

Anterior Compartment (Extensors) of the Thigh:

Quadriceps Femoris Group:

Rectus Femoris

Vastus Lateralis

Vastus Medialis

Vastus Intermedius

Medial Compartment (Adductors) of the Thigh:

Adductor Longus

Adductor Brevis

Adductor Magnus

Gracilis

Pectineus

Posterior Compartment (Flexors) of the Thigh:

Hamstring Group:

Biceps Femoris

Semitendinosus

Semimembranosus

Gluteal Region:

Gluteus Maximus

Gluteus Medius

Gluteus Minimus

Anterior Compartment of the Leg (Dorsiflexors):

Tibialis Anterior

Extensor Digitorum Longus

Extensor Hallucis Longus

Fibularis (Peroneus) Tertius

Lateral Compartment of the Leg (Evertors):

Fibularis (Peroneus) Longus

Fibularis (Peroneus) Brevis

Posterior Compartment of the Leg (Plantar flexors):

Superficial Layer:

Gastrocnemius

Soleus

Deep Layer (Plantar flexors):

Plantaris

Popliteus

Flexor Digitorum Longus

Flexor Hallucis Longus

Tibialis Posterior

Intrinsic Muscles of the Foot:

Multiple small muscles involved in movements of the toes and foot arches, including:

Flexor Digitorum Brevis

Abductor Digiti Minimi

Flexor Hallucis Brevis

Abductor Hallucis

Quadratus Plantae

Lumbricals

Interossei muscles