



**Lower Limb**

**Gluteal Region**

- Gluteus Maximus - Inferior Gluteal
- Gluteus Medius - Superior Gluteal
- Gluteus minimus - Superior Gluteal
- Tensor Fascia Latae - Superior Gluteal
- Piriformis - 1st + 2nd sacral
- Obturator Internus - Sacral Plexus
- Gemellus superior - Sacral Plexus
- Gemellus Inferior - Sacral Plexus
- Quadratus femoris - Sacral Plexus

**Hand**

- 1st Layer**
  - Medial Planter Nerve - Abductor hallucis
  - Medial Planter Nerve - Flexor Digitorum brevis
- 2nd Layer**
  - Lateral Planter Nerve - Abductor Digiti Minimi
  - Lateral Planter Nerve - Quadratus Plantae
- 3rd Layer**
  - Medial Planter Nerve - 1st Lumbricals (4)
  - Lateral Planter Nerve - Rest
  - Medial Planter Nerve - Flexor Hallucis Brevis
  - deep branch of Lateral Planter Nerve - Adductor Hallucis
- 4th Layer**
  - Lateral Planter Nerve - Flexor Digiti minimi brevis
  - Lateral Planter Nerve - Interossei Dorsal(4)
  - Lateral Planter Nerve - Planter(3)

**Leg**

- Anterior**
  - Deep peroneal - Tibialis Anterior
  - Deep peroneal - Extensor Digitorum longus
  - Deep peroneal - Peroneus Tertius
- Lateral**
  - Deep peroneal - Extensor Hallucis Longus
  - Deep peroneal - Extensor digitorum Brevis
  - Superficial Peroneal - Peroneus Longus
  - Superficial Peroneal - Peroneus brevis
- Posterior**
  - Tibial - Gastrocnemius
  - Tibial - Plantaris - Superficial
  - Tibial - Soleus
  - Tibial - Popliteus
  - Tibial - Flexor Digitorum longus - Deep
  - Tibial - Flexor Hallucis Longus - Deep
  - Tibial - Tibialis Posterior

**Thigh**

- Anterior**
  - Sartorius - Femoral
  - Iliacus - Femoral
  - Psoas - Lumbar Plexus
  - Pectineus - Femoral
  - Quadriceps Femoris
    - Rectus Femoris - Femoral
    - Vastus intermedius - Femoral
    - Vastus Medialis - Femoral
    - Vastus lateralis - Femoral
- Medial**
  - Gracilis - Obturator
  - Adductor longus - Obturator
  - Adductor Brevis - Obturator
  - Adductor Magnus
    - Adductor portion - Obturator
    - hamstring - Tibial part of Sciatic
  - Obturator Externus - Obturator
- Posterior**
  - Biceps Femoris
    - Long Head - Tibial part of Sciatic
    - Short head - common peroneal of sciatic
  - Semi-tendinosus - Tibial part of Sciatic
  - Semi-membranosus - Tibial part of Sciatic
  - Adductor magnus(hamstring) - Tibial part of Sciatic