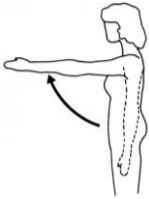
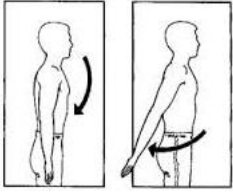
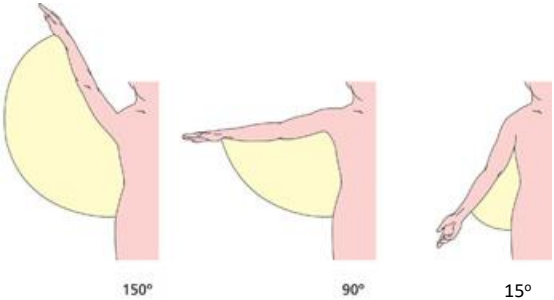
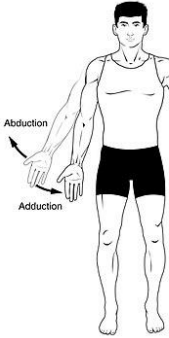
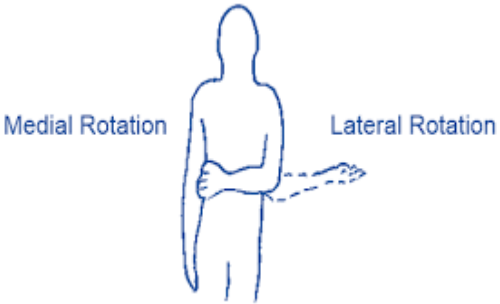

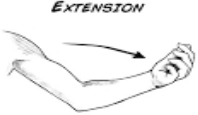
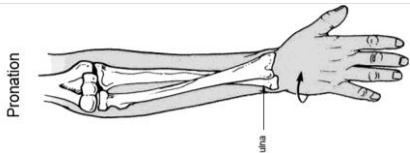
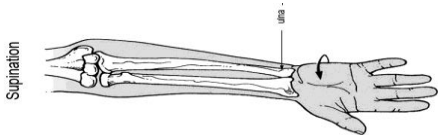






# Shoulder Joint

Flexion	Extension	Abduction			Adduction	Rotation	
							
Pectoralis Major(Clavicular head) Biceps Brachii (short head) Coracobrachialis Deltoid(Anterior fibers)	Latissimus Dorsi Deltoid(Posterior fibers) Teres Major	More than 90° : Trapezius	15-90°: Deltoid(Middle fibers)	0-15°: Supraspinatus	Latissimus Dorsi Pectoralis Major Coracobrachialis Teres Major	<b>Medial</b> Latissimus Dorsi Pectoralis Major Deltoid (Anterior fibers) Teres Major Subscapularis	<b>Lateral</b> Deltoid (Posterior fibers) Infraspinatus Teres Minor

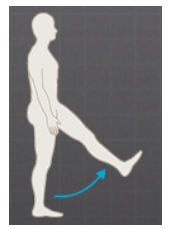

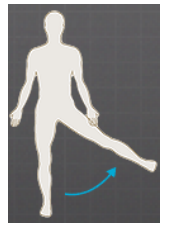

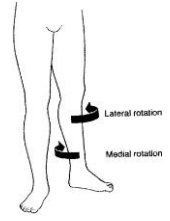
# Elbow Joint & Forearm

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

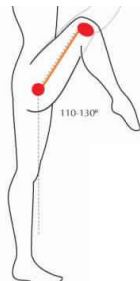
Flexion	Extension	Abduction (Radial Deviation)	Adduction (Ulnar Deviation)
			
Flexor Carpi Radialis Palmaris Longus Flexor Carpi Ulnaris Flexor Digitorum Superficialis	Extensor Carpi Radialis Longus	Flexor Carpi Radialis Extensor Carpi Radialis Longus	Flexor Carpi Ulnaris

# Hip Joint

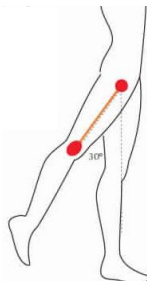
Flexion	Extension	Abduction	Adduction	Rotation	
					
<b>(Anterior Compartment of thigh)</b> Sartorius Pectineus Psoas major Iliacus	<b>(gluteal region)</b> Gluteus maximus <b>(Posterior Compartment of thigh "Hamstring muscles")</b> Biceps femoris Semitendinosus semimembranosus adductor magnus	<b>(Anterior Compartment of thigh)</b> Sartorius <b>(gluteal region)</b> Gluteus minimus Gluteus medius	<b>(Anterior Compartment of thigh)</b> Pectineus <b>(Medial Compartment of thigh)</b> Adductor longus Adductor brevis Adductor magnus Gracilis	<b>Lateral:</b> Sartorius Gluteus maximus Superior & inferior Gemelli Piriformis Quadratus femoris	<b>Medial:</b> Gluteus minimus Gluteus medius

# Knee Joint

## Flexion



## Extension

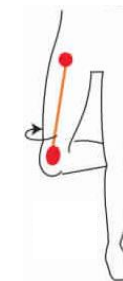


## Rotation

### 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")

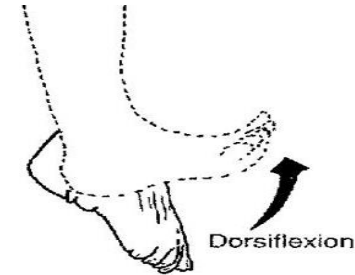
Biceps femoris

# 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 Hallucis Longus

Extensor Digitorum Longus

Peroneus Tertius

## Tarsal Joint

### Inversion



#### (Anterior Compartment of leg)

Tibialis Anterior  
Extensor Hallucius Longus

### Eversion



#### (Anterior Compartment of leg)

Peroneus Tertius

#### (Lateral Compartment of leg)

peroneus longus  
peroneus brevis

#### (posterior Compartment of leg "Deep group")

Tibialis posterior