

ANATOMY OF LOWER LIMB

PRACTICAL LECTURE - 13 -

MUSCLES / PART 9

MUSCLES OF THE FOOT

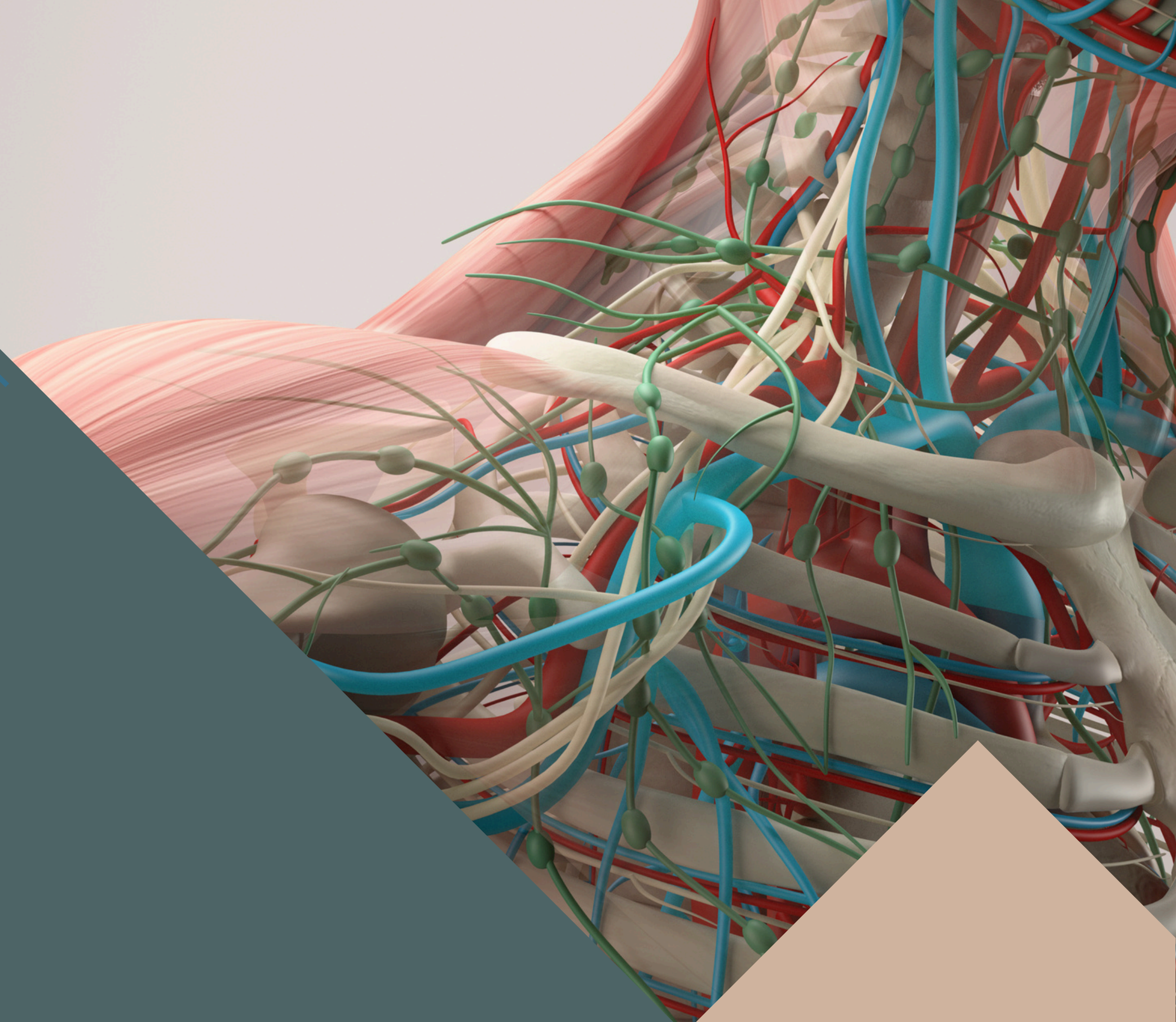
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MUSCLES OF THE FOOT



ADDUCTOR HALLUCIS

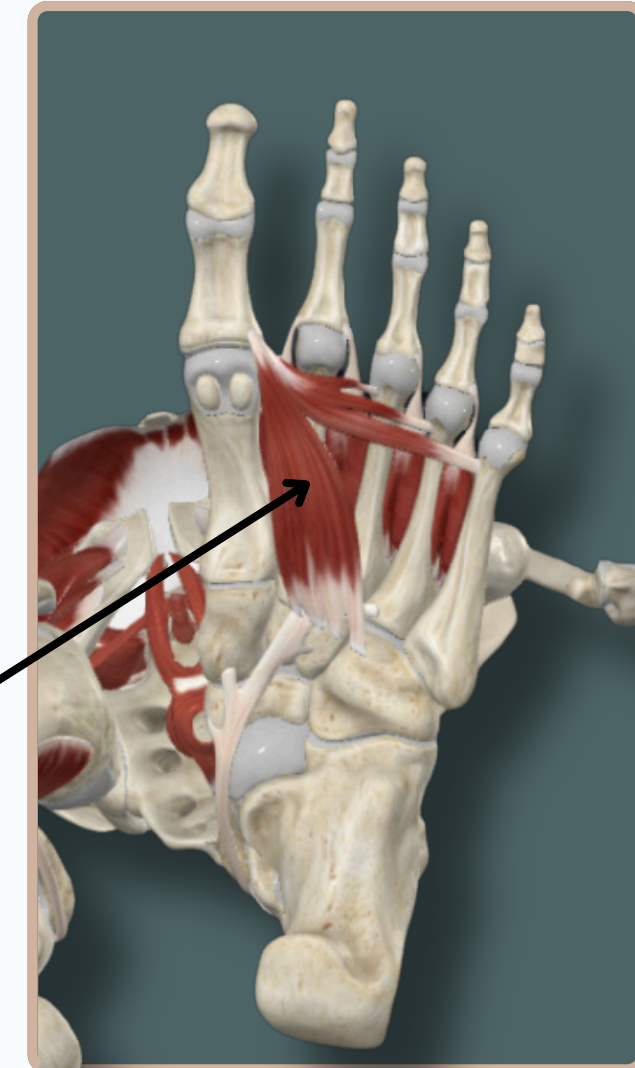
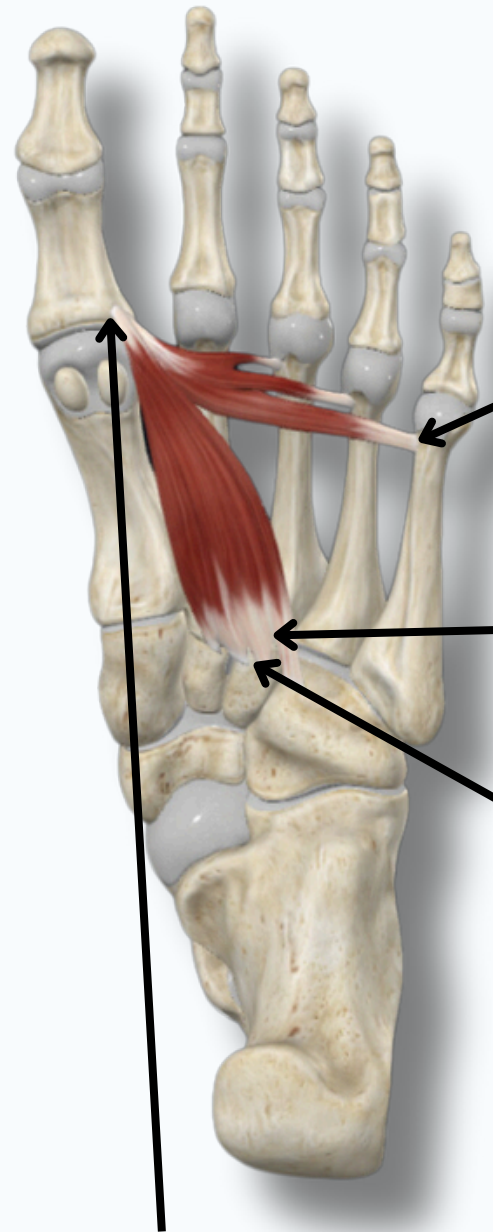
Origin :

