

Anatomy & Physiology: Muscles—Flexor Hallucis Longus.

STRUCTURE.

- Origin: inferior 2/3 of fibula.
- Insertion: distal phalanges of great toe.

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; flex metatarsal at MTP joint and proximal phalanx at IP.
- Eccentric action: controls/restrains/decelerates big toe at MTP and IP, and metatarsal at MTP; dorsiflexion of ankle; eversion at subtalar joint.
- Isometric action: stabilize ankle, subtalar, and MTP and IP joints.
- Innervation: tibial nerve.
- Arterial supply: posterior tibial artery.

CLINICAL SIGNIFICANCE.

References

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