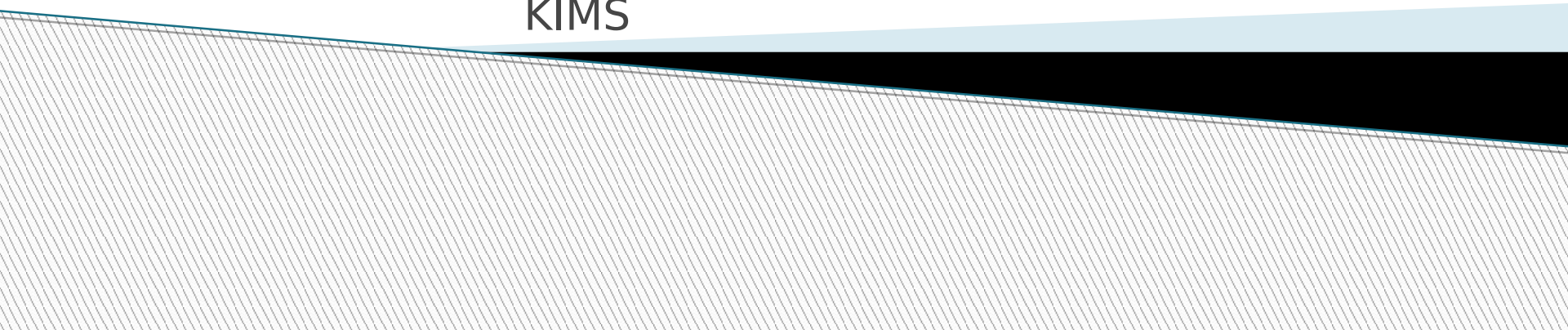


HAMSTRING MUSCLES

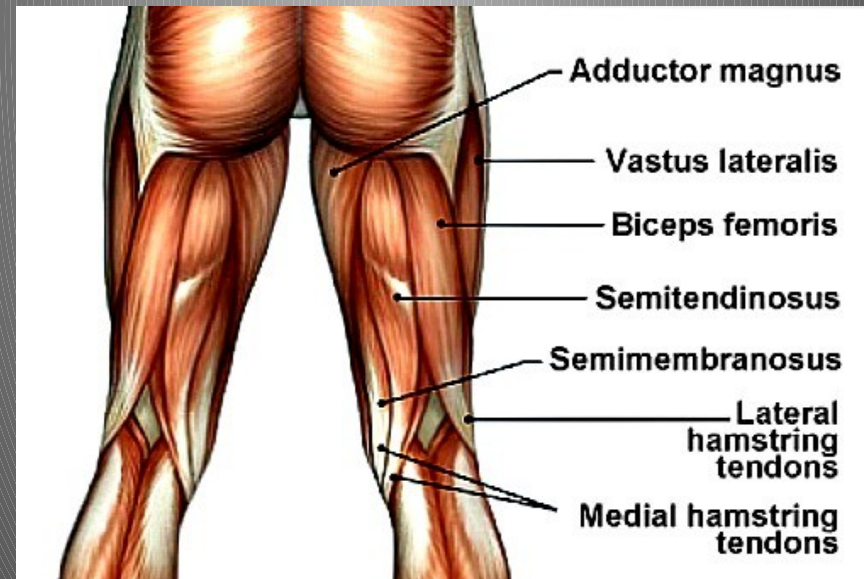
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KIMS



INTRODUCTION

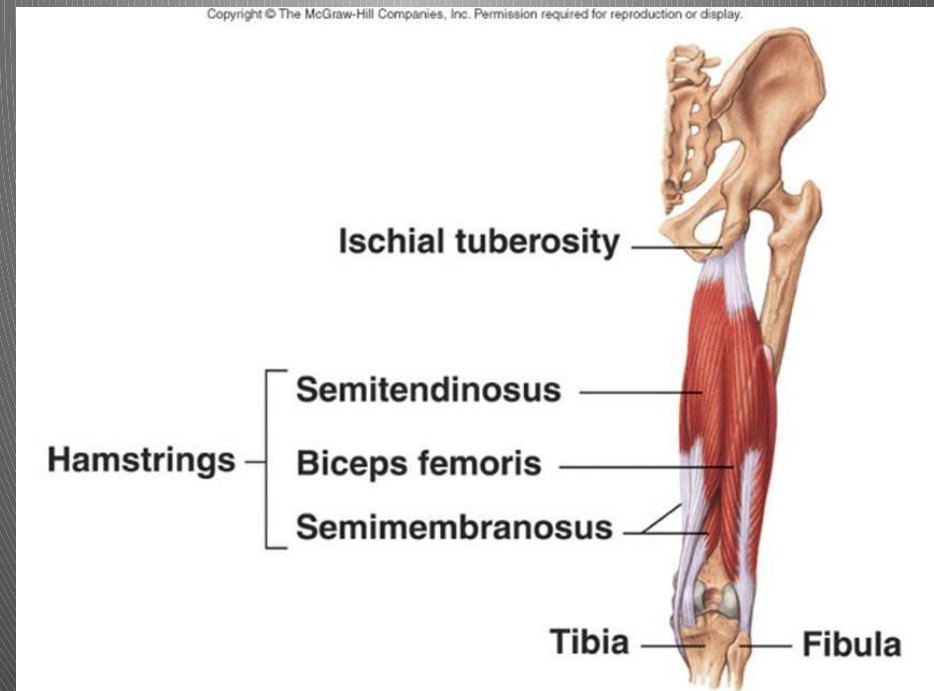
- ▶ Ham- muscles at back of thigh (or) hollow
- ▶ String- tendon of muscles which are like strings.
- ▶ HAM+STRINGS= muscles at the back of thigh with string like tendinous insertions.
- ▶ Hamstring muscles are 4 in number.
 - True
 - Modified