Transverse Head : Plantar ligaments of **metatarsophalangeal** joints and deep **transverse metatarsal ligament**.

Oblique Head : Plantar aspects of bases of **second to fourth metatarsal** bones and tendon of **fibularis longus** muscle.

Adductor hallucis

Insertion : Lateral aspect of base of proximal phalanx of **great toe**.





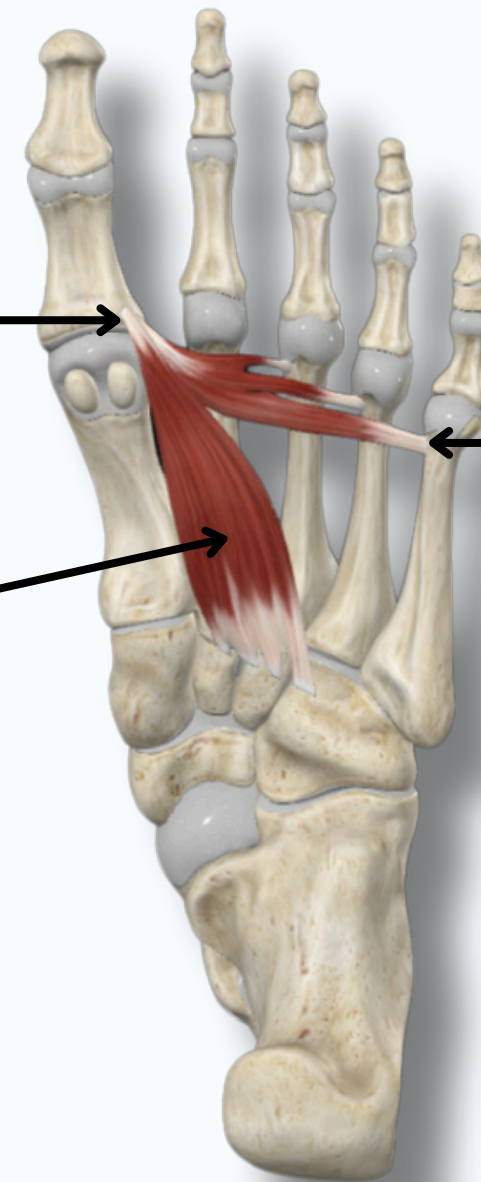
MUSCLES OF THE FOOT



ADDUCTOR HALLUCIS

Insertion : Lateral aspect of base of proximal phalanx of **great toe.**

Adductor hallucis



Origin :

Transverse Head : Plantar ligaments of metatarsophalangeal joints and deep transverse metatarsal ligament.

Action :

Transverse Head : **Adducts** great **toe** at its metatarsophalangeal joint.

Nerve Supply :

Transverse Head : Deep branch of **Lateral Plantar Nerve**



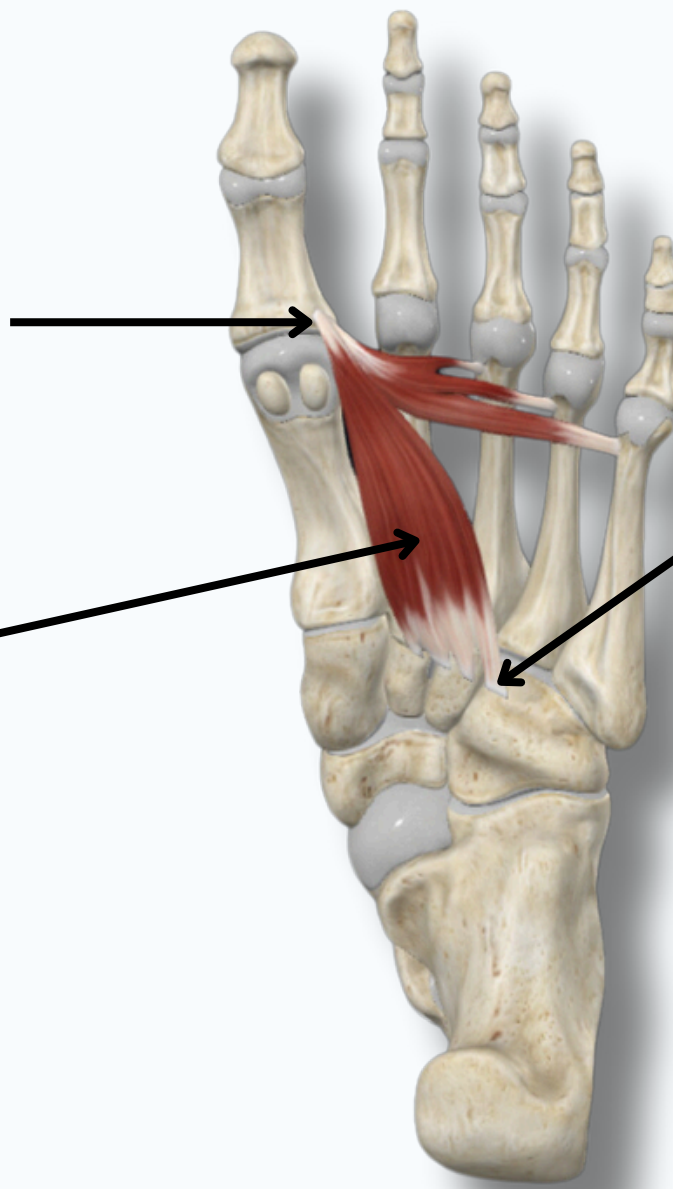
MUSCLES OF THE FOOT



ADDUCTOR HALLUCIS

Insertion : Lateral aspect of base of proximal phalanx of **great toe.**

Adductor hallucis



Origin :

Oblique Head : Plantar aspects of bases of **second to fourth metatarsal** bones and tendon of **fibularis longus** muscle.

