FOOT MUSCLES (PLANTAR SURFACE)

1ST LAYER

"AXIS OF FOOT"

Lateral

↓

Medial

↑

Abductor hallucis - pulls big toe away from axis

Flexor digitorum brevis - curls the smaller toes

Abductor digiti minimi - pulls pinky toe away from axis

2ND LAYER

Lumbricals + "worms" in foot

Flexor hallucis longus (tendon) - curls big toe

Flexor digitorum longus (tendon) - curls smaller toes

Flexor accessorius - pulls laterally on flexor digitorum longus tendon to straighten it out

3RD LAYER

Adduct

Flexor hallucis brevis - curls big toe

Flexor digiti minimi brevis - curls pinky toe

4TH LAYER (deepest)

Interossei - means "between the bones"

L. Saul