

Anatomy & Physiology: Muscles—Plantaris.

STRUCTURE.

- Origin: femur superior to lateral condyle.
- Insertion: calcaneus via Achilles tendon.

FUNCTION.

- Concentric action: accelerates plantar flexion.
- Reverse mover action: plantarflexion inversion/supination of talus at subtalar joint.
- Eccentric action: decelerates ankle dorsiflexion.
- Isometric action: stabilization of foot and ankle.
- Innervation: tibial nerve.
- Arterial supply: sural branches of popliteal artery.

CLINICAL SIGNIFICANCE.

References

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