Action :

Transverse Head : **Adducts** great **toe** at its metatarsophalangeal joint.

Nerve Supply :

Transverse Head : Deep branch of **Lateral Plantar Nerve**



MUSCLES OF THE FOOT



ABDUCTOR DIGITI MINIMI



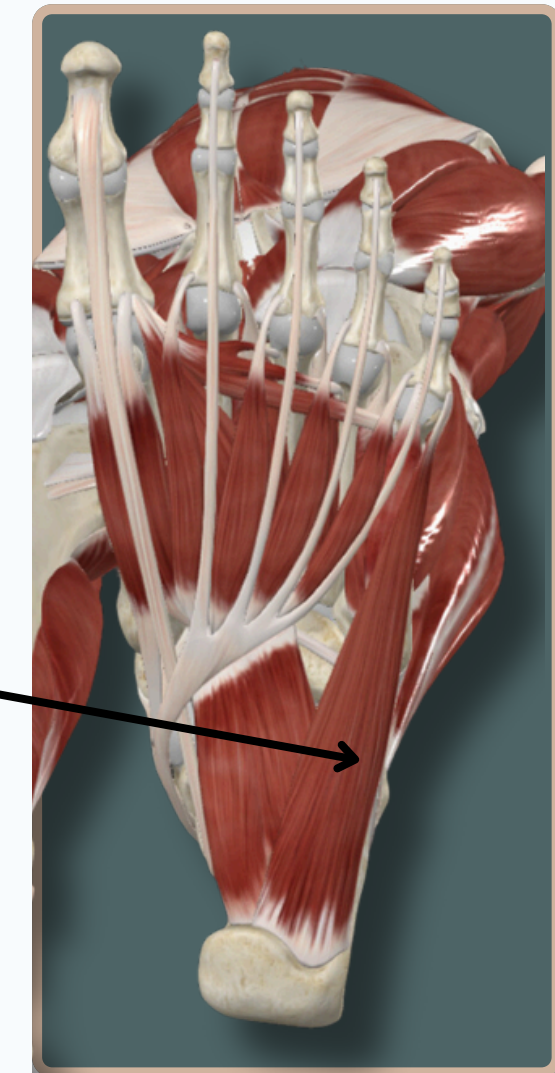
Insertion : Base of proximal phalanx of **fifth toe**

Adductor hallucis

Origin : Medial tuberosity of **calcaneum**

Action :

- Flexes** and **abducts** fifth toe
- braces** lateral **longitudinal arch**



Nerve Supply :
Medial Plantar Nerve



MUSCLES OF THE FOOT

FLEXOR DIGITORUM BREVIS

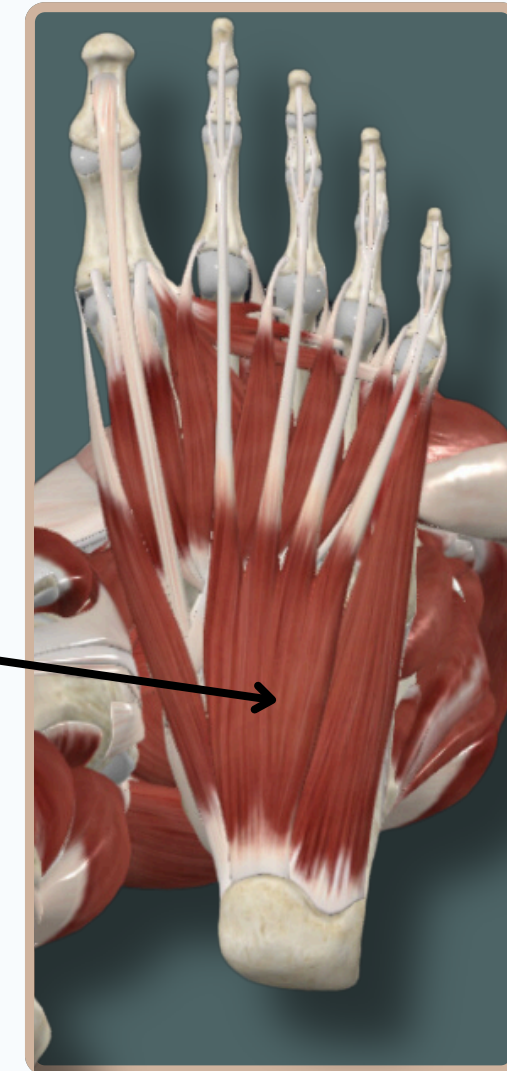


Insertion :

- Four tendons to **four lateral toes**- inserted into borders of **middle phalanx**
- Tendons perforated by those of **flexor digitorum longus**

Flexor digitorum brevis

Origin : Medial tuberosity of **calcaneum**



Action :

- Flexes lateral **four toes**
- braces medial and lateral **longitudinal arches**

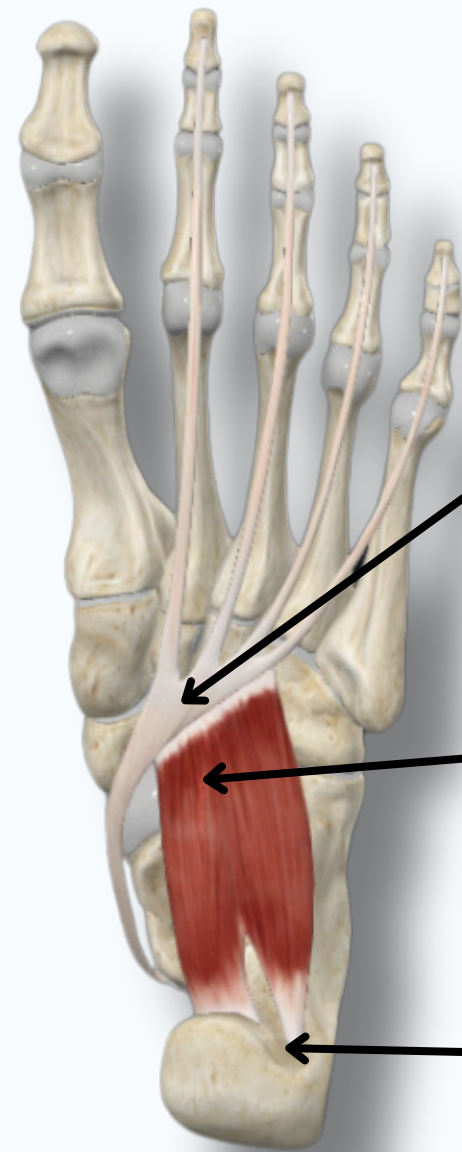
Nerve Supply :
Medial Plantar Nerve



MUSCLES OF THE FOOT



QUADRATUS PLANTAE



Insertion :

