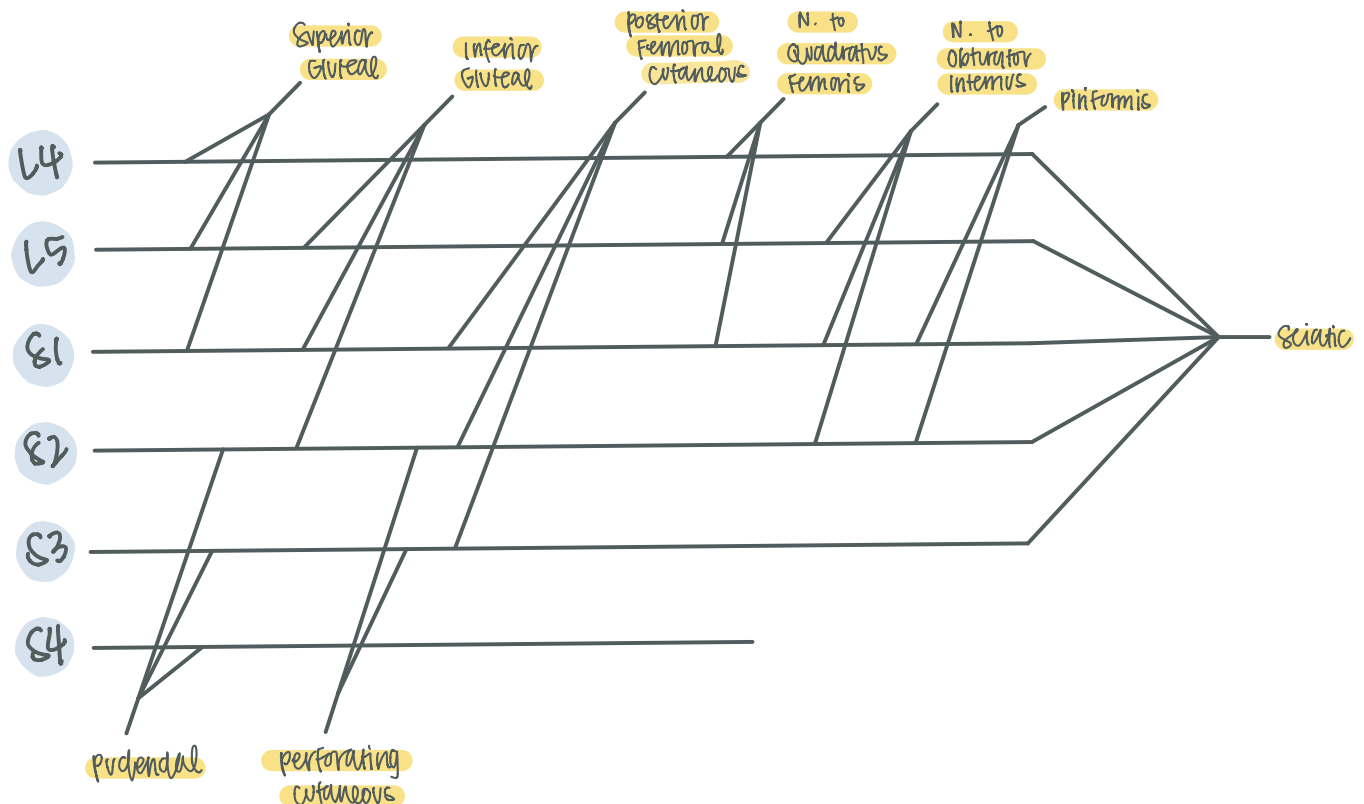
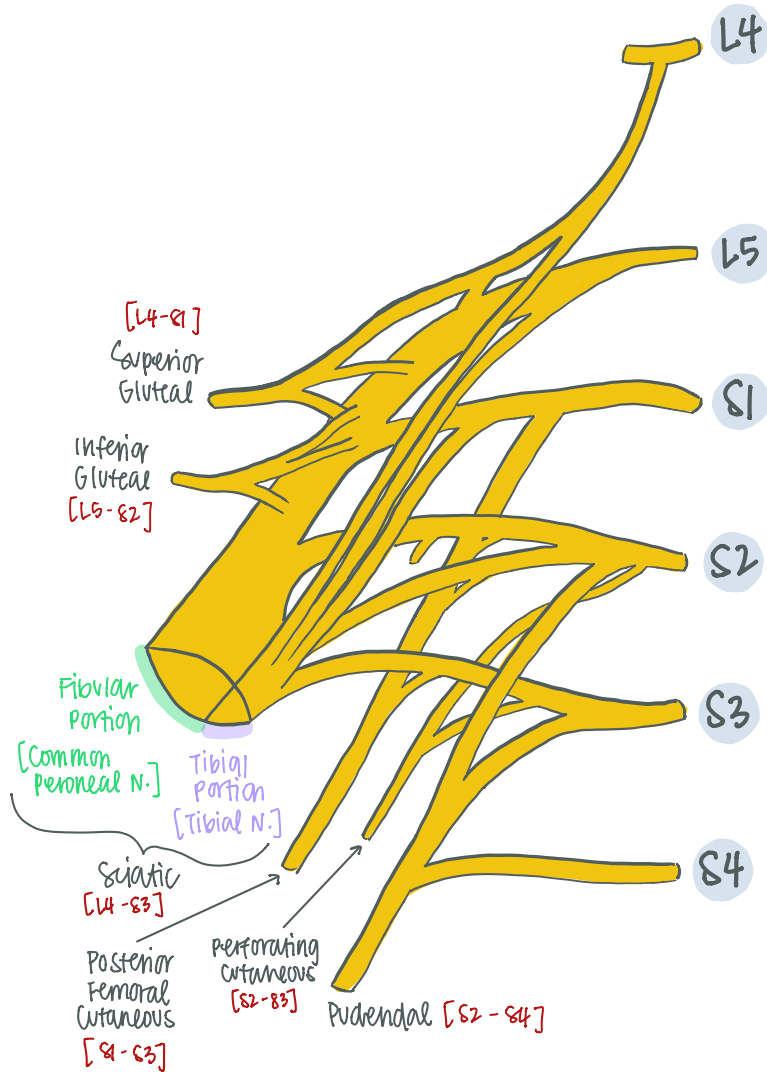
