

Posterior Calf Muscles

PLANTARIS

O: Lateral supracondylar ridge of femur, oblique popliteal lig.

I: Posterior surface of calcaneus

A: Plantar flexes foot, flexes leg

N: Tibial N. (L4, L5, S1)



GASTROCNEMIUS

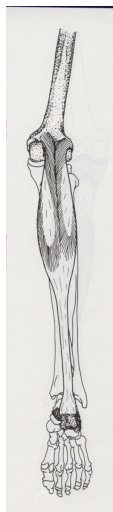
O: Lat Head: lateral condyle and posterior surface of femur

Med Head: popliteal surface of femur above medial condyle

I: Posterior surface of the calcaneus

A: Plantar flex, flexes leg at knee

N: Tibial N. (S1,S2)



SOLEUS

O: Posterior surface of the tibia, upper third of posterior surface of fibula,

I: Posterior surface of the calcaneus

A: Plantar flexes foot

N: Tibial N. (S1,S2)