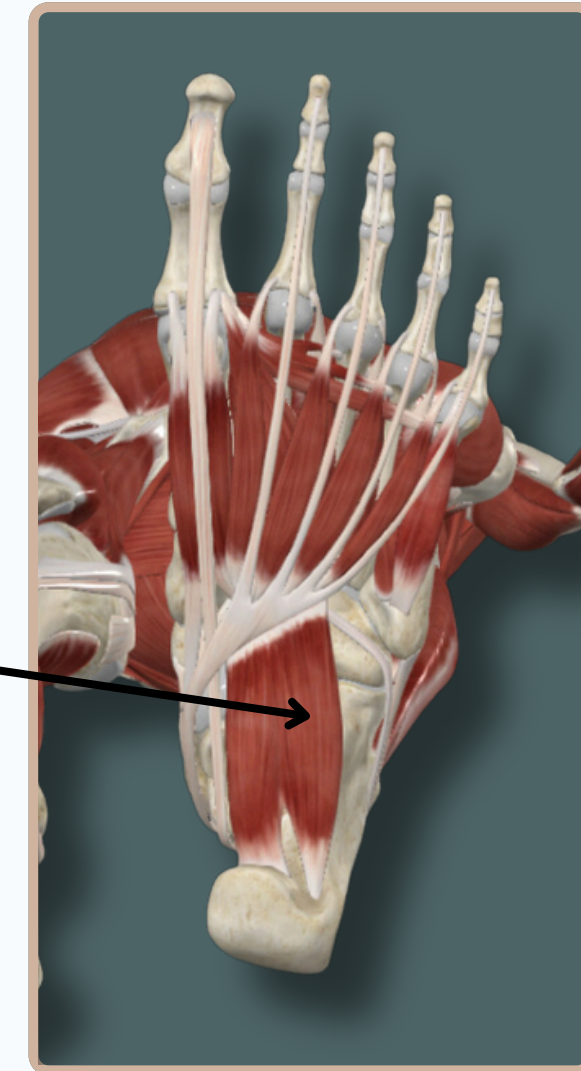
Tendon of **flexor digitorum longus** muscle.

Quadratus plantae

Origin : Medial and lateral aspects of plantar surface of **calcaneus**.

Action :

Assists flexor digitorum longus in **flexing** lateral **four toes**



Nerve Supply :

Lateral Plantar Nerve



MUSCLES OF THE FOOT



LUMBRICAL

Insertion :

- Dorsal extensor expansion
- bases of proximal phalanges of **lateral four toes**

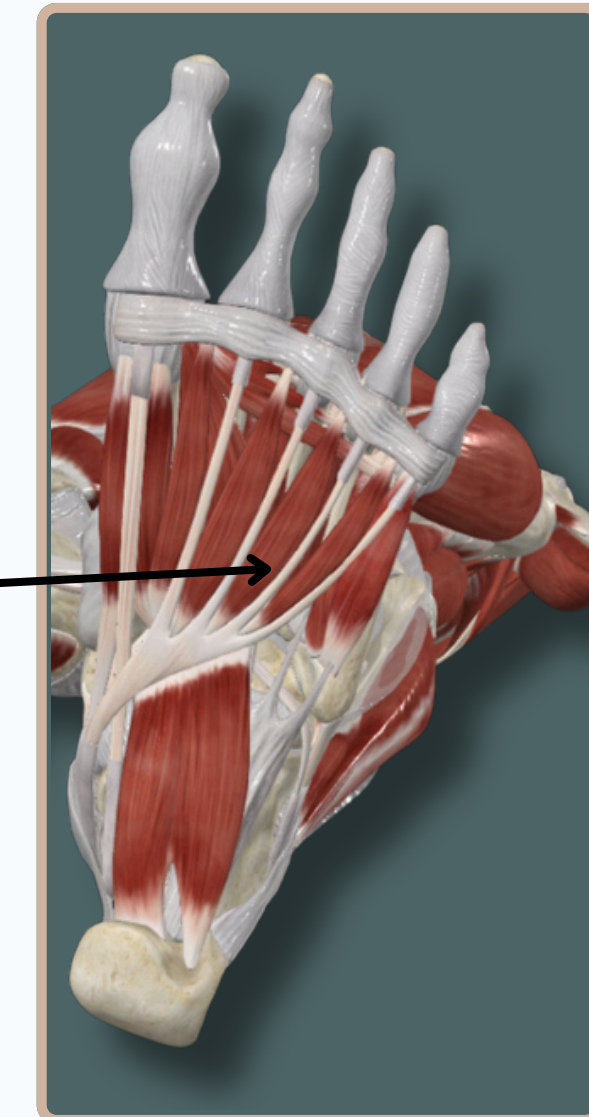
Lumbrical

Origin :

- Tendons of flexor digitorum longus that travel to the **second and third toes.**

Action :

Extends toes at interphalangeal joints



Nerve Supply :

