Muscles

- Quadriceps (ThedoHudson)

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Preview:
Easy to understand guide for the Quads rendered in playful colors, Latin names included

Synonyms: Musculus quadriceps femoris; Legs; Leg muscle; Thighs; Quadriceps muscle; Quads; Quad muscles; M. quadriceps femoris

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Summary

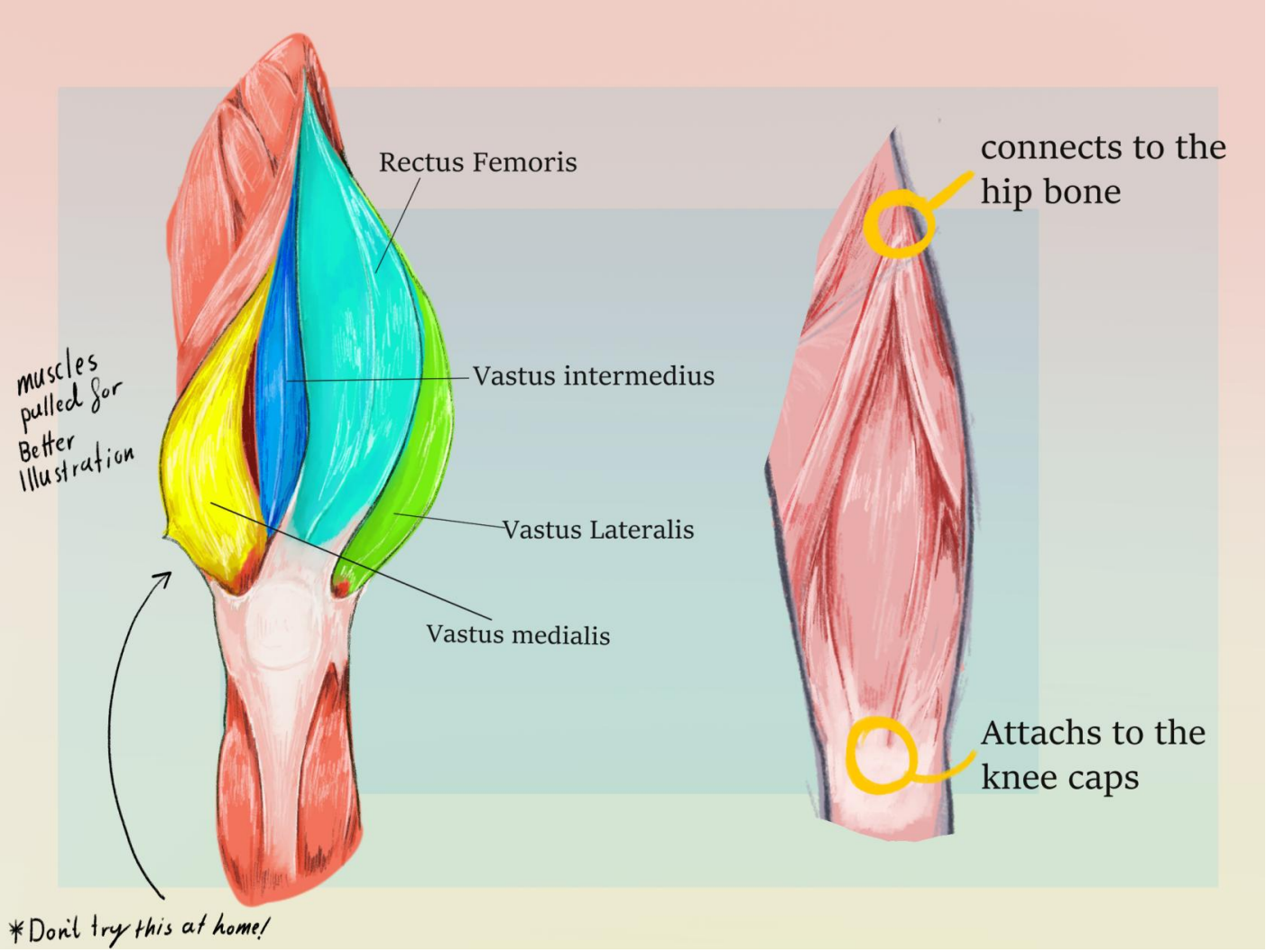
Quadriceps or the shorter and more common name, the Quads are 4 incredibly strong muscles located at the front of the thigh. the word quadriceps means "4 headed muscle of the femur" with quad obviously means 4 and ceps meaning "Head". 3 out of 4 muscles are named the Rectus Femoris , the Vastus lateralis, Vastus medialias, and the Vastus intermedius (hidden behind the Rectus Femoris)



Basics

The rectus Femoris is the biggest muscle out of the 4 and could also be called the queen of the Quads, the muscles are shaped like ovals that enlarge in the middle and end at the top of the femur and the ilium.

