



Massage Techniques 10B

Anterior muscles of leg

Tibialis Anterior tib-ee-AL-is an-TEER-ee-or

Etymology Latin tibialis, of the tibia + anterior, front

Comment. Be aware that tibialis anterior crosses from the anterolateral side of the leg to the medial side of the foot.

Attachments. Proximally, to the superior two-thirds of the lateral surface of tibia, and to the interosseous membrane. Distally, to the medial cuneiform and the base of the first metatarsal

Palpation. Discernible just medial to the shin from below the knee to just above the ankle, but essentially indistinguishable after it crosses the ankle medially. Architecture is parallel; fibers are essentially vertical until the muscle crosses the ankle.

Action. Dorsiflexion and inversion of foot. **Referral Areas.** To the anterior aspect of the ankle. Over the dorsal aspect of the phalanx of the great toe

Anatomy of tibialis anterior



Manual Therapy

Stripping. The client lies supine. The therapist stands at the client's feet. Stabilize the foot with the non-treating hand. Place the fingertips on the distal end of the tibialis anterior, just proximal to the ankle. Pressing firmly into the tissue, slide the fingertips along the muscle to its attachments on the tibia. This procedure may also be carried out with the supported thumb or the heel of the hand.

Stripping of tibialis
anterior with the
fingertips



Stripping of
tibialis anterior
with supported
thumb



Stripping of
tibialis anterior
with the heel of
the hand



Extensor Digitorum Longus ex-TENSE-er didge-i-TORE-um LONG-us

Etymology Latin extensor, extender + digitorum, of the digits + longus, long

Attachments. Proximally, to the lateral condyle of the tibia, and the superior two-thirds of the anterior margin of the Fibula. Distally, by four tendons to the dorsal surfaces of the bases of the proximal, middle, and distal phalanges of the second to fifth toes.

Palpation. Discernible posterior to tibialis anterior. Architecture is unipennate.

Action. Extends the four lateral toes

Referral Areas. Over the dorsal aspect of the second, third, and fourth digits of the foot

Other Muscles to Examine. Extensor digitorum brevis

Anatomy of extensor digitorum longus



Manual Therapy

Stripping

The client lies supine. The therapist stands beside the client at the feet. Place the thumb on extensor digitorum longus at its distal end, just anterior and superior to the lateral malleolus. Pressing firmly into the tissue, slide the thumb along the muscle following the fibula to its head.

Stripping of
extensor digitorum
longus with thumb



Extensor Hallucis Longus

Etymology Latin extensor, extender + hallucis (from hallux, great toe), of the great toe + longus, long

Attachments. Proximally, to the anteromedial surface of the fibula and the interosseous membrane. Distally, to the base of the distal phalanx of the great toe

