

Shoulder Joint	Flexion	Extension	Abduction	Adduction	Medial rotation	Lateral rotation	Transv. adduction	Transv. abduction
Deltoid, anterior	P		A		A		P	
Deltoid, middle			P					P
Deltoid, posterior		A				A		P
Supraspinatus			P					
Pectoralis major, clavicular	P				A		P	
Pectoralis major, sternal		P		P	A		P	
Coracobrachialis	A						P	
Subscapularis					P			
Latissimus dorsi		P		P	A			A
Teres major		P		P	P			A
Infraspinatus						P		P
Teres minor						P		P
Biceps, long head			A					
Biceps, short head	A			A	A		A	
Triceps, long head		A		A				

Shoulder Joint	Flexion	Upward rotation & Protraction	Shoulder Girdle
	Extension	Downward rotation & Retraction	
	Hyperextension	Elevation	
	Reduction of hyperext.	Depression	
	Abduction	Upward rotation	
	Adduction	Downward rotation	
	Medial rotation	Protraction	
	Lateral rotation	Retraction	
	Transv. Adduction	Protraction	
	Transv. Abduction	Retraction	

Shoulder Girdle	Protraction	Retraction	Upward rotation	Downward rotation	Elevation	Depression
Pectoralis minor	P			P		P
Serratus anterior	P		P			
Levator scapulae					P	
Rhomboid		P		P	P	
Trapezius I					P	
Trapezius II		A	P		P	
Trapezius III		P				
Trapezius IV		A	P			P

Elbow & Radio-Ulnar Joint	Flexion	Extension	Pronation	Supination
Biceps brachii	P			A
Brachialis	P			
Brachioradialis	P			
Pronator teres	A		A	
Pronator quadratus			P	
Triceps brachii		P		
Anconeus		A	A	
Supinator				P

Hip Joint	Flexion	Extension	Abduction	Adduction	Medial rot.	Lateral rot.
Iliopsoas	P					
Sartorius	A		A			A
Rectus femoris	P		A			
Pectineus	P			P		A
Tensor fasciae latae	A		A		A	
Gluteus maximus		P				P
Gluteus medius			P			
Gluteus minimus			A		P	
Biceps femoris		P				A
Semitendinosus		P			A	
Semimembranosus		P			A	
Gracilis	A			P	A	
Adductors	A			P		
Lateral rotators						P

Thoracic & Lumbar Spine	Flexion	Extension	R. lat. flx.	L. lat. flx.	Rot. to R.	Rot. to L.
Rectus abdominus	P					
Psoas	A					
R. external oblique	P		P			P
L. external oblique	P			P	P	
R. internal oblique	P		P		P	
L. internal oblique	P			P		P
R. erector spinae		P	P		P	
L. erector spinae		P		P		P

Knee Joint	Flexion	Extension
Semitendinosus	P	
Semimembranosus	P	
Biceps femoris	P	
Rectus femoris		P
Vastus group		P
Sartorius	A	
Gracilis	A	
Gastrocnemius	A	

Ankle Joint	Dorsiflexion	Plantarflexion	Inversion	Eversion
Tibialis anterior	P		P	
Extensor digitorum longus	P			P
Peroneus tertius	P			P
Peroneus longus				P
Gastrocnemius		P		
Soleus		P		
Tibialis posterior		A	P	