

Extensor hallucis longus muscle

The Extensor hallucis longus is a thin muscle, situated between the Tibialis anterior and the Extensor digitorum longus, that functions to extend the big toe and dorsiflex the foot, and assists with foot eversion and inversion.

It arises from the anterior surface of the fibula for about the middle two-fourths of its extent, medial to the origin of the Extensor digitorum longus; it also arises from the interosseous membrane to a similar extent.

The anterior tibial vessels and deep peroneal nerve lie between it and the Tibialis anterior.

The fibers pass downward, and end in a tendon, which occupies the anterior border of the muscle, passes through a distinct compartment in the cruciate crural ligament, crosses from the lateral to the medial side of the anterior tibial vessels near the bend of the ankle, and is inserted into the base of the distal phalanx of the great toe.

Opposite the metatarsophalangeal articulation, the tendon gives off a thin prolongation on either side, to cover the surface of the joint.

An expansion from the medial side of the tendon is usually inserted into the base of the proximal phalanx.

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