

Joints	Actions	Muscles
Neck	Flexion	Sternocleidomastoid (both sides activate together)
	Extension	Upper Erector Spinae; Upper Trapezius (both)
	Lateral Flexion	Upper Trapezius (one only); Erector spinae
	Rotation	Sternocleidomastoid (one only); Erector spinae
Spine (Trunk)	Flexion	Rectus Abdominis; Internal Obliques; External Obliques; Iliopsoas
	Extension	Erector Spinae; Quadratus Lumborum
	Lateral Flexion	Internal Obliques; External Obliques; Rectus Abdominis; Erector Spinae
	Rotation	Internal Obliques; External Obliques; Rectus Abdominis; Erector Spinae
Shoulder Girdle	Retraction (Scapular)	Middle Trapezius; Rhomboids
	Protraction (Scapular)	Pectoralis Minor; Serratus Anterior
	Elevation (Scapular)	Upper Trapezius; Rhomboids
	Depression	Lower Trapezius; Pectoralis Minor
	Scapular Upward Rotation	Upper Trapezius; Serratus Anterior
Shoulder	Abduction	Medial Deltoid; Anterior & Posterior Deltoid; RC-Supraspinatus
	Adduction	Latissimus Dorsi; Pectoralis Major; Anterior Deltoid
	Extension	Latissimus Dorsi; Posterior Deltoid; Triceps Brachii*
	Flexion	Anterior Deltoid; Pectoralis Major; Biceps Brachii*
	Medial Rotation (internal)	RC-Subscapularis; Latissimus Dorsi; Pectoralis Major; Anterior Deltoid
	Lateral Rotation (external)	RC-Infraspinatus + Teres Minor; Posterior Deltoid
	Horizontal Adduction	Anterior Deltoid; Pectoralis Major
	Horizontal Abduction	Latissimus Dorsi; Posterior Deltoid; Rotator Cuff; Rhomboids; Trapezius
Elbow	Flexion	Biceps Brachii
	Extension	Triceps Brachii

Joints	Actions	Muscles
Radio-Ulnar	Pronation	Pronator Teres; Pronator Quadratus
	Supination	Supinator; Biceps Brachii
Wrist	Flexion	Forearm Flexors
	Extension	Forearm Extensors
Abdomen	Abdominal Compression	Transversus Abdominus; Internal Obliques; External Obliques; Rectus Abdominus
Pelvis	Anterior Tilt	Quadratus Lumborum; Erector Spinae; Iliopsoas
	Posterior Tilt	Rectus Abdominus; Obliques x 2; Gluteals; Hamstrings
Hip	Flexion	Iliopsoas; Sartorius; Rectus Femoris*; Tensor Fasciae Latae; Adductor Longus & Gracilis (assist)
	Extension	Gluteus Maximus; Hamstrings* (Biceps Femoris, Semimembranosus, Semitendinosus); Gluteus Medius; Adductor Magnus
	External/Lateral Rotation	Gluteus Maximus; Sartorius
	Internal/Medial Rotation	Tensor Fasciae Latae; Gluteus Minimus; Gluteus Medius; Semimembranosus; Semitendinosus; Adductor Longus; Adductor Brevis; Gracilis
	Abduction	Tensor Fasciae Latae; Gluteus Minimus; Gluteus Medius
	Adduction	Hip Adductors (Adductor Magnus, Adductor Longus, Adductor Brevis, Gracilis, Pectineus); Iliopsoas
Knee	Flexion	Hamstrings (Semimembranosus, Semitendinosus, Biceps Femoris); Gastrocnemius*
	Extension	Quadriceps (Rectus Femoris, Vastus Lateralis, Vastus Medialis, Vastus Intermedius); Tensor Fasciae Latae
Ankle	Inversion (Adduction)	Tibialis Anterior; Tibialis Posterior
	Eversion (Abduction)	Peroneal muscles
	Plantar Flexion (a.k.a. ankle extension)	Gastrocnemius*; Soleus; Tibialis Posterior
	Dorsi Flexion (a.k.a. ankle flexion)	Tibialis Anterior