

Anatomy & Physiology: Muscles—Extensor Hallucis Longus (toes).

STRUCTURE.

- Origin: anterior surface of fibula; interosseous membrane.
- Insertion: distal phalanx of great toe.

FUNCTION.

- Concentric action: ankle dorsiflexion; extension of proximal phalanx of great toe at metatarsophalangeal joint.
- Reverse mover action: dorsiflexion and inversion/supination of talus at subtalar joint; extension of metatarsal at MTP and extension of proximal phalanx.
- Eccentric action: controls/restrains/decelerates flexion of big toe at MTP and IP, and metatarsal at MTP; plantarflexion and eversion at subtalar joint.
- Isometric action: stabilizes ankle and subtalar joints.
- Innervation: deep fibular (peroneal) nerve.
- Arterial supply: anterior tibial artery.

CLINICAL SIGNIFICANCE.

References

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