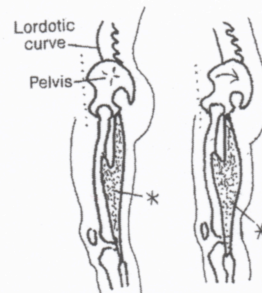


CN: Use light colors. (1) Color each hamstring muscle in the deep view before going on to the superficial. Color the two smaller muscle diagrams with respect to flexion and extension of the hip and knee joints. (2) Color gray the two diagrams of stippled muscles at upper right.

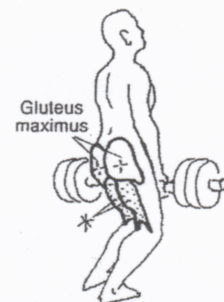
"HAMSTRINGS"
SEMIMEMBRANOSUS_A
SEMITENDINOSUS_B
BICEPS FEMORIS_C



Tight hamstrings limit flexion of hip when knee joint is extended

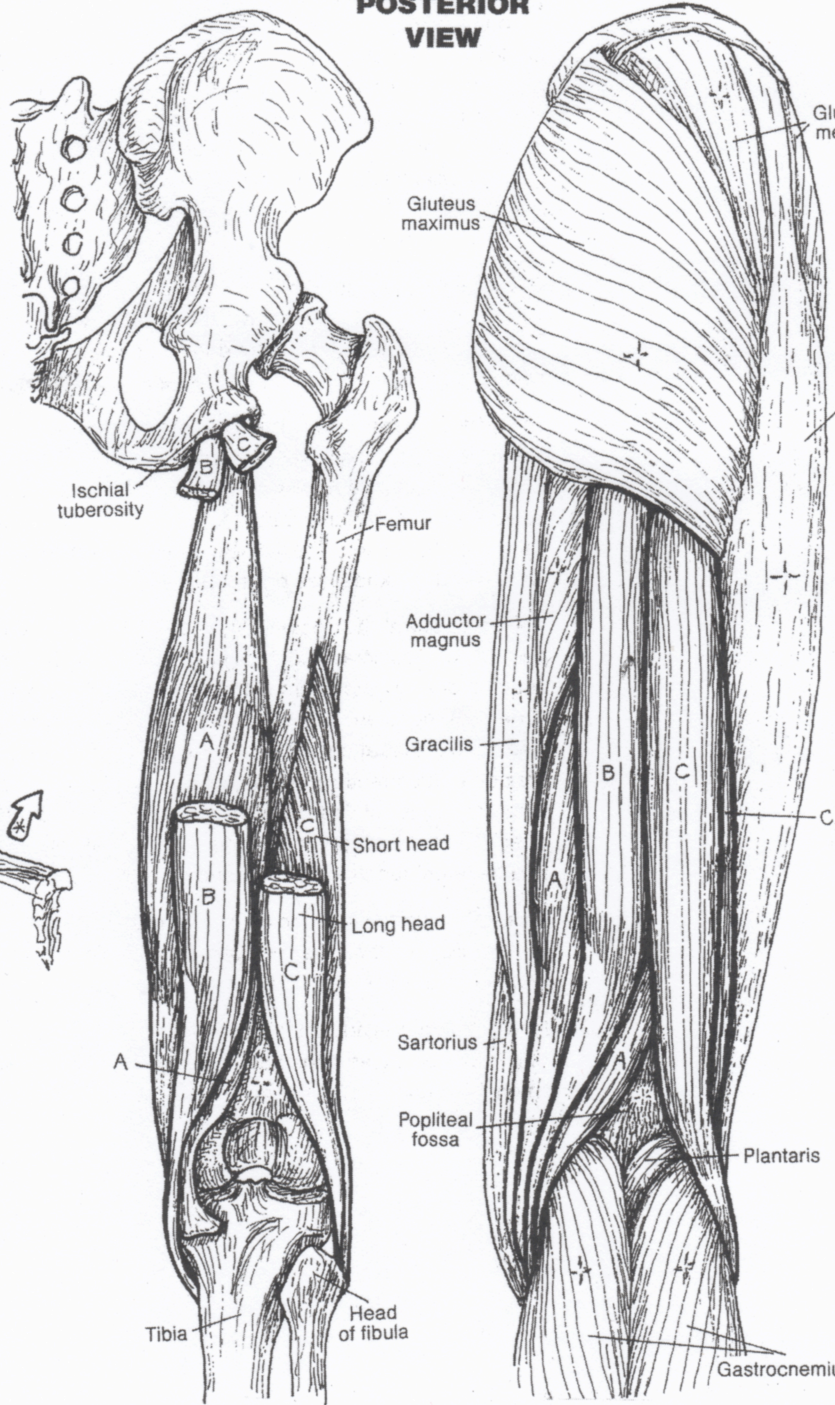


Tight hamstrings (at right) tilt pelvis backward, flattening lordotic curve of lower back.



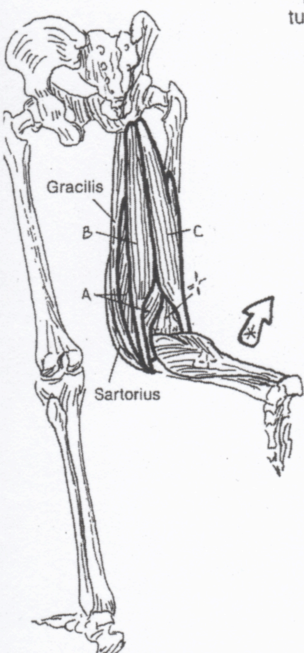
Powerful extensors of the hip joints.

POSTERIOR VIEW

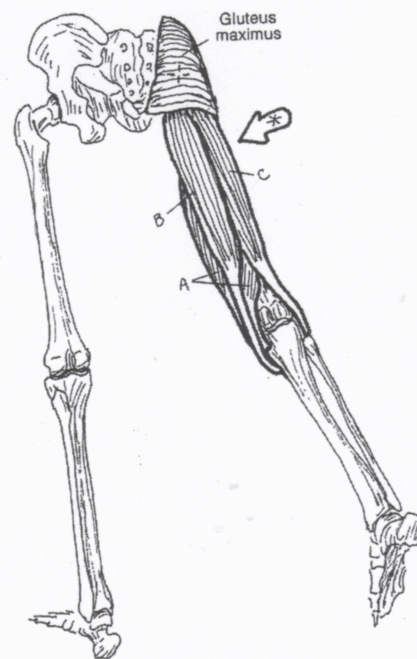


DEEP

SUPERFICIAL



FLEXORS OF THE KNEE JOINT



EXTENSORS OF THE HIP JOINT