- ▶ **TRUE HAMSTRINGS:**
 - Semimembranosus
 - Semitendinosus
- ▶ **MODIFIED HAMSTRINGS:**
 - Biceps Femoris
 - Ischial head of Adductor Magnus



CRITERIA OF HAMSTRING MUSCLES

- ▶ **ORIGIN:**
 - Ischial tuberosity
- ▶ **INSERTION:**
 - Tibia or Fibula
- ▶ **ACTION:**
 - Extension of Hip joint and Flexion of Knee joint
- ▶ **NERVE SUPPLY:**
 - Tibial component of Sciatic nerve

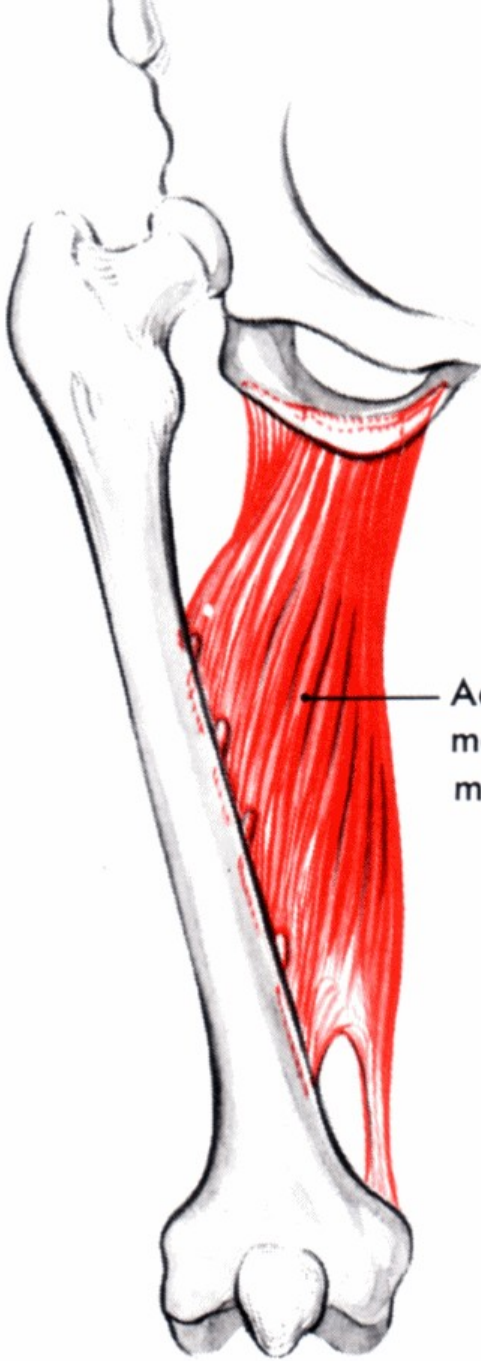




Semimembranosus

The image consists of two anatomical diagrams of the right leg, showing the femur, tibia, and fibula. The Semimembranosus muscle is highlighted in red and is shown originating from the posterior condyle of the femur and inserting into the proximal tibia. The Semitendinosus muscle is highlighted in pink and is shown originating from the anterior condyle of the femur and inserting into the proximal tibia. Labels with leader lines point to the Semimembranosus and Semitendinosus muscles in both diagrams.

Semitendinosus



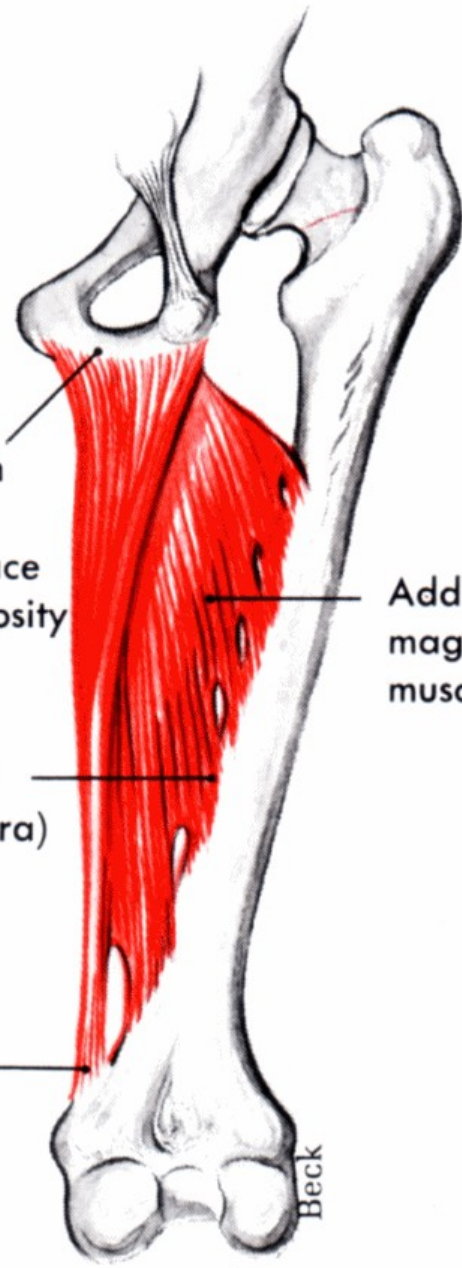
Anterior view

Adductor magnus muscle

O — Pubic arch and outer part of inferior surface of ischial tuberosity

I — Femur (linea aspera)

I — Femur (adductor tubercle)



Posterior view

Adductor magnus muscle

Muscles that adduct the thigh.

THANK YOU