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

|  |  |  |  |
| --- | --- | --- | --- |
| Elbow Joint & Forearm | | | |
| Flexion | **Extension** | **Pronation** | **Supination** |
|  |  |  |  |
| Biceps Brachii  Brachialis  Pronator Teres  Brachioradials | Triceps Brachii | Pronator Teres  Pronator Quadratus (Prime mover)  Brachioradials \*\* MID-PRONE\*\* | Biceps Brachii  Supinator |

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 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 femoris  Semitendinosus  semimembranosus  adductor magnus | **(Anterior Compartment of thigh)**  Sartorius  **(gluteal region)**  Gluteus minimus  Gluteus medius | **(Anterior Compartment of thigh)**  Pectineus  **(Medial Compartment of thigh)**  Adductor longus  Adductor brevis  Adductor magnus  Gracilis | **Lateral:**  Sartorius  Gluteus maximus  Superior & inferior Gemelli  Piriformis  Quadratus femoris | **Medial:**  Gluteus minimus  Gluteus medius |

|  |  |  |  |
| --- | --- | --- | --- |
| Knee Joint | | | |
| Flexion | **Extension** | **Rotation** | |
| **Medial** | **Lateral** |
|  |  |  |  |
| MAINLY:  (Posterior Compartment of thigh “Hamstring muscles”)  Biceps femoris  Semitendinosus  Semimembranosus  “All Hamstring muscles EXPECT adductor magnus”  ASSISTED BY:  (Anterior Compartment of thigh)  Sartorius  (Medial Compartment of thigh)  Gracilis  (posterior Compartment of leg “Superficial group”)  Gastrocnemius  Plantaris  (posterior Compartment of leg “Deep group”)  Popliteus | **(Anterior Compartment of thigh “Quadriceps femoris”)**  Rectus femoris  Vastus intermedius  Vastus medialis  Vastus lateralis | **MAINLY:**  **(Posterior Compartment of thigh “Hamstring muscles”)**  Semitendinosus  semimembranosus  **ASSISTED BY:**  **(Anterior Compartment of thigh)**  Sartorius  **(Medial Compartment of thigh)**  Gracilis | **(Posterior Compartment of thigh “Hamstring muscles”)**  Biceps femoris |

|  |  |
| --- | --- |
| **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”)**  Gastrocnemius  Plantaris  Soleus  **(posterior Compartment of leg “Deep group”)**  Flexor digitorum longus  Flexor hallucis longus  Tibialis posterior | **(Anterior Compartment of leg)**  Tibialis Anterior  Extensor Hallucius Longus  Extensor Digitorum Longus  Peroneus Tertius |

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