

MUSCLES OF LOWER EXTREMITIES

	ANKLE D-FLEX	ANKLE P-FLEX	KNEE FLEX	KNEE EXT	HIP FLEX	HIP EXT	HIP ADD	HIP ABD	HIP EXT ROT	HIP INT ROT
TIBIALIS ANTERIOR	X									
GASTROC		X	X							
SOLEUS		X								
RECTUS FEMORIS				X	X					
VASTUS MEDIALIS				X						
VASTUS LATERALIS				X						
VASTUS INTERMEDIUS				X						
BICEPS FEMORIS			X			X			X	
SEMIMEMBRANOSIS			X			X				X
SEMITENDINOSIS			X			X				X
ILOPSOAS					X			X	X	
GLUTEUS MEDIUS					X	X		X	X	X
GLUTEUS MAXIMUS						X	X	X	X	
GLUTEUS MINIMUS								X		X
TENSOR FASCIA LATAE (TFL)				X	X			X		X
PIRIFORMIS								X	X	
QUADRATUS FEMORIS								X	X	
OBTURATOR INTERNAL								X	X	
OBTURATOR EXTERNAL							X		X	
GAMELUS SUPERIOR								X	X	
GAMELUS INFERIOR								X	X	
SARTORIUS					X			X	X	
ADDUCTOR BREVIS							X		X	
ADDUCTOR LONGUS							X		X	
ADDUCTOR MAGNUS						X	X			X
PECTINEUS					X		X			X
GRACILIS		X	X				X			X
PERONEUS BREVIS		X								
PERONEUS LONGUS										
PERONEUS TERTIUS	X									
TIBIALIS POSTERIOR		X								
PLANTARIS		X	X							
POPLITEUS			X							

MUSCLES OF UPPER EXTREMITIES

	SHOULD EXT	SHOULD ADD	SHOULD ABD	SHOULD EXT ROT	SHOULD INT ROT	ELBOW FLEX	ELBOW EXT	FOREARM SUPIN	FOREARM PRON	WRIST FLEX	WRIST EXT
PECTORALIS MAJOR		X			X						
ANTERIOR DELTOID		X			X						
MEDIAL DELTOID			X								
POSTERIOR DELTOID	X		X	X							
LATISSIMUS DORSI	X	X			X						
BICEPS						X		X			
TRICEPS	X	X					X				
BRACHIARADIALIS						X		X	X		
FOREARM FLEXORS											
FOREARM EXTENSORS										X	X
SUPRASPINATUS			X		X						
INFRASPINATUS				X							
SUBSCAPULARIS		X			X						
TERES MINOR				X							
TERES MAJOR	X	X			X						
CORACOBRACHIALIS		X									
BRACHIALIS						X					
SUPINATOR								X			
PRONATOR TERES						X			X		
ANCONEUS							X		X		
PRONATOR QUADRATUS									X		

MUSCLES OF TRUNK, HEAD, AND NECK

	TRUNK EXT	TRUNK ROT	TRUNK LAT FLEX	SCAP ELEV	SCAP DEPR	SCAP RETR	NECK FLEX	NECK EXT	NECK ROT	NECK LAT FLEX
RECTUS ABDOMINUS										
EXTERNAL OBLIQUE		X	X							
INTERNAL OBLIQUE		X	X							
ERECTOR SPINAE	X		X							
TRAPEZIUS				X	X	X				X
PERTORALIS MINOR					X					
LATISSIMUS DORSI					X					
SPLenius CERVICIS								X	X	X
SPLenius CAPITALIS								X	X	X
SEMISPINALIS CERVICIS								X	X	
SEMISPINALIS CAPITALIS								X	X	
STERNOCLEIDOMASTOID (SCM)							X		X	X
QUADRATUS LUMBORUM	X		X							
ANTERIOR SCALENE										X
MEDIAL SCALENE										X
POSTERIOR SCALENE										X
LEVATOR SCAPULAE				X					X	X
RHOMBOIDS				X		X				