The Quads are not the only muscles/tendons on the leg so make sure you don't forget them.



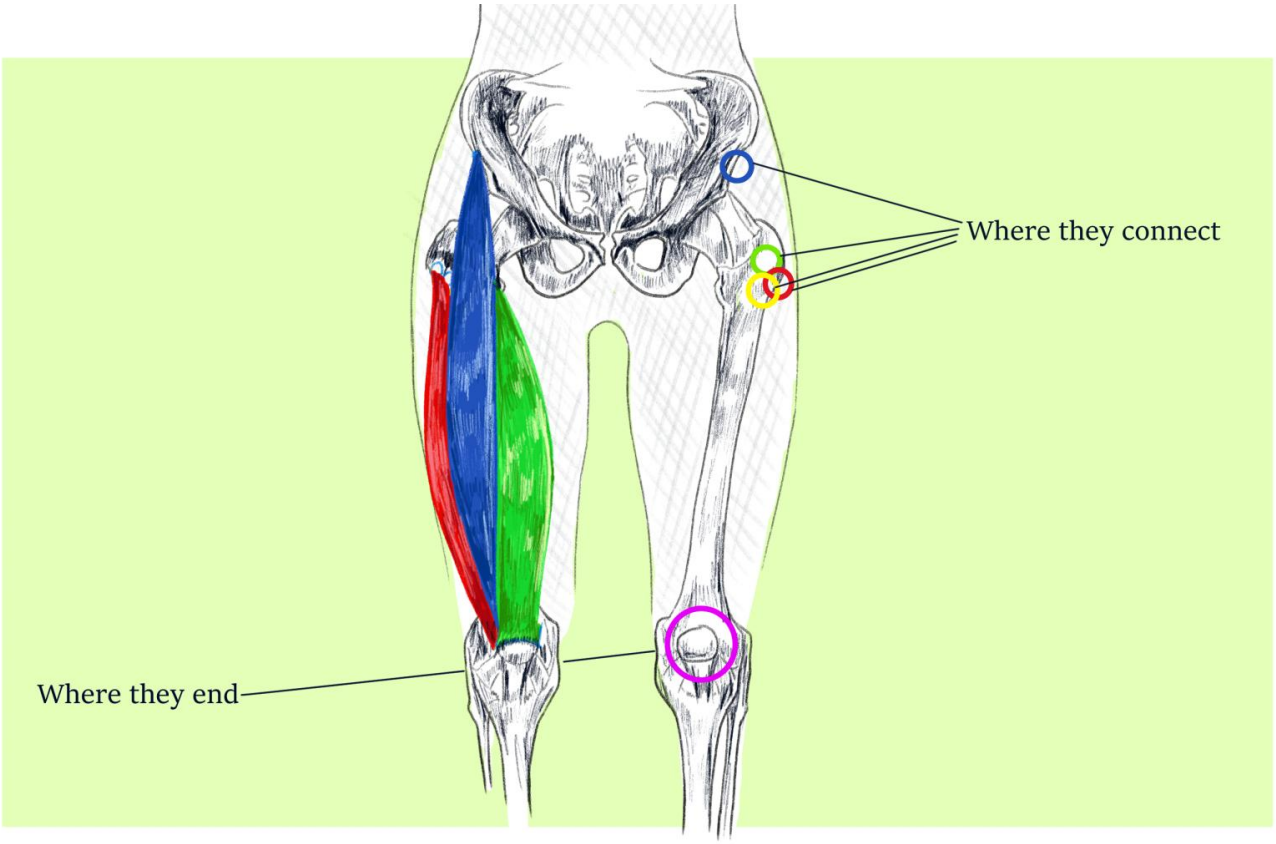
Origin

- The femur or the thigh bone
- The Ilium part of the the pubic bone superficial circumflex iliac arteries (the Rectus Femoris)

Insertion

All four of the Muscles insert at the tibial tuberosity at the shinbone or the tibia using the quadriceps tendon to essentially stick to the knee cap.

