

3. Semitendinosus

Origin: The tuberosity of the ischium, by a common tendon with the biceps.

Insertion: The tuberosity of the ischium

Structure: Short muscle fibers pass diagonally downward from tendon of origin to join the tendon of insertion, bulk of muscle being in upper half of thigh.

Action: Flexes the leg on the thigh.

Innervation: Great sciatic

4. Semimembranosus

Origin: The tuberosity of the ischium

Insertion: Inner tuberosity of the tibia

Structure: Similar to the preceding muscle, but a longer upper tendon and a shorter lower one brings the muscular mass lower down.

Action: Flexes the leg and rotates it inward

Innervation: Great sciatic

Abductors

1. Gluteus Medius

Origin: Outer surface of ilium near its crest

Insertion: Back part of the top of the great trochanter.

Structure: Fibers arise directly from the ilium and converge to a penniform junction with the flat tendon of insertion.

Action: Superior gluteal (see innervation)

Innervation: See action Rotates, abducts and advances the thigh.

2. Gluteus Minimus