Deep Branch of **Lateral Plantar Nerve**



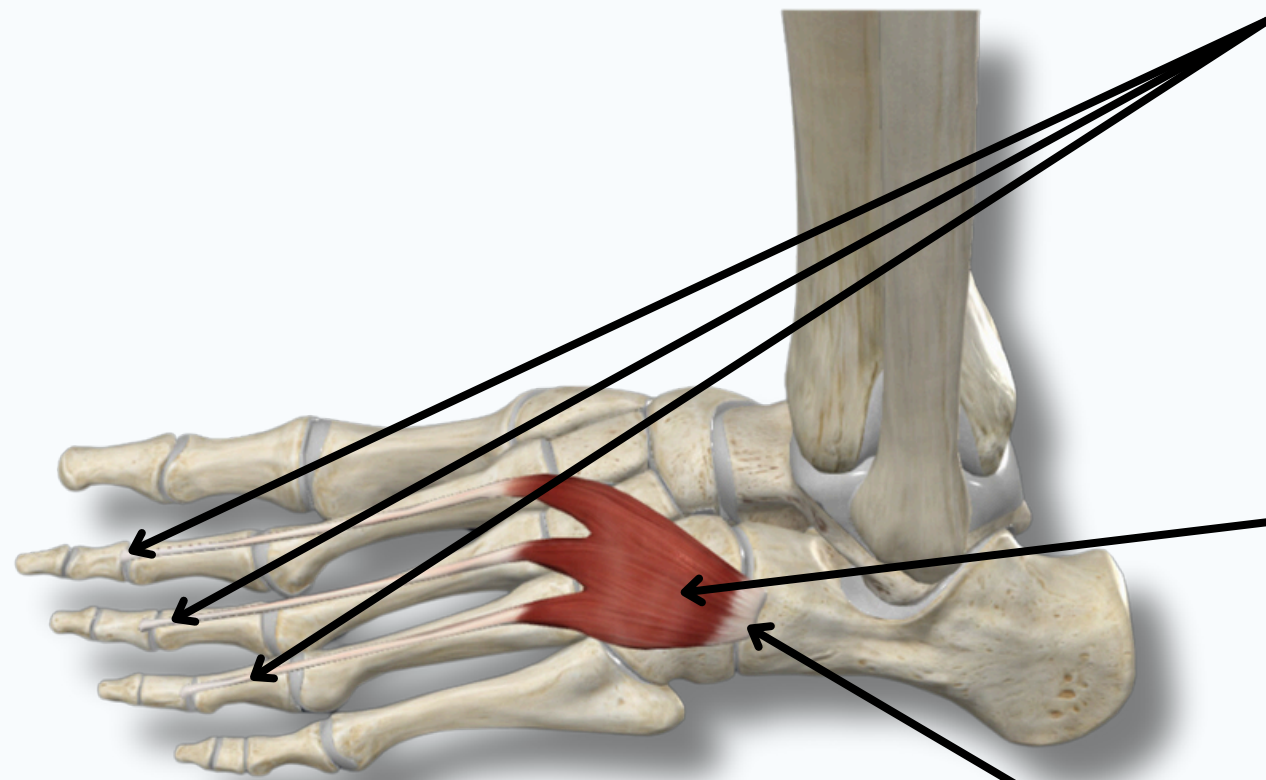
MUSCLES OF THE FOOT



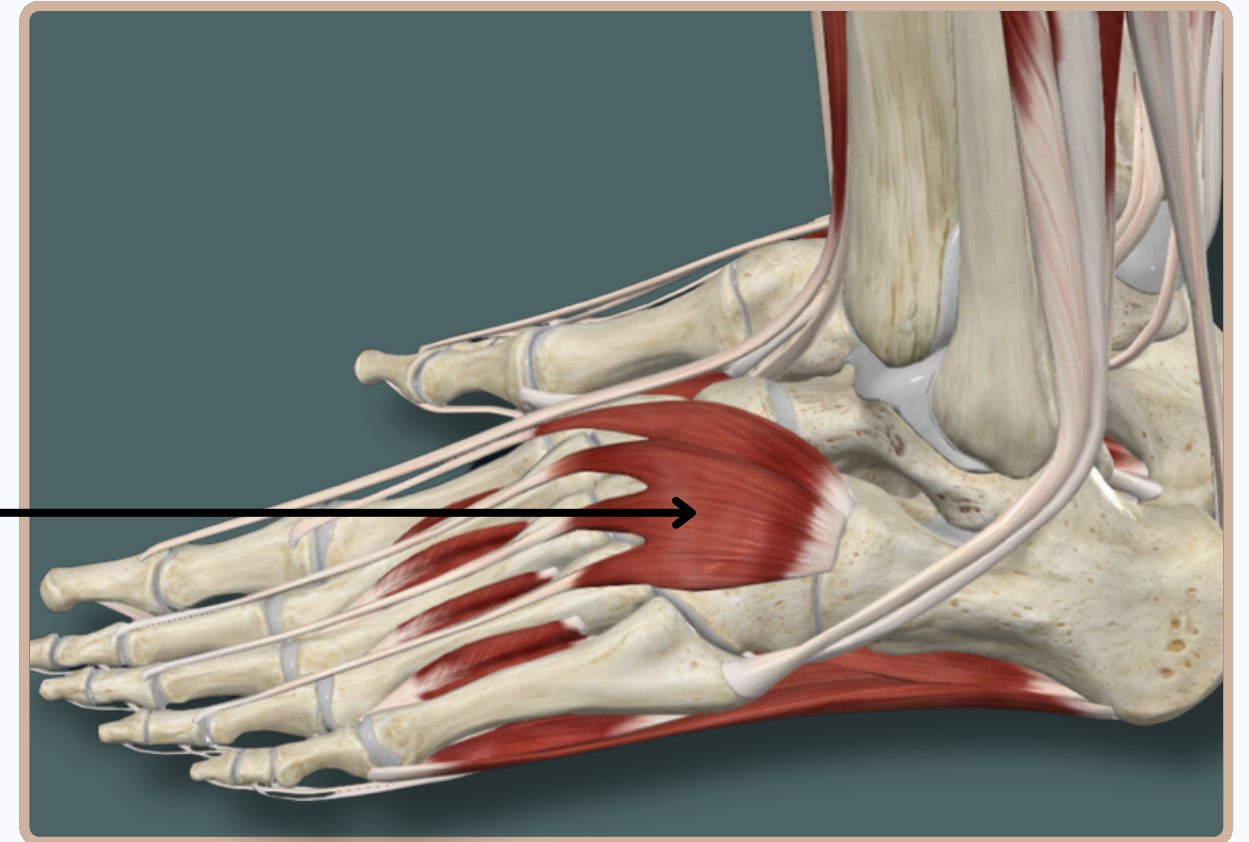
EXTENSOR DIGITORUM BREVIS

Insertion :

Extensor expansions of second to fourth toes



Extensor Digitorum Brevis



Origin :

- Dorsolateral aspect of **calcaneus**
- inferior **extensor retinaculum** of foot
- talocalcaneal** interosseous ligament.