Palpation. Not palpable

Action. Extends the great toe

Referral Areas. Over the dorsal aspect of the phalanx of the great toe

Other Muscles to Examine. Tibialis anterior

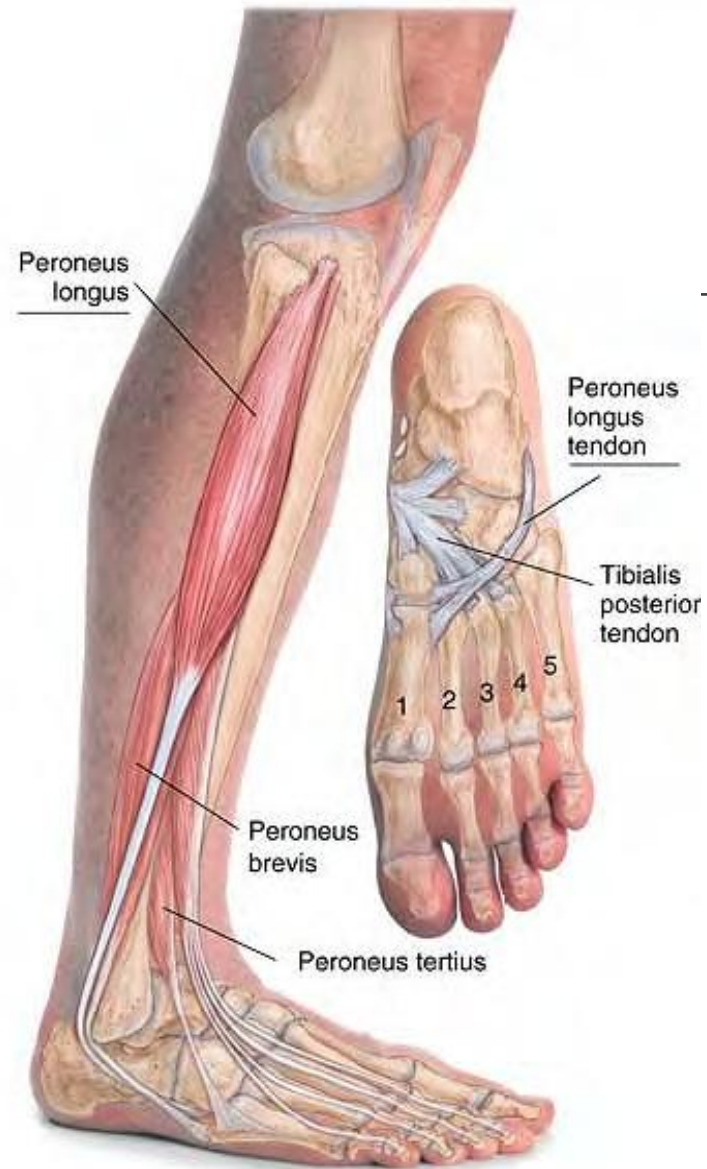
Manual Therapy for Extensors (Dorsiflexors) of the Foot

Stretch

Client may lie prone or supine.

Holding the leg in one hand, take the foot in the other hand and slowly extend it.

Anatomy of extensor hallucis longus



Manual Therapy for Extensors (Dorsiflexors) of the Foot

Stretch

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Holding the leg in one hand, take the foot in the other hand and slowly extend it

Stretch of the
extensors
(dorsiflexors) of
the foot



Lateral muscles of the leg

Peroneus Longus pe-ROE-nee-us LONG-us

Etymology Latin peroneus from Greek perone, fibula + longus, long

Comment. The name fibularis is sometimes used in place of peroneus.

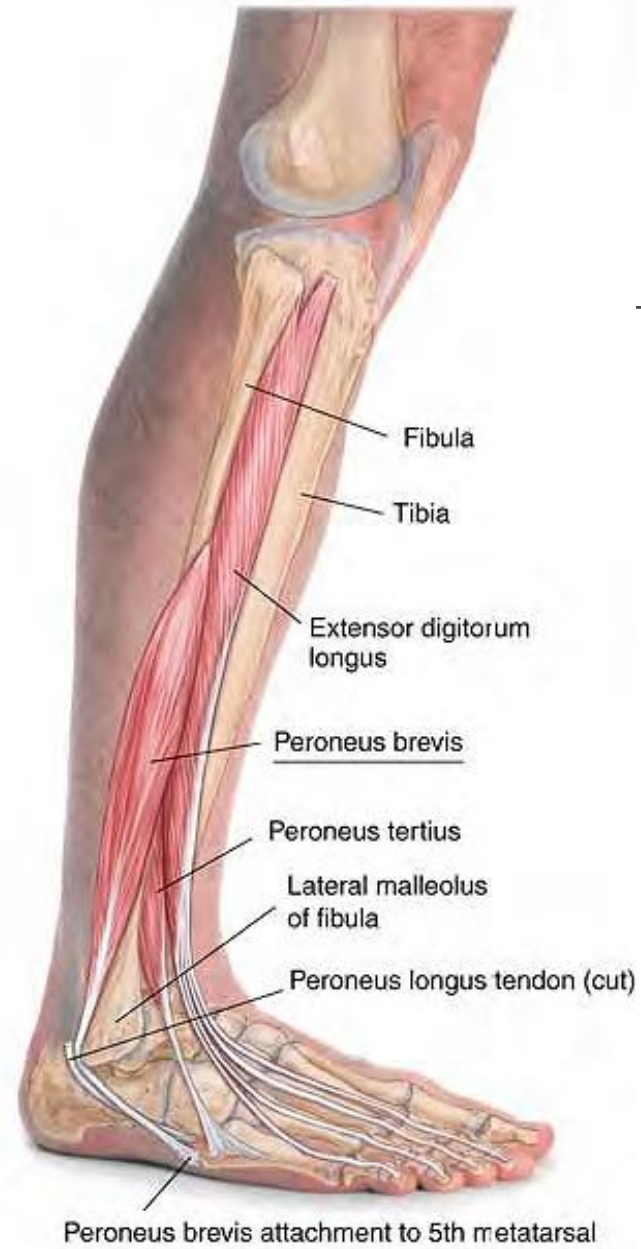
Attachments. Proximally, to the superior two-thirds of the outer surface of the fibula and to the lateral condyle of tibia. Distally, by the tendon passing posterior to the lateral malleolus and across the sole of the foot to the medial cuneiform and base of the first metatarsal