The Rectus femoris ends to the ilium the little curve on the hip.



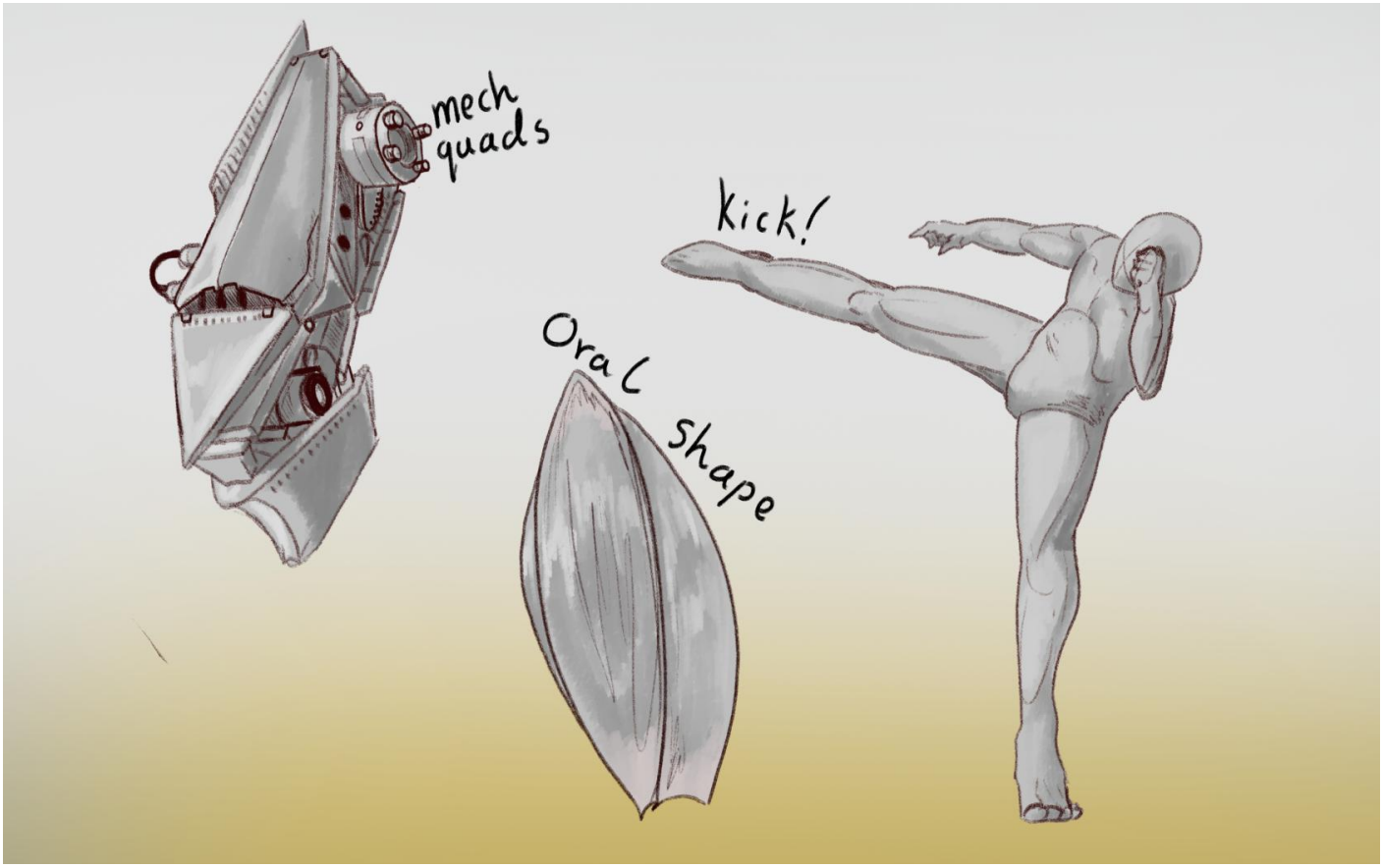
Functions

the functions are to extend the knee, meaning being able to straighten out the leg and to flex your hips. being apart of the biggest bone in your body, this obviously extends that the muscle are quite large and powerful, for the other important functions are every day activities like walking, running sitting, or such in sports, AFL Soccer or martial arts.

