

**Tibialis Anterior** — This is the most ventral muscle of the shank. As its name indicates it lies upon the tibia. It originates from the proximal end of the tibia and fibula and inserts upon the second metatarsal.

**Peroneus: Longus, Brevis, and Tertius** — This group of deeper muscles of the lower hind leg act to flex the ankle. They originate from the tibia and the distal end of the femur, and insert on the metatarsal and tarsal bones.

**Extensor Digitorum Longus, Flexor Digitorum Longus** — These are two of several extensor and flexor muscles found in this area. They insert upon and move the metatarsals and digits. They are shaped like narrow bands and end as long, tough tendons, some branching to several digits.