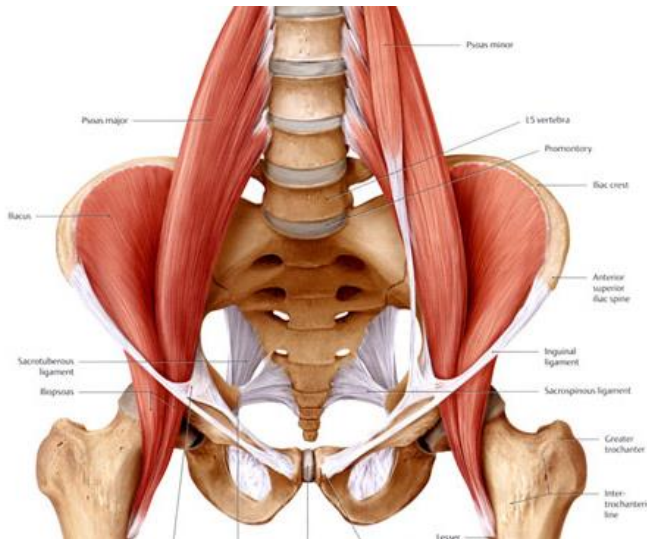


Quick Reference: Study Guide



Iliopsoas

Origin:

- Psoas: Vertebral bodies of T12 – L5
- Iliacus: Iliac fossa

Insertion: Lesser trochanter

Joint crossed: Hip

Actions: Flexion and external rotation



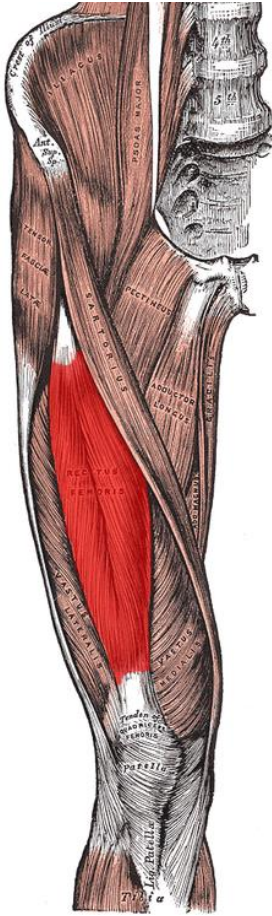
Tensor Fasciae Latae

Origin: Iliac crest (just posterior the ASIS)

Insertion: Tibial tuberosity via the iliotibial band

Joint crossed: Hip (and knee)

Actions: Flexion, abduction, and internal rotation



Rectus Femoris

Origin: Anterior Inferior Iliac Spine (AIIS)

Insertion: Tibial tuberosity via patellar tendon

Joint crossed: Hip and knee

Actions: Hip flexion and knee extension

Vastus Muscles

(Lateralis, intermedius and medialis)

Origin: Shaft of femur

Insertion: Tibial tuberosity via patellar tendon

Joint crossed: Knee

Actions: Knee extension

