

Task 1: Indicate the listed muscles in the pictures:

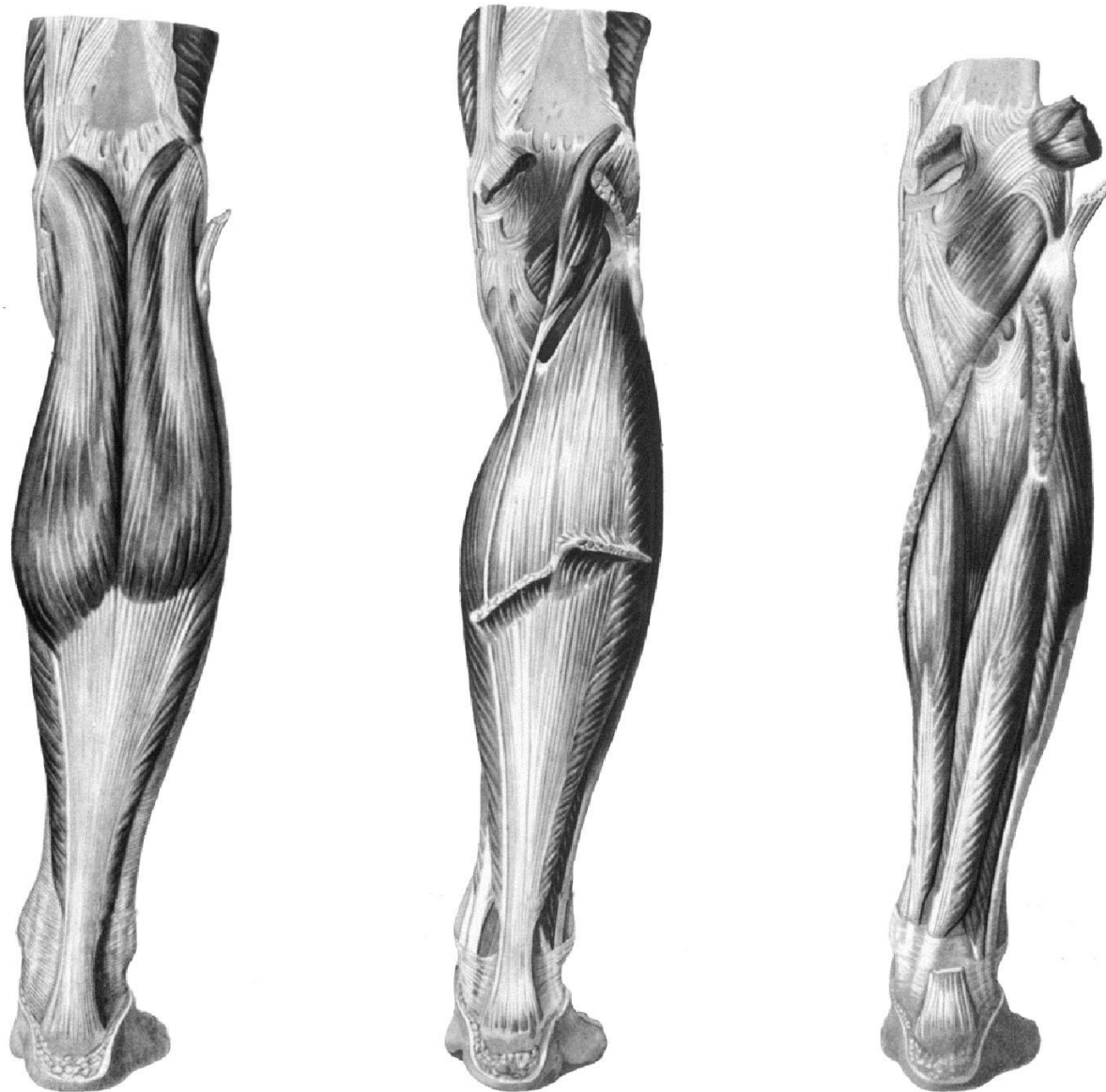
1. Tibialis anterior, *m. tibialis anterior*;
2. Extensor digitorum longus, *m. extensor digitorum longus*;
3. Extensor hallucis longus, *m. extensor hallucis longus*;
4. Peroneus longus, *m. peroneus longus*;
5. Peroneus brevis, *m. peroneus brevis*;
6. Triceps surae, *m. triceps surae*;
7. Gastrocnemius, *m. gastrocnemius*;
8. Calcaneal (Achilles) tendon, *tendo calcaneus seu Achilles*;
9. Soleus, *m. soleus*;
10. Plantaris, *m. plantaris*;
11. Popliteus, *m. popliteus*;
12. Flexor digitorum longus, *m. flexor digitorum longus*;
13. Tibialis posterior, *m. tibialis posterior*;
14. Flexor hallucis longus, *m. flexor hallucis longus*;



Muscles of leg (anterior aspect)



Muscles of leg
(lateral aspect)



Muscles of leg (posterior aspect)

Task 2: Write the names of the following muscles and indicate them in the pictures.

