

Anatomy & Physiology: Muscles—Gracilis.

STRUCTURE.

- Origin: anterior aspect of lower body of pubis.
- Insertion: proximal medial surface of the tibia (pes anserine).

FUNCTION.

- Concentric action: accelerates hip adduction, flexion, and internal/medial rotation; assists in tibial internal rotation.
- Reverse mover action: anterior tilt pelvis; ipsilateral elevation of pelvis; ipsilateral rotation of pelvis; thigh flexion, lateral rotation.
- Eccentric action: decelerates hip abduction, extension, and external rotation.
- Isometric action: stabilization of lumbo-pelvic hip complex and knee.
- Innervation: obturator nerve.
- Arterial supply: deep femoral artery, obturator artery.

CLINICAL SIGNIFICANCE.

References

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