**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.

**Anterior group:** (FEMORAL N)
- Sartorius
- Rectus femoris
- 3 vasti

**Pectineus:**
- (FEMORAL & OBTURATOR N)

**Adductor group:**
- (OBTURATOR N)
- Adductor longus, brevis, gracilis

**Adductor magnus - adductor portion:**
- (OBTURATOR N)
- Adductor magnus hamstring portion
  - (TIBIAL PORTION OF SCIATIC N)

**Biceps femoris - long head:**
- (TIBIAL PORTION OF SCIATIC N)

**Biceps femoris - short head:**
- (COMMON FIBULAR N)

**Posterior/hamstrings group:**
- (TIBIAL PORTION OF SCIATIC N)
- Semitendinosus, semimembranosus

**ADDUCTOR (SUBSARTORIAL/HUNTER’S) CANAL (R)**
(viewed from below)

- Rectus femoris
- Vastus intermedius
- Femur
- Adductor brevis
- Adductor longus
- Adductor magnus

**Vastus medialis**
- Sartorius
- N to vastus medialis
- Long saphenous V
- Saphenous N
- Femoral art & V
- Gracilis

Apex of femoral triangle to adductor hiatus
Borders - **lateral**: vastus medialis, **medial**: adductor longus
superiorly & adductor magnus inferiorly, **roof**: sartorius. **Contains:**
- Femoral artery & vein; saphenous nerve; nerve to vastus medialis