1. The muscles of the anterior group_____

2. The muscles of the lateral group_____

3. The muscles of the posterior group_____



Muscles of leg (anterior aspect)

**Muscles of leg
(lateral aspect)**

Task 3: Write the names of the crural muscles in accordance with the action:

1. The muscles which flex the leg at the knee joint _____

2. The muscles which rotate the leg at the knee joint _____

3. The muscles which extend the foot _____

4. The muscles which abduct the foot _____

5. The muscles which adduct the foot _____

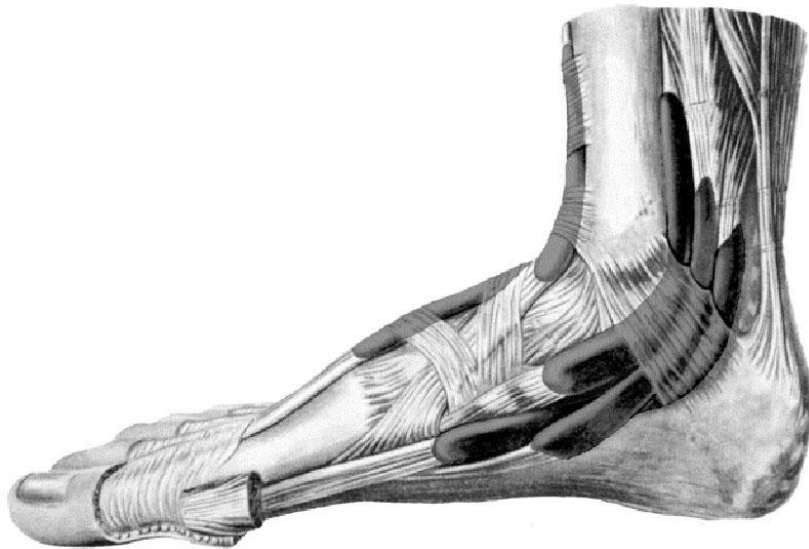
6. The muscles which rotate the foot outward _____

7. The muscles which rotate the foot inward _____

8. The muscles which flex the foot _____

Task 4: Indicate the following structures in the pictures.

1. Superior extensor retinaculum, *retinaculum musculorum extensorum superius*;
2. Inferior extensor retinaculum, *retinaculum musculorum extensorum inferius*;
3. Flexor retinaculum, *retinaculum musculorum flexorum*;
4. Superior peroneal retinaculum, *retinaculum musculorum peroneorum superius*;
5. Inferior peroneal retinaculum, *retinaculum musculorum peroneorum inferius*;



Synovial sheaths of right foot
(medial aspect)



Synovial sheaths of right foot
(lateral aspect)

Task 5: Indicate the muscles, which belong to the tendons passing through the canals shown in the picture, and write their names.

Task 6: Indicate the listed muscles in the following pictures:

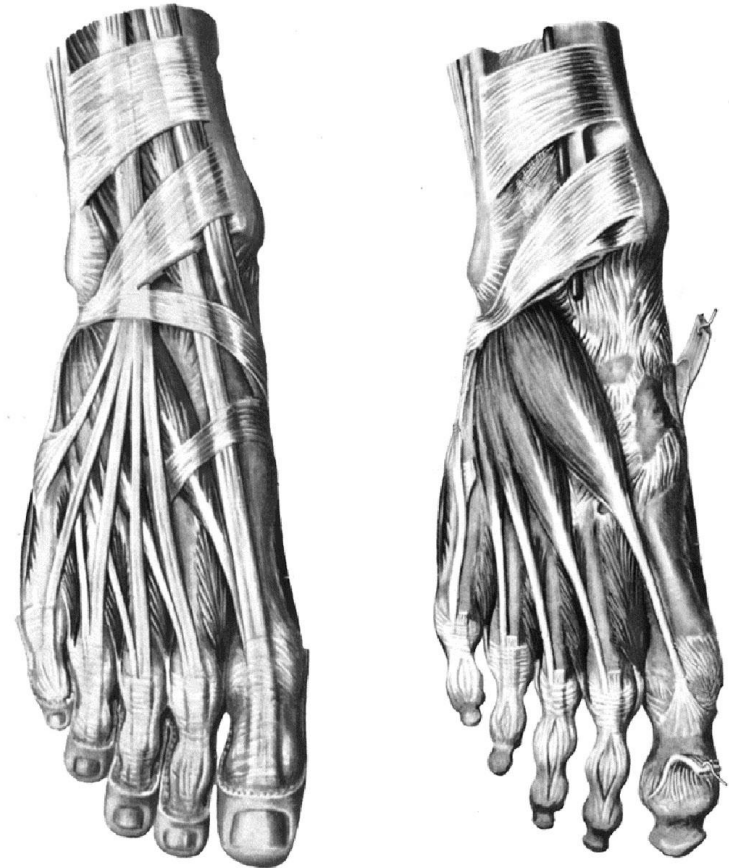
1. Extensor digitorum brevis, *m. extensor digitorum brevis*;
2. Extensor hallucis brevis, *m. extensor hallucis brevis*;
3. Abductor hallucis, *m. abductor hallucis*;
4. Flexor hallucis brevis, *m. flexor hallucis brevis*;
5. Adductor hallucis, *m. adductor hallucis*;
6. Flexor digitorum brevis, *m. flexor digitorum brevis*;
7. Quadratus plantae, *m. quadratus plantae*;
8. Lumbricales, *mm. lumbricales*;
9. Interossei plantares, *mm. interossei plantares*;
10. Interossei dorsales, *mm. interossei dorsales*;
11. Abductor digiti minimi, *m. abductor digiti minimi*;
12. Flexor digiti minimi, *m. flexor digiti minimi brevis*;

