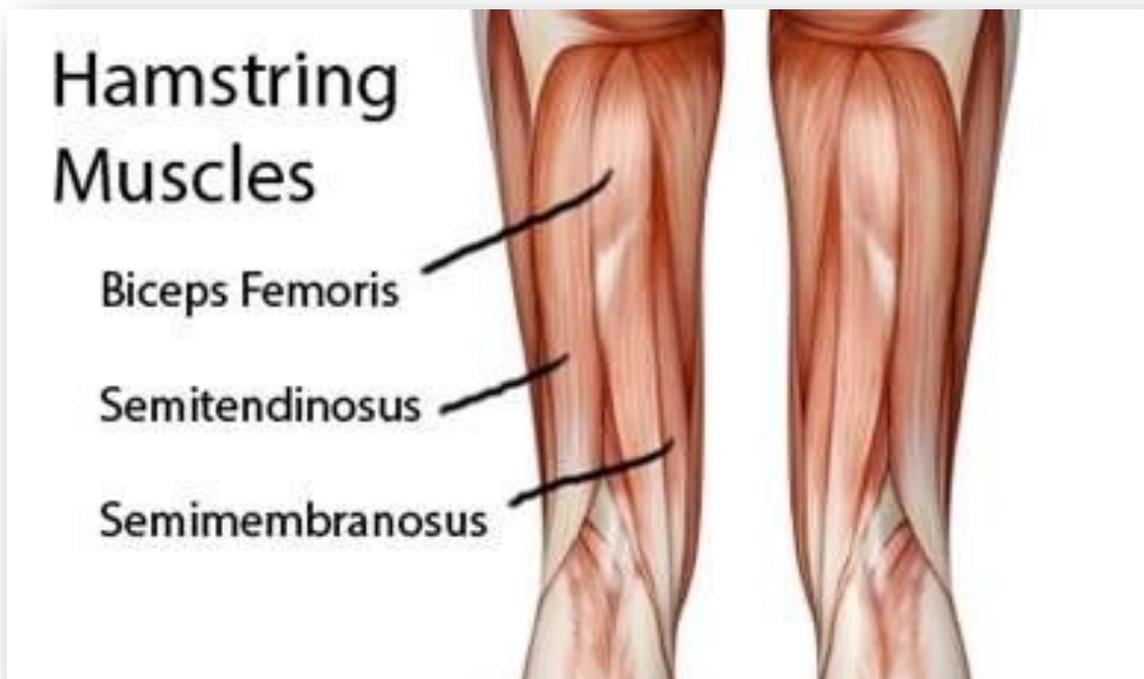


What does the Hamstring Muscles do?

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What does the Hamstring Muscles do?

The hamstring muscles are responsible for your hip and knee movements in walking, squatting, bending your knees, and tilting your pelvis.

Hamstring muscle injuries are the [most common Trusted Source](#) sports injury. These injuries often have long recovery times and [can recur Trusted Source](#). Stretches and strengthening exercises can help prevent injuries.

Let's take a closer look.

What muscles are part of the hamstrings?

The three major muscles of the hamstrings are the:

[biceps femoris](#)

[semimembranosus](#)

[semitendinosus](#)

Soft tissues called [tendons](#) connect these muscles to the bones of the [pelvis](#), [knee](#), and lower leg

Biceps femoris

It allows your knee to flex and rotate and your hip to extend.

The biceps femoris is a long muscle. It begins in the thigh area and extends to the head of the [fibula](#) bone near the knee. It's on the outer part of your thigh.

The biceps femoris muscle has two parts:

- a long slender head that attaches to the lower rear part of the hip bone (the ischium)

a shorter head that attaches to the [femur](#) (thigh) bone

Semimembranosus

The semimembranosus is a long muscle at the back of the thigh that begins at the pelvis and extends to the back of the [tibia](#) (shin) bone. It's the largest of the hamstrings.

It allows for the thigh to extend, knee to flex, and tibia to rotate.

Semitendinosus

The semitendinosus muscle is located between the semimembranosus and biceps femoris at the back of your thigh. It begins at the pelvis and extends to the tibia. It's the longest of the hamstrings.

It allows the thigh to extend, tibia to rotate, and knee to flex.

The semitendinosus muscle mainly consists of fast-twitch muscle fibers that contract rapidly for short periods.

The hamstring muscles cross the hip and knee joints, except for the short head of the biceps femoris. That crosses only the knee joint.