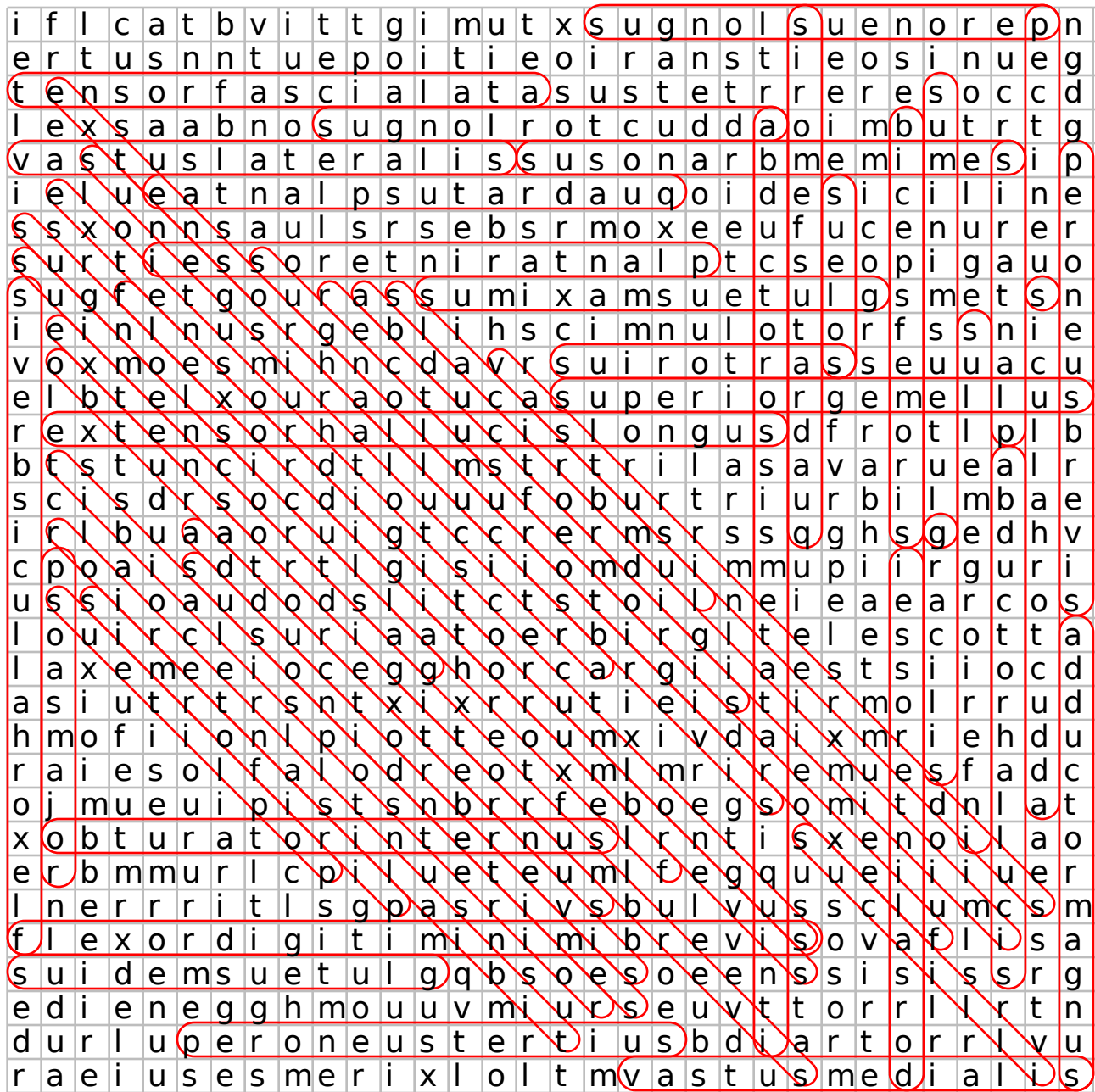


# Leg & Foot Muscles

MassageNerd.com



Abductor digiti minimi  
 Adductor hallucis  
 Biceps femoris  
 Extensor hallucis brevis  
 Flexor digitorum longus  
 Gluteus maximus  
 Iliacus  
 Obturator internus  
 Peroneus tertius  
 Popliteus  
 Rectus femoris  
 Soleus  
 Tibialis posterior

Abductor hallucis  
 Adductor longus  
 Dorsal interossei  
 Extensor hallucis longus  
 Flexor hallucis brevis  
 Gluteus medius  
 Inferior gemellus  
 Pectineus  
 Piriformis  
 Psoas major  
 Sartorius  
 Superior gemellus  
 Vastus intermedius

Abductor ossis metatarsi quinti  
 Adductor magnus  
 Extensor digitorum brevis  
 Flexor digiti minimi brevis  
 Flexor hallucis longus  
 Gluteus minimus  
 Lumbricals  
 Peroneus brevis  
 Plantar interossei  
 Quadratus femoris  
 Semimembranosus  
 Tensor fascia lata  
 Vastus lateralis

Adductor brevis  
 Articularis genus  
 Extensor digitorum longus  
 Flexor digitorum brevis  
 Gastrocnemius  
 Gracilis  
 Obturator externus  
 Peroneus longus  
 Plantaris  
 Quadratus plantae  
 Semitendinosus  
 Tibialis anterior  
 Vastus medialis