

Anatomy & Physiology: Muscles—Popliteus.

STRUCTURE.

- Origin: lateral condyle of femur.
- Insertion: proximal tibia.

FUNCTION.

- Concentric action: knee flexion; medial rotation of tibia to unlock and extend knee.
- Reverse mover action: lateral rotation and flexion of thigh.
- Eccentric action: controls/restrains/decelerates lateral and medial rotation of leg (at knee joint); knee extension.
- Isometric action: stabilization of knee.
- Innervation: tibial nerve.
- Arterial supply: popliteal artery.

CLINICAL SIGNIFICANCE.

References

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