

Anatomy & Physiology: Muscles—Soleus.

STRUCTURE.

- Origin: posterior surface of the fibular head and proximal one-third of its shaft and from the posterior side of the tibia.
- 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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