

Anatomy & Physiology: Muscles—Flexor Digitorum Longus.

STRUCTURE.

- Origin: posterior surface of tibia.
- Insertion: distal phalanges of toes II-V.

FUNCTION.

- Concentric action: ankle plantar flexion, flexion of distal and middle phalanges of toes at interphalangeal joints and proximal phalanx of each toe at metatarsophalangeal joint.
- Reverse mover action: plantarflexion; inversion/supination of talus at subtalar joint; flex metatarsals at MTP and also proximal phalanges at IP.
- Eccentric action: controls/restrains/decelerates ankle dorsiflexion; eversion; extension of toes 2-5 at MTP and IP.
- Isometric action: stabilizes ankle, subtalar joint, and MTP and IP joints.
- Innervation: tibial nerve.
- Arterial supply: posterior tibial artery.

CLINICAL SIGNIFICANCE.

References

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