

Anatomy & Physiology: Muscles—Rectus Femoris.

STRUCTURE.

- Origin: anteroinferior iliac spine of the pelvis.
- Insertion: base of patella, tibial tuberosity.

FUNCTION.

- Concentric action: accelerate knee extension and hip flexion.
- Reverse mover action: thigh extension and anterior pelvic tilt.
- Eccentric action: decelerates knee flexion and hip extension.
- Isometric action: stabilization of the knee and lumbo-pelvic hip complex.
- Innervation: femoral nerve.
- Arterial supply: femoral artery.

CLINICAL SIGNIFICANCE.

References

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