Palpation. Discernible posterior to extensor digitorum longus in the upper half of the leg, but not beyond. Architecture is bipennate.

Action. Plantar flexes and everts foot

Referral Areas. To the lateral calf, and around the lateral malleolus

Anatomy of peroneus longus



Manual Therapy

Compression. The client lies prone. The therapist stands beside the client at the leg. Place a hand on the calf, with the thumb pressing into the lateral aspect of the leg a few inches below the knee. Press firmly into the tissue, searching for tender spots. Hold for release

Peroneus Brevis pe-ROE-nee-us BREV-is

Etymology Latin peroneus from Greek perone, fibula + brevis, short

Comment. The name fibularis is sometimes used in place of peroneus.

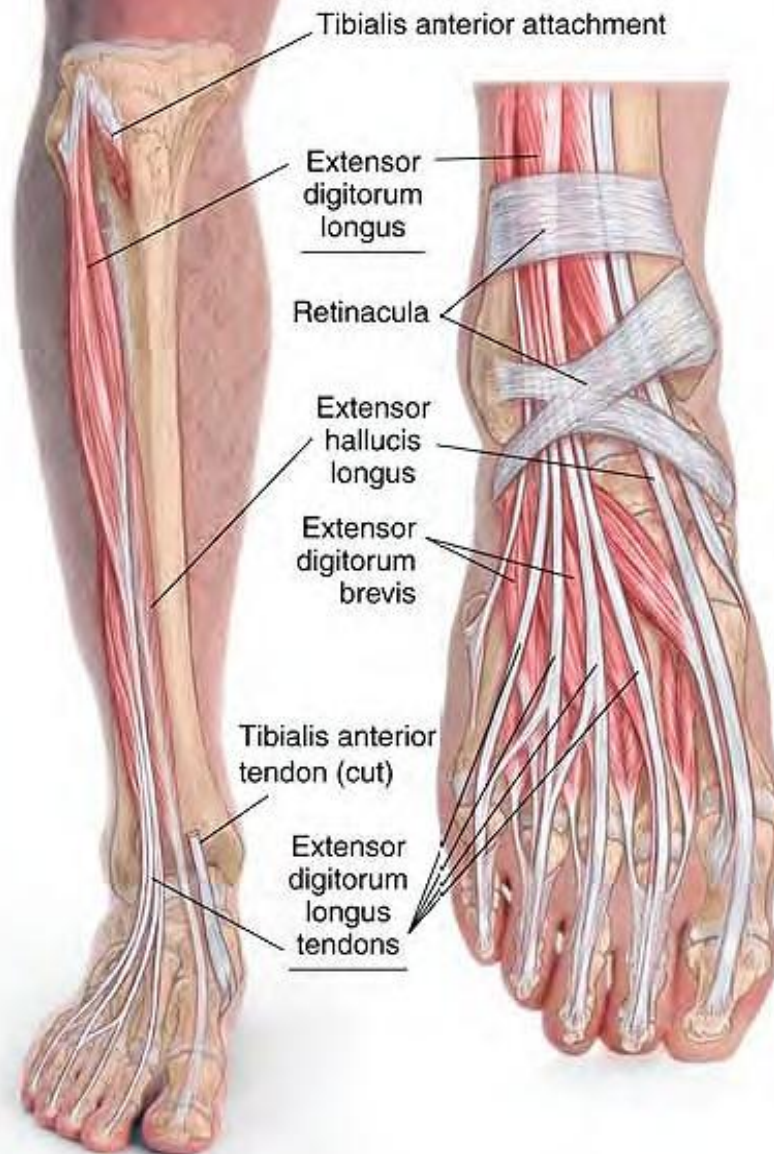
Attachments. Proximally, to the lower two-thirds of the lateral surface of the fibula. Distally, to the base of the fifth metatarsal bone

