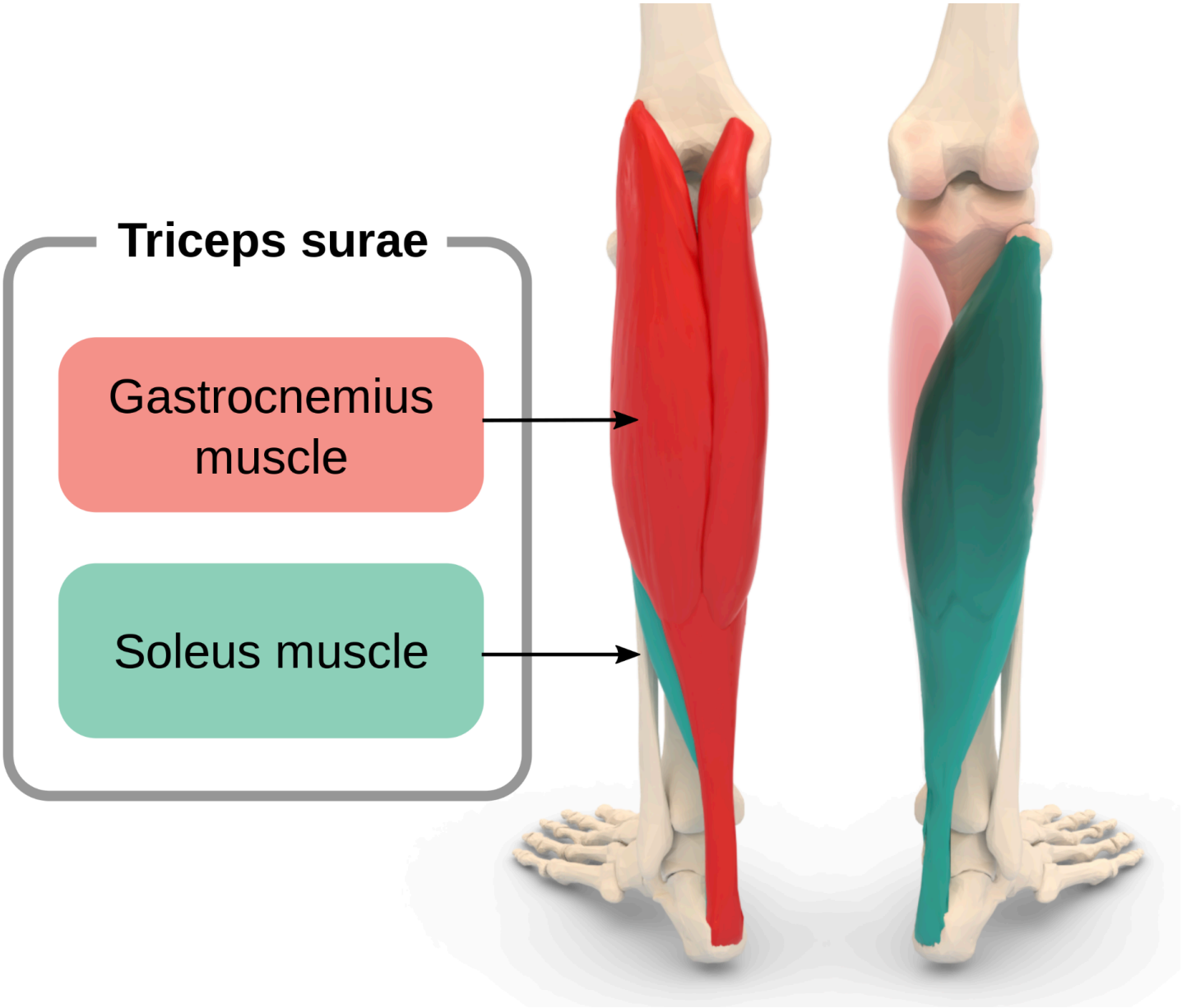
Calf Muscle Diagram Template



Source: By Polygon data were generated by Database Center for Life Science (DBCLS)[2] - Polygon data are from BodyParts3D[1], CC BY-SA 2.1 jp, https://commons.wikimedia.org/w/index.php?curid=88899111

Additional Notes:

The calf muscle is composed of two primary muscles: the gastrocnemius and the soleus.

The gastrocnemius is the larger and more superficial of the two, having two heads that create its distinctive shape.

The soleus is a flatter, deeper muscle that lies underneath the gastrocnemius.

Both muscles merge into the Achilles tendon, which inserts into the heel bone (calcaneus)
These muscles play a critical role in activities such as walking, running, and jumping.
They are responsible for plantar flexion of the foot (pointing the toes) and help in stabilizing the ankle.