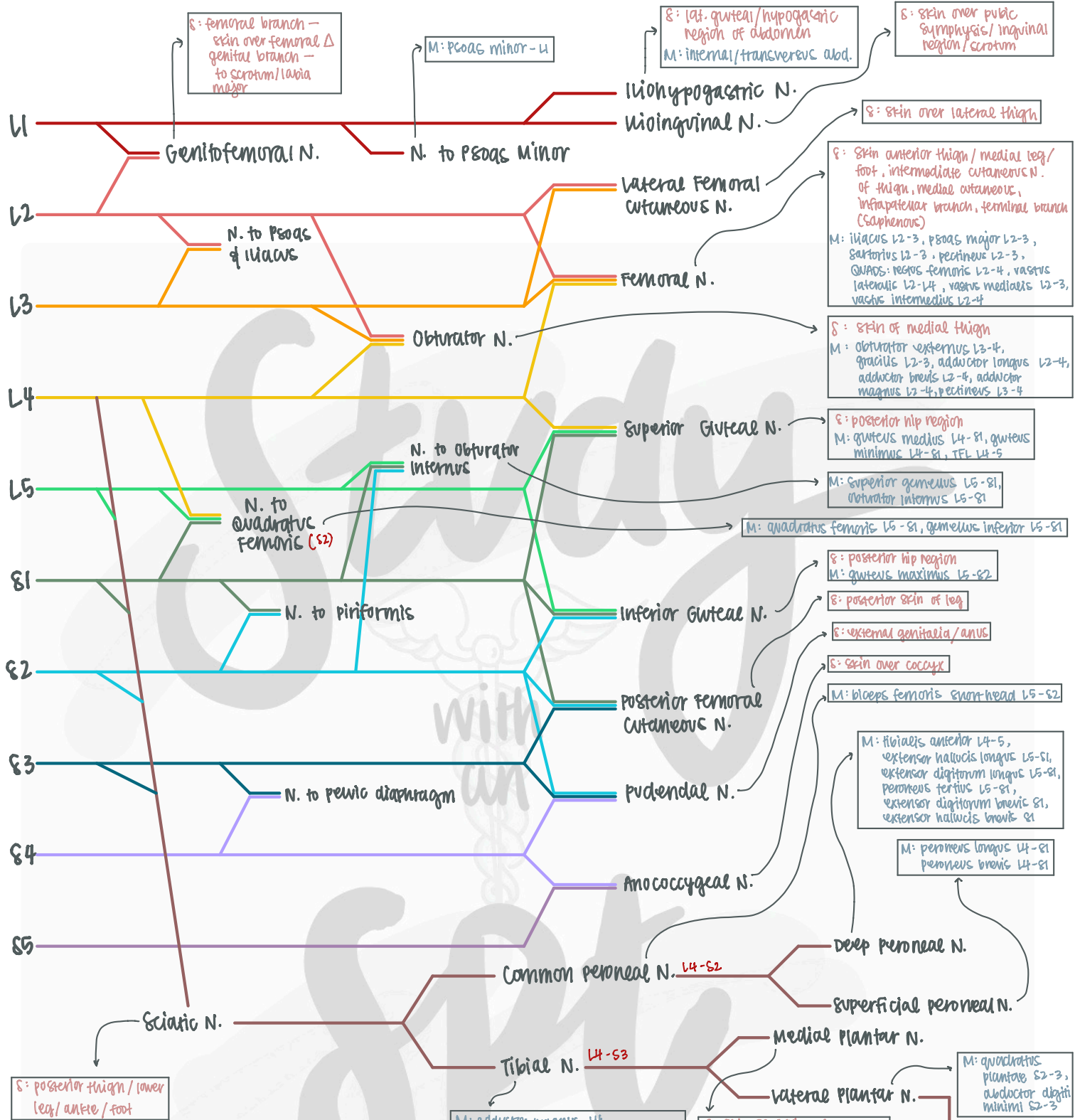