Action :

Extends second to fourth **toes**

Nerve Supply :

Deep Fibular Nerve



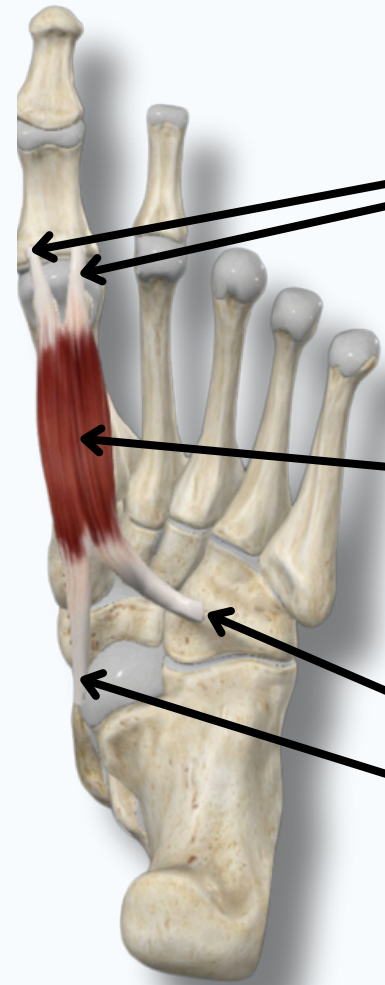
MUSCLES OF THE FOOT



FLEXOR HALLUCIS BREVIS

Insertion :

Medial and lateral aspects of base of proximal phalanx of great toe



Flexor Hallucis Brevis

Origin :

- Plantar surfaces of cuboid and lateral cuneiform bones
- tendon of tibialis posterior

Action :
Flexes great toe



Nerve Supply :
Medial Plantar Nerve



MUSCLES OF THE FOOT



ABDUCTOR HALLUCIS

Insertion :

Medial aspect of base of proximal phalanx of **great toe**

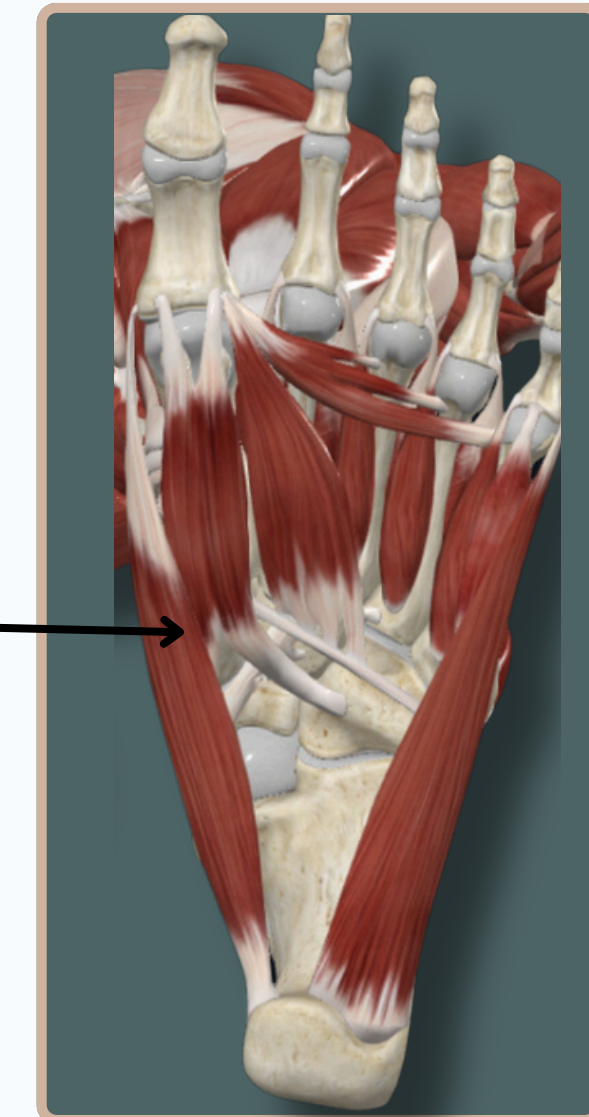
Abductor Hallucis

Origin :

- Medial process of **calcaneal tuberosity**
- flexor retinaculum** of foot
- plantar **aponeurosis**

Action :

Abducts great toe at its **metatarsophalangeal** joint



Nerve Supply :

Superficial branch of **Lateral Plantar Nerve**



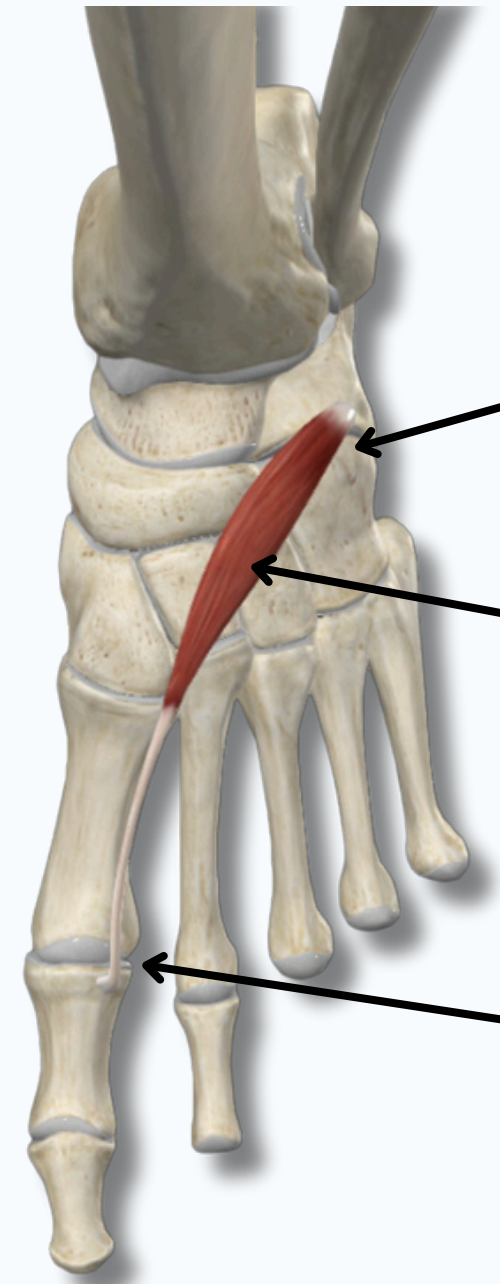
MUSCLES OF THE FOOT



EXTENSOR HALLUCIS BREVIS

Origin :

- Dorsolateral aspect of **calcaneus**
- inferior **extensor retinaculum** of foot
- talocalcaneal** interosseous ligament.



