

Anatomy & Physiology: Muscles—Semitendinosus.

STRUCTURE.

- Origin: ischial tuberosity of pelvis, and part of the sacrotuberous ligament.
- Insertion: proximal aspect of the medial tibial condyle (pes anserine).

FUNCTION.

- Concentric action: accelerate knee flexion, hip extension, and tibial internal/medial rotation.
- Reverse mover action: posterior pelvic tilt; ipsilateral rotation and ipsilateral elevation of pelvis; thigh flexion, lateral rotation.
- Eccentric action: decelerates knee extension, hip flexion, and tibial external rotation.
- Isometric action: stabilization of the knee and lumbo-pelvic hip complex.
- Innervation: tibial nerve.
- Arterial supply: inferior gluteal artery, obturator artery.

CLINICAL SIGNIFICANCE.

References

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