



# YMCA Awards

Level 3 Applied anatomy and  
physiology

2018

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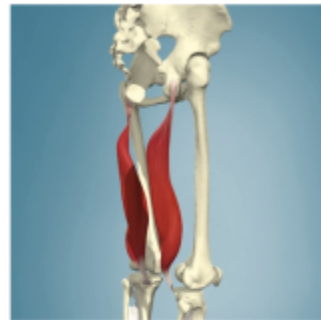
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## **Muscles of the upper leg**

# Hamstrings group: biceps femoris, semimembranosus, semitendinosus



Biceps Femoris



Semimembranosus



Semitendinosus

## Origin

All three muscles: Ischium

Short head of biceps femoris:

half way down posterior surface of femur

## Insertion

Semimembranosus, semitendinosus: tibia

Biceps femoris: head of fibula

## Joints crossed

Knee and hip

## Joint action

Knee flexion

Hip extension

# Quadriceps: rectus femoris, vastus medialis, intermedius, lateralis



Rectus Femoris



Vastus Intermedius



Vastus Medialis



Vastus Lateralis

## Origin

Rectus femoris: iliac spine and top of acetabulum

Vastus medialis/intermedius/lateralis: femur

## Insertion

Front of tibia via patella tendon

## Joints crossed

Knee and hip (rectus femoris is the only quadriceps to cross both hip and knee joints)

## Joint action

All four muscles extend the knee

The rectus femoris also flexes the hip