Task 6: Write the action of the following muscles:

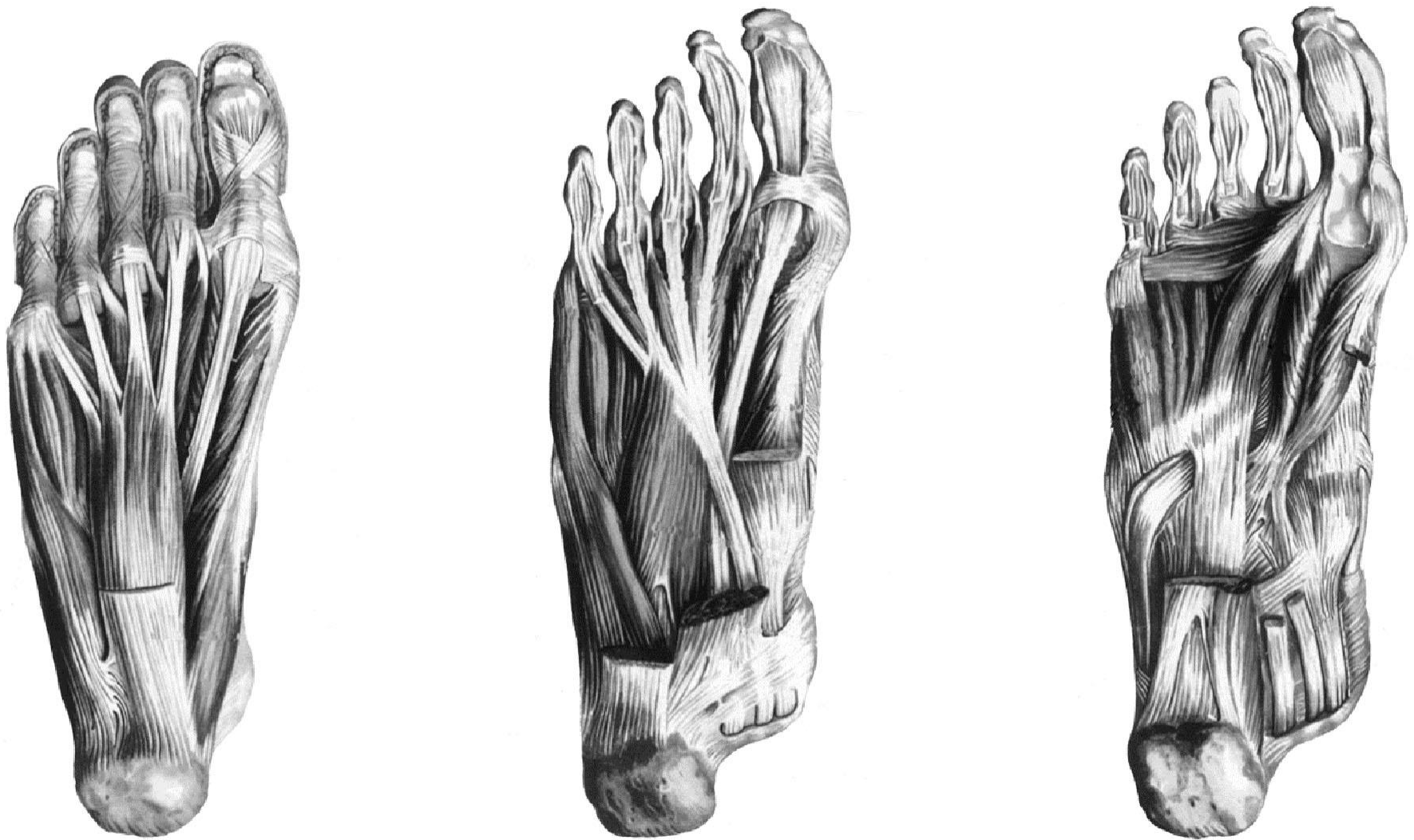
Plantar
interossei _____

Dorsal
interossei _____

Lumbricales _____



Muscles of foot (dorsal aspect)



Muscles of foot (plantar aspect)

