle
- 34 Extensor digitorum longus muscle (of foot)
- 35 Peroneus longus muscle
- 36 Peroneus brevis muscle
- 37 Lateral (great) head of gastrocnemius muscle
- 38 Medial head of gastrocnemius muscle
- 39 Soleus muscle
- 40 Tibialis posterior muscle
- 41 Popliteus muscle
- 42 Flexor digitorum longus muscle
- 43 Flexor hallucis longus muscle
- 44 Extensor hallucis longus muscle
- 45 Extensor hallucis brevis muscle
- 46 Extensor digitorum brevis muscle of foot
- 47 Abductor digiti minimi muscle of foot
- 48 Flexor digiti minimi brevis muscle of foot
- 49 Flexor digitorum brevis muscle
- 50 Lumbrical muscle of foot

- 51 Flexor hallucis brevis muscle
- 52 Abductor hallucis muscle
- 53 Dorsal interosseous muscles of foot
- 54 Tendon of rectus femoris muscle
- 55 Tendon of sartorius muscle
- 56 Cruciate ligament of ankle
- 57 Superior peroneal retinaculum
- 58 Inferior peroneal retinaculum
- 59 Tendon of extensor hallucis longus muscle
- 60 Tendons of extensor digitorum longus pedis muscle
- 61 Tendon of peroneus brevis muscle
- 62 Tendon of peroneus longus muscle
- 63 Plantar aponeurosis

Vessels

- 64 Superior gluteal artery
- 65 Inferior gluteal artery
- 66 Medial circumflex femoral artery
- 67 Femoral artery
- 68 Femoral vein
- 69 Ascending branch of medial circumflex femoral artery
- 70 Descending branch of lateral circumflex femoral artery
- 71 Deep femoral artery
- 72 Popliteal artery
- 73 Popliteal vein
- 74 Medial superior artery of knee
- 75 Lateral superior artery of knee
- 76 Medial inferior artery of knee
- 77 Lateral inferior artery of knee
- 78 Posterior tibial artery
- 79 Posterior tibial vein
- 80 Anterior tibial artery
- 81 Fibular artery (peroneal artery)
- 82 Lateral anterior malleolar artery

Nerves

- 83 Sciatic nerve
- 84 Femoral nerve
- 85 Tibial nerve
- 86 Common fibular nerve
- 87 Deep peroneal nerve
- 88 Superficial fibular nerve