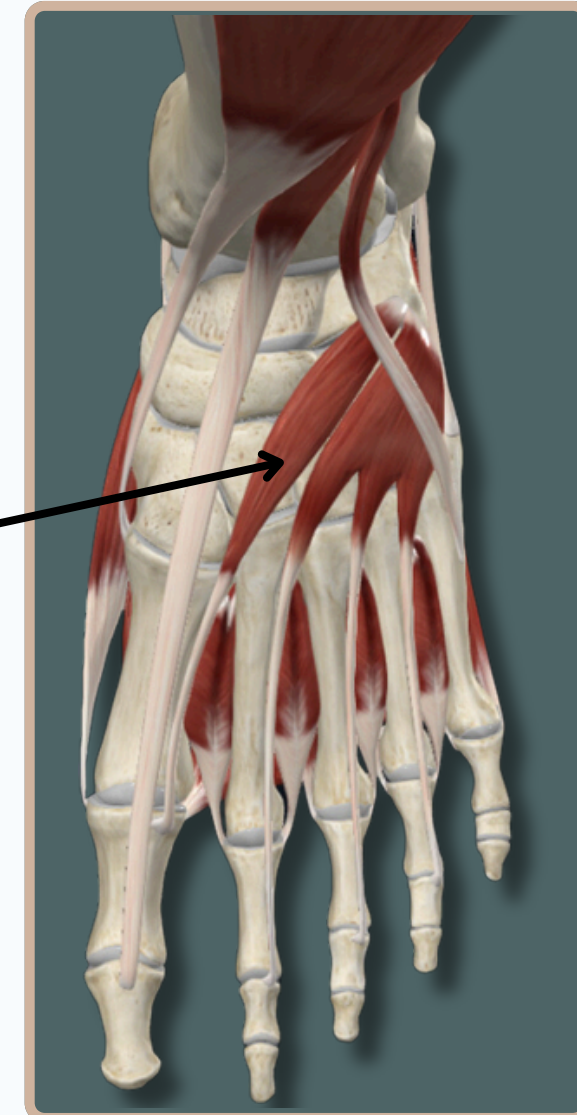
Extensor hallucis brevis

Insertion :

Dorsal aspect of base of proximal phalanx of **great toe**

Action :

Extends great toe



Nerve Supply :

Deep Fibular Nerve



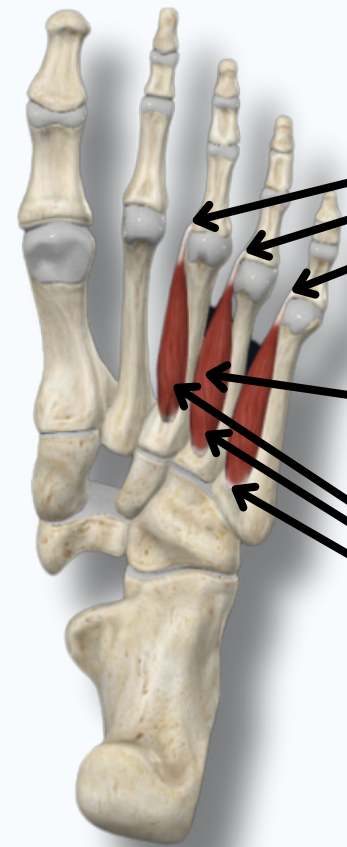
MUSCLES OF THE FOOT



PLANTAR INTEROSSEI

Insertion :

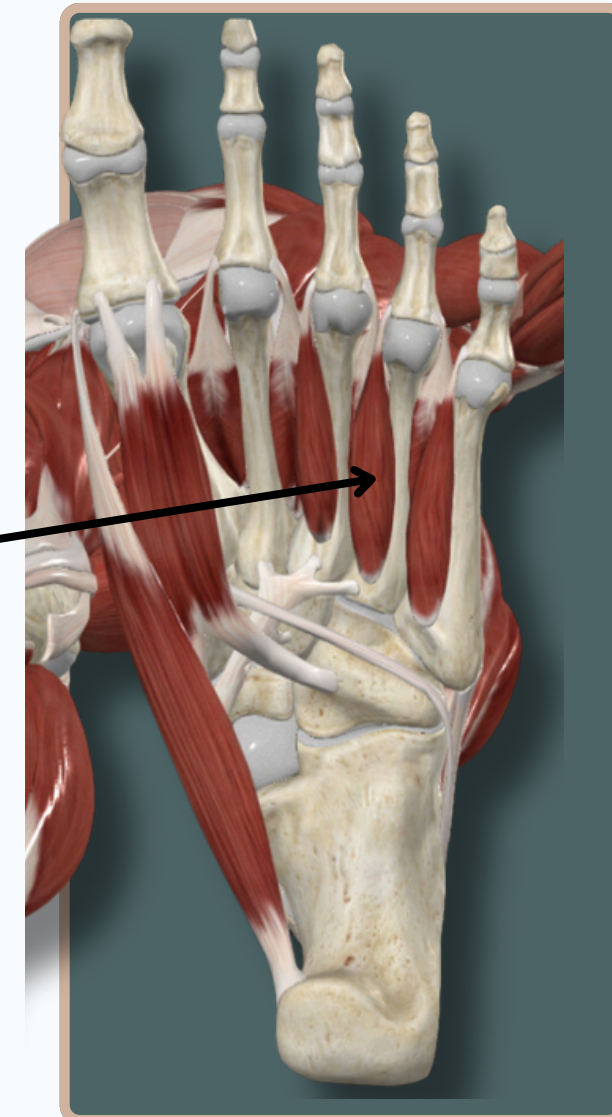
Extensor hoods and bases of proximal phalanges of **toes III to V**



Plantar interossei

Origin :

Medial sides of metatarsals of toes III to V



Action :

- Adduction** toes III to V at **metatarsalphalangeal** joint
- resist extension** of the **metatarsalphalangeal** joint
- flexion** of the **interphalangeal** joints

Nerve Supply :

Superficial (Third Planter) And **Deep** (Others Planters) branches of lateral **plantar nerve (S2-S3)**.



