

Anatomy & Physiology: Muscles—Quadratus Plantae.

STRUCTURE.

- Origin: calcaneus.
- Insertion: tendon of flexor digitorum longus.

FUNCTION.

- Concentric action: helps flexor digitorum longus to flex toes II-V at interphalangeal and metatarsophalangeal joints.
- Reverse mover action: flexion of metatarsals at MTP, and flexion of proximal phalanges at PIP and DIP.
- Eccentric action: controls/restrains/decelerates extension at MTP, PIP, and DIP.
- Isometric action: stabilizes MTP, PIP, and DIP.
- Innervation: lateral plantar nerve.
- Arterial supply: medial and lateral plantar arteries.

CLINICAL SIGNIFICANCE.

References

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