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| Shoulder Joint |
| Flexion | **Extension** | **Abduction** | **Adduction** | **Rotation** |
|  |  | 15o |  |  |
| Pectoralis Major(Clavicular head)Biceps Brachii (short head)CoracobrachialisDeltoid(Anterior fibers) | Latissimus DorsiDeltoid(Posterior fibers)Teres Major | More than 90o :Trapezius | 15-90o:Deltoid(Middle fibers) | 0-15o:Supraspinatus | Latissimus DorsiPectoralis MajorCoracobrachialisTeres Major | **Medial**Latissimus DorsiPectoralis MajorDeltoid (Anterior fibers)Teres Major Subscapularis | **Lateral**Deltoid (Posterior fibers)InfraspinatusTeres Minor |

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| Elbow Joint & Forearm |
| Flexion | **Extension** | **Pronation** | **Supination** |
|  |  |  |  |
| Biceps BrachiiBrachialis Pronator TeresBrachioradials | Triceps Brachii | Pronator TeresPronator Quadratus (Prime mover)Brachioradials \*\* MID-PRONE\*\* | Biceps BrachiiSupinator |

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| Wrist Joint |
| Flexion | **Extension** | **Abduction****(Radial Deviation)** | **Adduction****(Ulnar Deviation)** |
|  |  |  |  |
| Flexor Carpi RadialisPalmaris LongusFlexor Carpi Ulnaris Flexor Digitorum Superficialis  | Extensor Carpi Radialis Longus  | Flexor Carpi RadialisExtensor Carpi Radialis Longus | Flexor Carpi Ulnaris |

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| Hip Joint |
| Flexion | **Extension** | **Abduction** | **Adduction** | **Rotation** |
|  |  |  |  |  |
| (Anterior Compartment of thigh) Sartorius Pectineus Psoas major Iliacus  | **(gluteal region)**Gluteus maximus**(Posterior Compartment of thigh “Hamstring muscles”)**Biceps femorisSemitendinosussemimembranosusadductor magnus | **(Anterior Compartment of thigh)**Sartorius **(gluteal region)**Gluteus minimusGluteus medius  | **(Anterior Compartment of thigh)**Pectineus **(Medial Compartment of thigh)**Adductor longus Adductor brevis Adductor magnusGracilis  | **Lateral:**Sartorius Gluteus maximusSuperior & inferior GemelliPiriformisQuadratus femoris | **Medial:**Gluteus minimusGluteus medius |

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| Knee Joint |
| Flexion | **Extension** | **Rotation** |
| **Medial** | **Lateral** |
|  |  |  |  |
| MAINLY:(Posterior Compartment of thigh “Hamstring muscles”)Biceps femorisSemitendinosusSemimembranosus“All Hamstring muscles EXPECT adductor magnus”ASSISTED BY:(Anterior Compartment of thigh)Sartorius (Medial Compartment of thigh)Gracilis (posterior Compartment of leg “Superficial group”)GastrocnemiusPlantaris(posterior Compartment of leg “Deep group”)Popliteus | **(Anterior Compartment of thigh “Quadriceps femoris”)**Rectus femorisVastus intermediusVastus medialisVastus lateralis | **MAINLY:****(Posterior Compartment of thigh “Hamstring muscles”)**Semitendinosussemimembranosus**ASSISTED BY:****(Anterior Compartment of thigh)**Sartorius **(Medial Compartment of thigh)**Gracilis | **(Posterior Compartment of thigh “Hamstring muscles”)**Biceps femoris |

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| **Ankle Joint** |
| **Plantarflexion** = **Flexion** of the ankle joint | **Dorsiflexion** = **Extension** of the ankle joint |
|  |  |
| **(Lateral Compartment of leg)**peroneus longus peroneus brevis**(posterior Compartment of leg “Superficial group”)**GastrocnemiusPlantarisSoleus **(posterior Compartment of leg “Deep group”)**Flexor digitorum longusFlexor hallucis longusTibialis posterior | **(Anterior Compartment of leg)**Tibialis AnteriorExtensor Hallucius LongusExtensor Digitorum LongusPeroneus Tertius |

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| Tarsal Joint |
| Inversion | **Eversion** |
|  |  |
| (Anterior Compartment of leg)Tibialis AnteriorExtensor Hallucius Longus | **(Anterior Compartment of leg)**Peroneus Tertius**(Lateral Compartment of leg)**peroneus longus peroneus brevis**(posterior Compartment of leg “Deep group”)**Tibialis posterior |