

LOWER LIMB MUSCLES	ANATOMICAL LOCALISATION
Extensor digitorum brevis Nervus peroneus profundus, n peroneus communis, n sciaticus, lumbosacral plexus (L4)L5(S1)	Tangentially into dorsum of the foot two to three fingerbreadths distal to lateral malleolus
Extensor hallucis longus Nervus peroneus profundus, n peroneus communis, n sciaticus, lumbosacral plexus, (L4)L5(S1)	Three to four fingerbreadths above the ankle, just lateral to the tibialis anterior tendon
Extensor digitorum longus Nervus peroneus profundus, n peroneus communis, n sciaticus, lumbosacral plexus, (L4)L5	Three to four fingerbreadths lateral to the tibial crest, between the tibialis anterior and peroneus longus muscles
Tibialis anterior Nervus peroneus profundus, n peroneus communis, n sciaticus, lumbosacral plexus, L4L5	Just lateral to the tibial crest, two thirds the distance up from the ankle toward the knee, stay superficially in the muscle!
Peroneus longus Nervus peroneus superficialis, n peroneus communis, n sciaticus, lumbosacral plexus L5(S1)	Lateral calf, three to four fingerbreadths distal to the fibular head
Abductor hallucis brevis Medial plantar nerve, nervus tibialis, sciatic nerve, lumbosacral plexus, S1(S2)	Tangentially in medial foot at the midpoint between the heel and the ball of the foot
Gastrocnemius medial head Nervus tibialis, Nervus sciaticus, lumbosacral plexus, S1(S2)	Rostral, medial posterior calf
Soleus Nervus tibialis, Nervus sciaticus, lumbosacral plexus, S1(S2)	Medial to the tibia, slightly distal to the midpoint between ankle and knee, if too deep you insert the flexor digitorum longus
Flexor digitorum longus Nervus tibialis, nervus sciaticus, lumbosacral plexus, L5(S1)	Medial tot the tibia, slightly distal to the midpoint between ankle and knee, deep to soleus
Tibialis posterior Nervus tibialis, nervus sciaticus, lumbosacral plexus, L5(S1)	Medial tot the tibia, slightly distal to the midpoint between ankle and knee, deep to soleus and flexor digitorum longus
Biceps femoris – short head Peroneal division of Sciatic nerve, lumbosacral plexus, (L5)S1	Three to four fingerbreadths proximal to the lateral knee, medial to the tendon to the long head of the biceps femoris
Biceps femoris – long head Tibial division of sciatic nerve, lumbosacral plexus, (L5)S1	Midpoint between lateral knee and ischial tuberosity
Semimembranosus Tibial division of sciatic nerve, lumbosacral plexus, (L4)L5(S1)	Three to four fingerbreadths proximal to the medial knee, lateral to the tendon of the semitendinosus
Semitendinosus Tibial division of sciatic nerve, lumbosacral plexus, (L4)L5(S1)	Posterior thigh at midpoint between the medial knee and ischial tuberosity
Adductor longus Nervus obturatorius, lumbar plexus, (L2)L3(L4)	Into the medial thigh three to four fingerbreadths distal to the pubis; useful to

	differentiate lumbar plexus/roots from femoral neuropathy
Vastus lateralis Nervus femoralis, lumbar plexus, (L2)L3L4	Lateral thigh four to five fingerbreadths proximal to the lateral knee
Vastus medialis Nervus femoralis, lumbar plexus, (L2)L3L4	Medial thigh three to four fingerbreadths proximal to medial knee
Rectus femoris Nervus femoralis, lumbar plexus, L2L3(L4)	Anterior thigh at midpoint between hip and knee
Iliopsoas Nervus femoralis, lumbar plexus, L2L3(L4)	Two to three fingerbreadths lateral to femoral pulse below inguinal ligament
Gluteus medius Superior gluteal nerve, lumbosacral plexus, (L4)L5(S1)	Lying on the side , insert the needle into the lateral thigh two to three fingerbreadths distal to the iliac crest
Tensor fasciae latae Superior gluteal nerve, lumbosacral plexus, (L4)L5(S1)	Lying on the side , insert the needle anterior to the greater trochanter below the anterior superior iliac crest
Gluteus maximus Inferior gluteal nerve, lumbosacral plexus, (L5)S1(S2)	Upper outer quadrant of the buttock

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*Preston, Shapiro*