



YMCA Awards

Level 3 Applied anatomy and
physiology

2018

Level 3 Applied anatomy and physiology

Muscles of the lower leg

Tibialis anterior



Origin

Lateral condyle of tibia, upper half of lateral surface of tibia, and interosseous membrane

Insertion

Underside of medial cuneiform bone and first metatarsal

Joint crossed

Ankle

Joint action

Ankle dorsiflexion

Sub-talar joint inversion (turns sole of foot inwards)

Gastrocnemius



Origin

Condyles of femur, just above the knee

Insertion

Calcaneus via calcaneal (Achilles) tendon

Joints crossed

Ankle and knee

Joint action

Ankle plantar flexion

Assists in knee flexion

Soleus



Origin

Tibia, fibula and interosseous membrane

Insertion

Calcaneus via calcaneal (Achilles) tendon

Joint crossed

Ankle

Joint action

Ankle plantar flexion

