Muscle groups in the thigh
CROSS (AXIAL) SECTION OF MID RIGHT THIGH LOOKING UP
ADDUCTOR AND HAMSTRING MUSCLES

Note: There is no posterior intermuscular septum. It would divide adductor magnus if present.

THE “3 WATERSHED MUSCLES” WAY OF REMEMBERING THIGH MUSCLES
The 3 muscles with dual nerve supply are interposed between the three groups of muscles in the thigh. If you can recall these 3 then the groups are easily remembered.
Note on Psoas/iliacus: Despite some opinions it is probable from recent experiments that these muscles act purely as flexors of the hip and not rotators. However, in the presence of a fractured neck of femur the line of axis changes and they produce external rotation.

For more details of these muscles, please see muscle section in the book - Instant Anatomy, by R H Whitaker & N R Borley. 4th edition. Wiley-Blackwell 2010
MEDIAL THIGH


OBTURATOR NERVE

From anterior divisions of L2,3,4

Anterior branch:
Lies between adductors longus & brevis, contributes to subsartorial plexus for medial thigh skin, supplies gracilis, adductors longus, brevis

Posterior branch:
Lies between adductors brevis & magnus, supplies adductor portion of adductor magnus, obturator externus & knee joint via a small branch that passes through the adductor hiatus

Medial collateral ligament of knee is probably a remnant of the tendon of the hamstring portion of adductor magnus that was originally attached to the tibia

ADDUCTOR HIATUS
Transmits femoral artery, femoral vein, the small genicular branch of the posterior branch of the obturator nerve. The saphenous nerve may pass through it, but if so, then it immediately returns more superficially so that it does not enter the popliteal fossa
POSTERIOR RIGHT THIGH


Sciatic nerve
(This nerve may divide into its two components anywhere from the pelvis to the popliteal fossa)

Adductor magnus
Long head biceps femoris
Semitendinosus
Semitendinosus
Gracilis
Oblique popliteal ligament (this is one of several insertions of semimembranosus)

Mnemonic for remembering insertions onto medial upper tibia (anterior to posterior);
“SAY GRACE BEFORE TEA, MUM”
Sartorius, Gracilis, before/bursa, Semitendinosus, Semimembranosus

MEDIAL LOWER FEMUR AND UPPERTIBIA

Adductor magnus
Medial collateral ligament
Semitendinosus
Medial collateral ligament

Common fibular nerve
Tibial nerve
Short head biceps femoris