How to draw the muscle

The quadriceps are shaped like ovals, making them a much easier muscle to draw than others, of course you have to make sure you place the other muscles around it properly of your work is being realistic or just a anatomy study.

The muscle can look drastically different if using your imagination, for example understanding the anatomy can make a robot leg look unique and stylistic.



Advanced

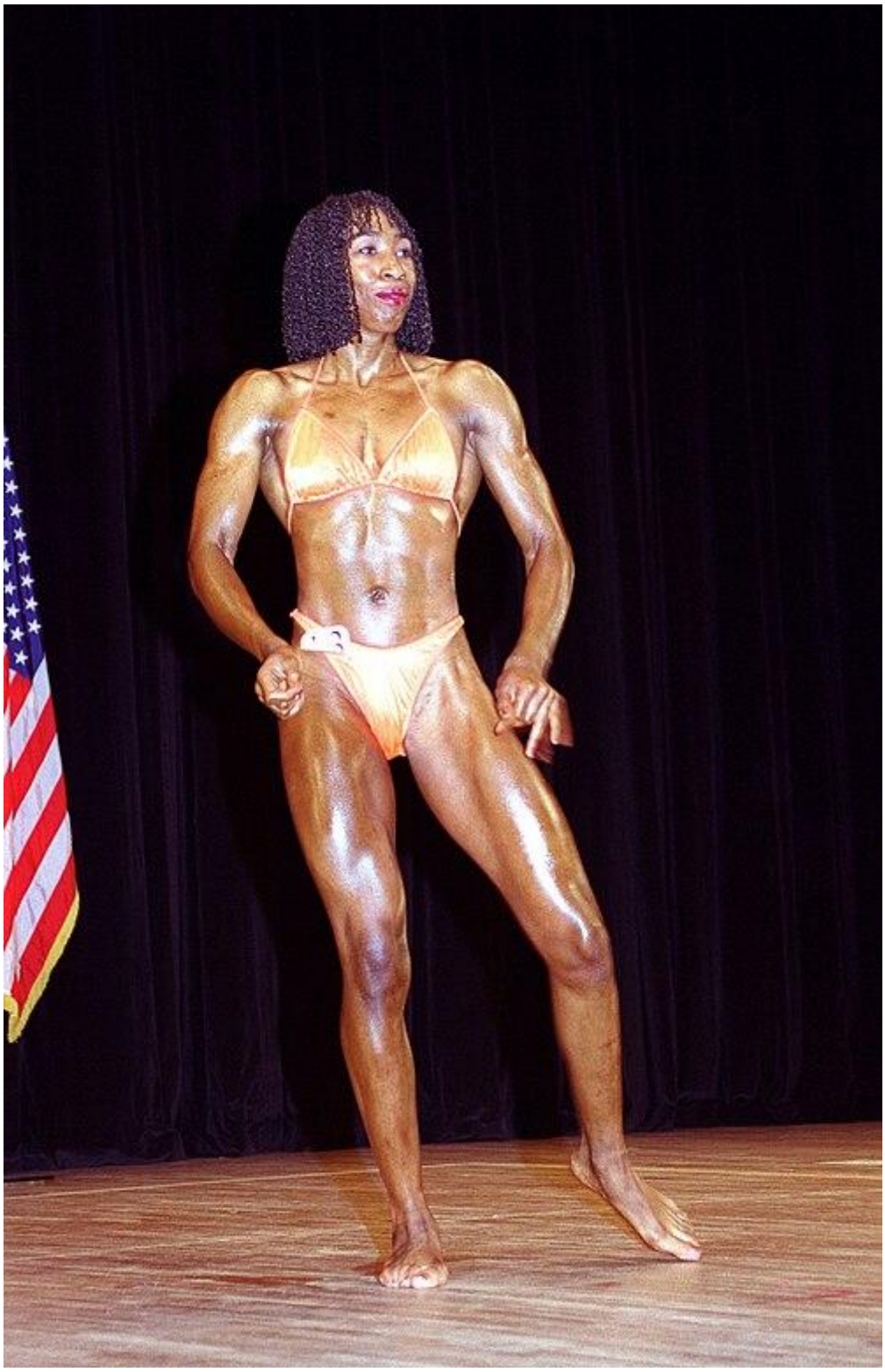
Everything beyond the basics
no advanced section as of right now

Reference Pictures (for study only)

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