

### Summary of Trunk Muscle Movements

Muscle	Extends the vertebral column (1)	Flexes the vertebral column (3)	Rotates the vertebral column (3)	Laterally flexes the vertebral column (3)	Compress the abdomen (4)
Erector spinae (3)					
Rectus abdominis (2)					
External abdominal oblique (4)					
Internal abdominal oblique (4)					
Transversus abdominis (1)					

### Summary of Respiratory and Pelvic Floor Muscles

Muscle	Raise ribs (2)	Lower ribs (1)	Increase thoracic volume (3)	Support pelvic organs (1)	Voluntary control of urination and defecation (1)
External intercostals (2)					
Internal intercostals (1)					
Diaphragm (2)					
Abdominal muscles <b>relax</b> (1)					
Pelvic floor muscles (2)					

### Summary of Scapula Movements

Muscle	Elevates the scapula (2)	Depresses the Scapula (2)	Retracts (or fixes) the scapula (3)	Protracts the scapula (2)	Rotates the scapula upward (2)	Rotates the scapula downward (2)
Trapezius (4)						
Rhomboideus major (2)						
Rhomboideus minor (2)						
Levator scapulae (1)						
Serratus anterior (2)						
Pectoralis minor (2)						

### Summary of Arm Movements

Muscle	Flexes the arm (4)	Extends the arm (5)	Abducts the arm (2)	Adducts the arm (4)
Pectoralis major (3)				
Latissimus dorsi (2)				
Deltoid (3)				
Coracobrachialis (2)				
Teres major (2)				
Supraspinatus (1)				
Triceps brachii (1)				
Biceps brachii (1)				

### Summary of Rotator Cuff Movements

Muscle	Laterally rotates the arm (2)	Medially rotates the arm (1)	Abducts the arm (1)
Infraspinatus (1)			
Teres minor (1)			
Subscapularis (1)			
Supraspinatus (1)			

### Summary of Forearm Movements

Muscle	Extends the forearm (1)	Flexes the forearm (3)	Pronates the forearm (1)	Supinates the forearm (2)
Triceps brachii (1)				
Biceps brachii (2)				
Brachialis (1)				
Brachioradialis (1)				
Anterior forearm muscles (1)				
Posterior forearm muscle (1)				

### Summary of Wrist Movements

Muscle	Flex the wrist (1)	Extend the wrist (1)	Abduct/adduct the wrist (2)
Anterior forearm muscles (2)			
Posterior forearm muscle (2)			

### Summary of Hand Movements

Muscle	Flex the fingers and thumb (2)	Extend the fingers and thumb (2)	Abduct the thumb (2)	Adduct the thumb (1)	Opposition of thumb and little finger (1)	Reposition of thumb and little finger (1)
Anterior forearm muscles (1)						
Posterior forearm muscles (2)						
Intrinsic hand muscles (6)						

### Summary of Thigh Flexion/Extension

Muscle	Flexes thigh (4)	Flexes trunk (4)	Extends thigh (3)	Extends trunk (3)
Iliopsoas (2)				
Tensor fasciae latae (2)				
Rectus femoris (2)				
Sartorius (2)				
Gluteus maximus (2)				
Hamstring muscles (2) Biceps femoris Semitendinosus Semimembranosus				
Adductor magnus (2)				

### Summary of Thigh Abduction/Adduction

Muscle	Stabilizes knee (1)	Prevents hip sag (2)	Abducts thigh (4)	Adducts thigh (1)
Tensor fasciae latae (2)				
Gluteus maximus (1)				
Gluteus medius (2)				
Gluteus minimus (2)				
Medial thigh muscles (1) Pectineus Adductor brevis Adductor longus Adductor magnus Gracilis				

### Summary of Thigh Rotator Movements

Muscle	Laterally rotates the thigh (2)	Medially rotates the thigh (3)
Deep thigh rotators (1)		
Gluteus maximus (1)		
Gluteus medius (1)		
Gluteus minimus (1)		
Tensor fasciae latae (1)		

### Summary of Leg Movements

Muscle	Flexes the leg (3)	Extends the leg (1)
Quadriceps femoris (1) Rectus femoris Vastus lateralis Vastus medialis Vastus intermedius		
Hamstring muscles (1) Biceps femoris Semitendinosus Semimembranosus		
Sartorius (1)		
Gracilis (1)		