Palpation. Discernible posterior to tibialis anterior in the lower half of the leg. Architecture is bipennate.

Action. Plantar flexes and everts the foot

Referral Areas. Around the lateral malleolus

Anatomy of
peroneus
brevis



Peroneus Tertius pe-ROE-nee-us TER-shus

Etymology Latin peroneus from Greek perone, fibula + tertius, third

Comment. The name fibularis is sometimes used in place of peroneus.

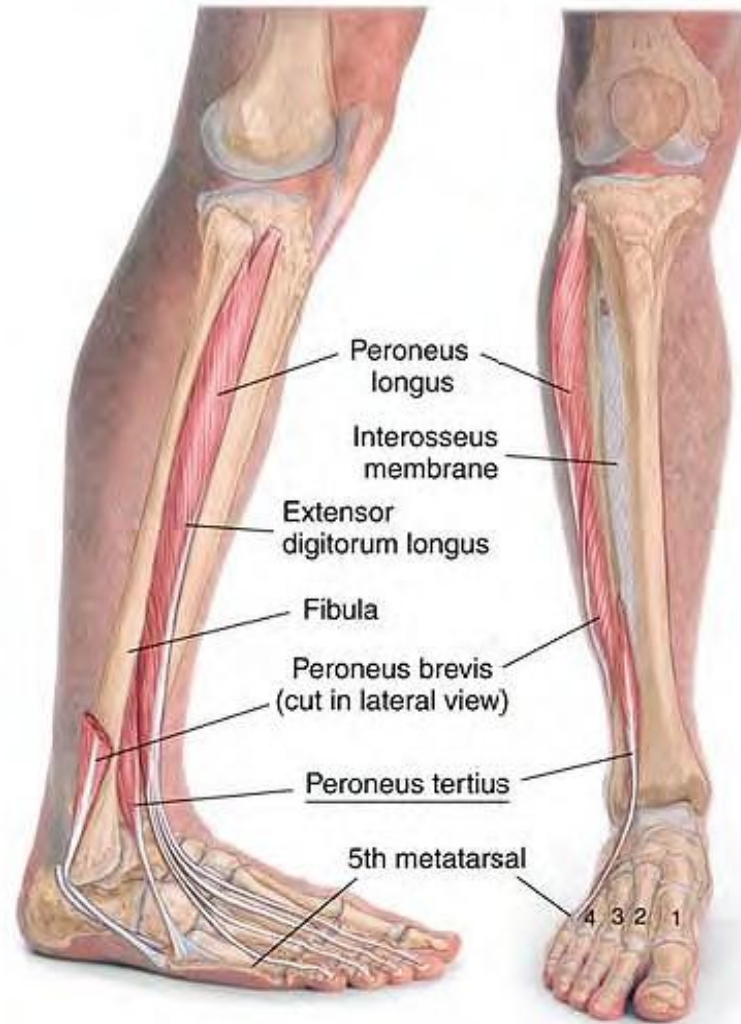
Attachments. Proximally, in common with musculus extensor digitorum longus. Distally, dorsum of base of fifth metatarsal bone

Palpation. Not palpable.

Action. Assists in dorsiflexion and eversion of foot

Referral Areas. Over the anterior lateral ankle and proximal dorsal foot. Over the lateral aspect of the heel

Compression
of peroneus
longus trigger
point



Anatomy of peroneus tertius

