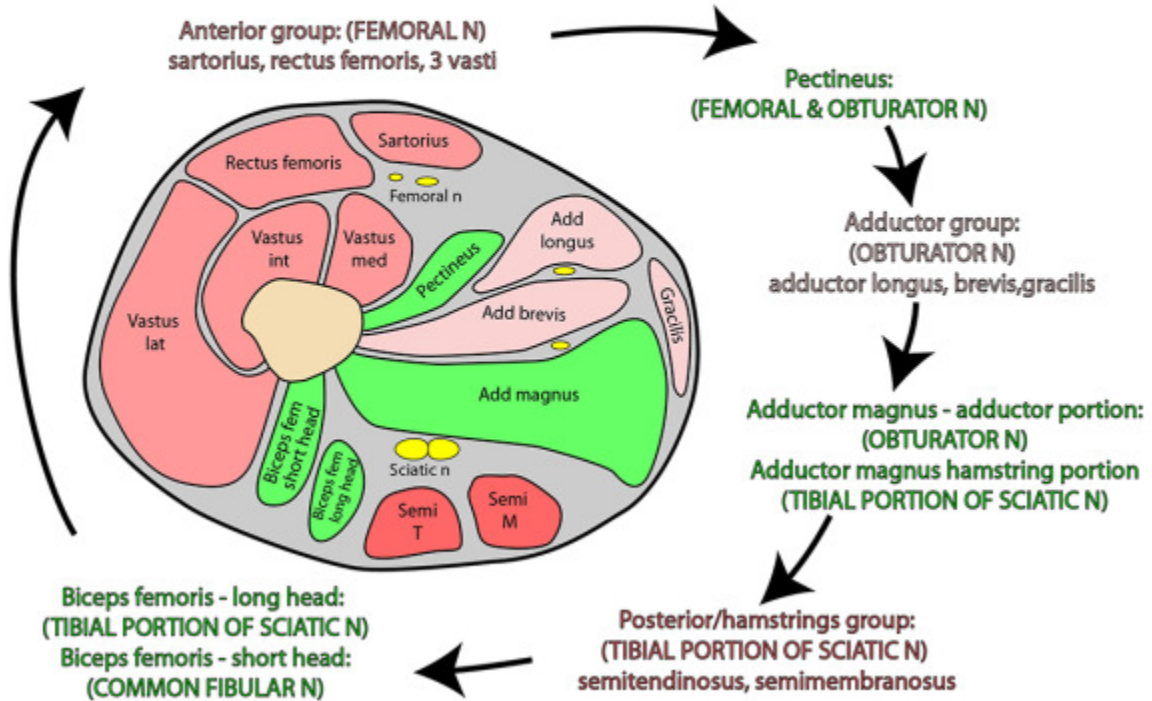


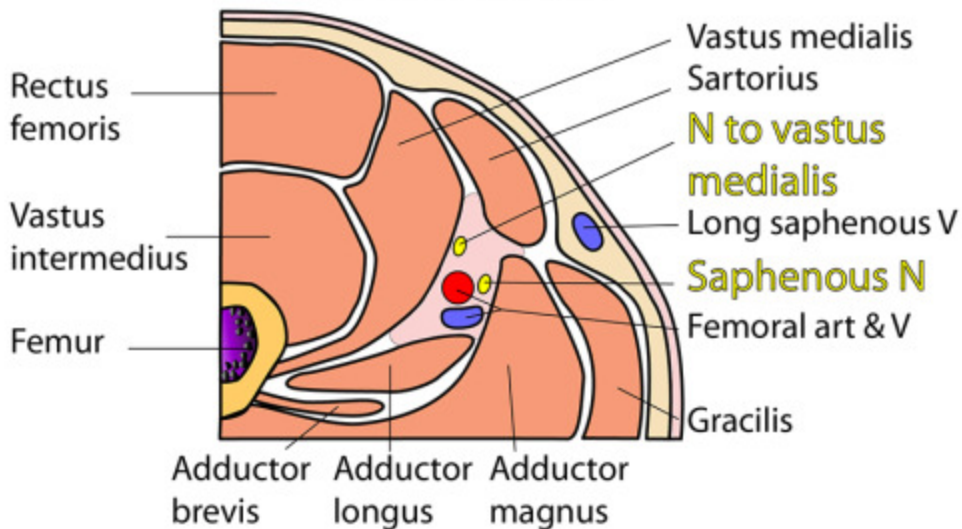
Thigh Muscles and Adductor Canal

THE "3 WATERSHED MUSCLES" WAY OF REMEMBERING THIGH MUSCLES

The 3 muscles with dual nerve supply are interposed between the three groups of muscles in the thigh. If you can recall these 3 then the groups are easily remembered



ADDUCTOR (SUBSARTORIAL/HUNTER'S) CANAL (R) (viewed from below)



Apex of femoral triangle to adductor hiatus

Borders - **lateral:** vastus medialis, **medial:** adductor longus superiorly & adductor magnus inferiorly, **roof:** sartorius. **Contains:** Femoral artery & vein; saphenous nerve; nerve to vastus medialis