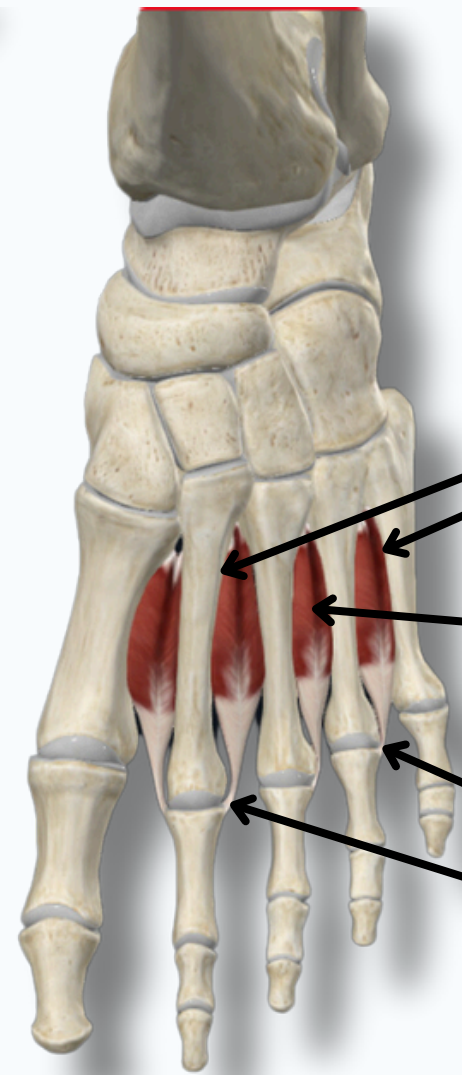
MUSCLES OF THE FOOT



DORSAL INTEROSSEI

Origin

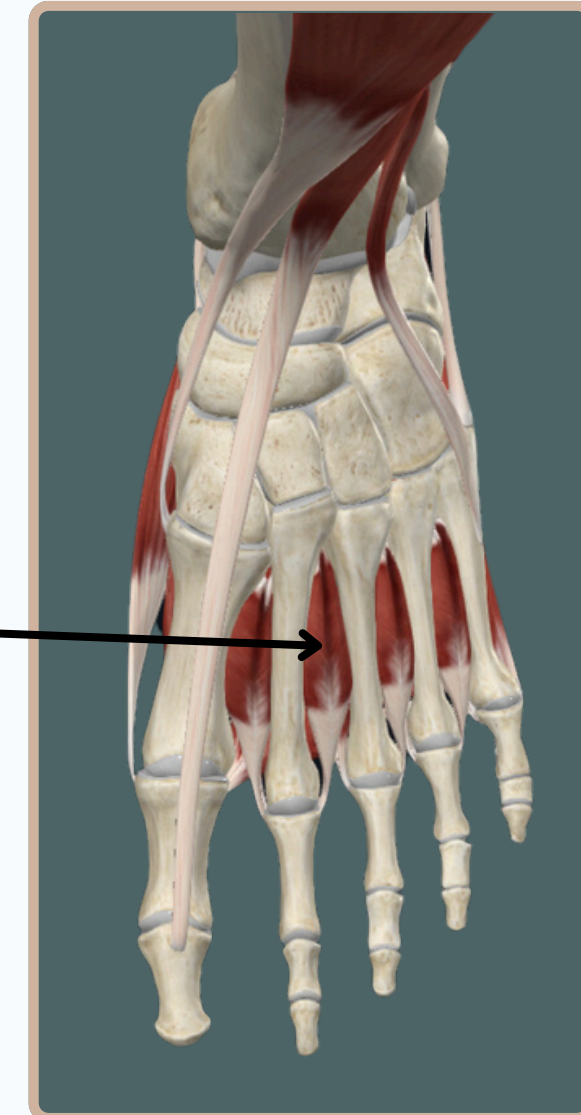
Sides of adjacent **metatarsals**



Dorsal interossei

Insertion :

Extensor hoods and bases of proximal phalanges of toes II to V



Action :

- Adduction** toes III to V at **metatarsalphalangeal** joint
- resist extension** of the **metatarsalphalangeal** joint
- flexion** of the **interphalangeal** joints

Nerve Supply :

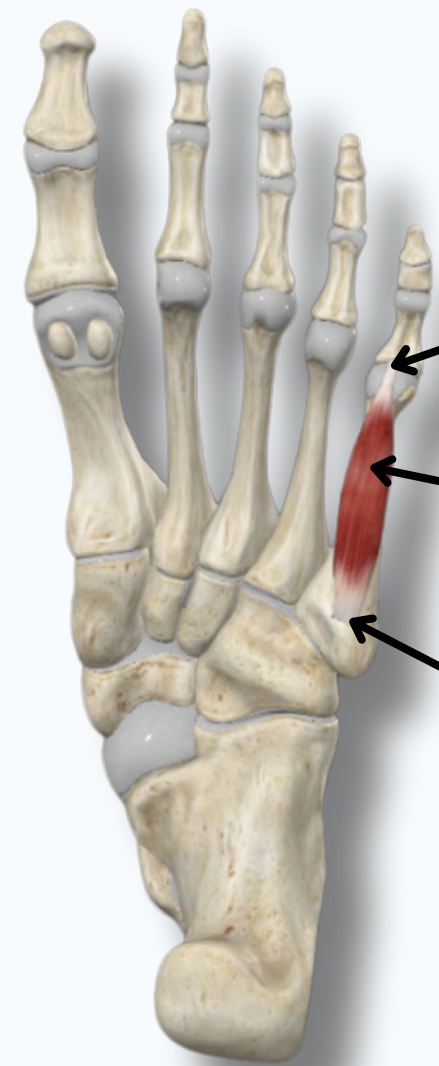
Superficial (Forth Dorsal) And **Deep** (Others Dorsals) branches of lateral **plantar nerve (S2-S3)**.



MUSCLES OF THE FOOT



FLEXOR DIGITI MINIMI BREVIS



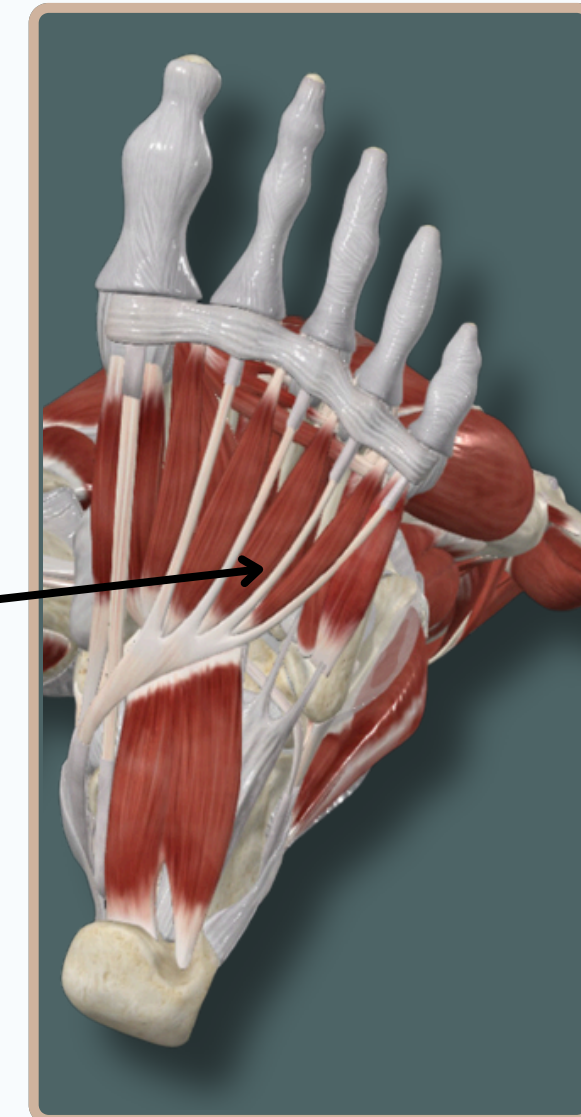
Insertion :

Lateral side of base of proximal phalanx of little toe

Flexor digiti minimi brevis

Origin :

Base of metatarsal V and related sheath of fibularis longus tendon



Action :

Assists in **flexion** of little **toe**

Nerve Supply :

Superficial branch of **Lateral Plantar Nerve**

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