Anatomy & Physiology: Muscles—Articularis Genus.

STRUCTURE.

- Origin: anterior distal femoral shaft.
- Insertion: knee joint capsule.

FUNCTION.

- Concentric action: tense and pull knee joint capsule proximally.
- Reverse mover action:
- Eccentric action: controls/restrains/decelerates distal movement of knee joint capsule.
- Isometric action: stabilization of the knee.
- Innervation: femoral nerve.
- Arterial supply: deep femoral artery.

CLINICAL SIGNIFICANCE.

References

Biel, A. (2015). Trail guide to the body: A hands-on guide to locating muscles, bones and more.

Clark, M., Lucett, S., Sutton, B. G., & National Academy of Sports Medicine. (2014). *NASM essentials of corrective exercise training*. Burlington, MA: Jones & Bartlett Learning.

Jenkins, G., & Tortora, G. J. (2012). *Anatomy and Physiology: From Science to Life, 3rd Edition International Stu.* John Wiley & Sons.

Muscolino, J. E. (2017). The muscular system manual: The skeletal muscles of the human body.