

Anatomy & Physiology: Muscles—Biceps Femoris, Long Head.

STRUCTURE.

- Long Head
 - Origin: ischial tuberosity of the pelvis, part of the sacrotuberous ligament.
 - Insertion: head of the fibula; lateral condyle of tibia.
- Short Head
 - Origin: lower 1/3 of the posterior aspect (linea aspera) of the femur.
 - Insertion: head of the fibula; lateral condyle of tibia.

FUNCTION.

- Concentric action: Long head—accelerate knee flexion, hip extension, and tibial external/lateral rotation. Short head— accelerate knee flexion and tibial external rotation.
- Reverse mover action: contralateral rotation, ipsilateral elevation, and posterior tilt of pelvis. Thigh flexion, medial rotation.
- Eccentric action: Long head—decelerates knee extension, hip flexion, and tibial internal/medial rotation. Short head— accelerate knee flexion and tibial external rotation.
- Isometric action: stabilization of lumbo-pelvic hip complex and knee.
- Innervation: tibial nerve from sciatic.
- Arterial supply: Long head—inferior gluteal artery, perforating branches of deep femoral artery, obturator artery. Short head—perforating branches of deep femoral artery, popliteal artery.

CLINICAL SIGNIFICANCE.

References

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