# SACRAL PLEXUS



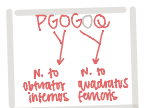


- OBTURATOR N.** → OH GEE, ADD ME (Obturator → gracilis, adductors)
- FEMORAL N.** → QUADS & SIP (all quads, sartorius, iliopsoas, pectineus)
- COMMON PERONEAL N.** → SHORT PEOPLE ARE COMMON (biceps femoris short head)
- SUPERFICIAL PERONEAL N.** → MAIN PERONEALS (peroneus longus & brevis)
- DEEP PERONEAL N.** → EXTEND THE TA (extensors, tertius, fib ant)
- TIBIAL N.** → HAMSTRINGS, POST. LEG, FLEX LONG (all hamstrings, posterior leg muscles, flexors (longus only))
- MEDIAL PLANTAR N.** → BRIEF LAPS (flexors (brevis only), 1st lumbrical, abductor hallucis, plantar - sensory)

**M:** adductor magnus L4, biceps femoris long head L5-S2, semimembranosus L5-S2, semitendinosus L5-S2, popliteus L4-S1, gastrocnemius S1-S2, soleus S1-2, plantaris L4-S1, flexor digitorum longus S1-2, flexor hallucis longus L5-S2, fibialis posterior L4-5

**S:** skin sensation of plantar surface/toes 1-3 & 4/2 of 4th  
**M:** flexor digitorum brevis L4-5, abductor hallucis L4-5, flexor hallucis brevis L5-S1, first lumbrical L4-5

- LATERAL PLANTAR N.** → 4 MINI PLANTS (quadratus plantae, abductor digiti minimi)
- SUPERFICIAL LATERAL PLANTAR N.** → SUPER SHORT FLEX (sensory to toes 4&5, flexor DM brevis)
- DEEP LATERAL PLANTAR N.** → DIP LAD (dorsal & plantar interossei, lumbricals 2-4, abductor hallucis)



**S:** proper plantar digital N. → skin of toes 4-5  
**M:** flexor digiti minimi brevis S2-3

**M:** dorsal/plantar interossei S2-3, lumbricals of toes 2-4 S2-3, abductor hallucis S2-3