

## MUSCLE GROUPS & JOINT ACTIONS REFERENCE

### POSITIONAL TERMS

**Superior:** Above/Upwards

**Inferior:** Below/downwards

**Anterior:** In front/forwards

**Posterior:** Behind/backwards

**Medial:** Towards the midline of the body

**Lateral:** Away from the midline of the body

**Proximal:** Towards the axial skeleton (i.e. the shoulder joint is at the proximal end of the upper limb)

**Distal:** Further away from the axial skeleton (i.e. the hand is at the distal end of the upper limb)

### PLANES OF MOTION

**Sagittal plane:** Front/Back movements occur in the sagittal plane

**Coronal plane:** Sideways movements occur in the coronal plane

**Transverse plane:** rotational movements occur in the transverse plane

### HIP JOINT

#### MUSCLES WHICH FLEX THE HIP

Hip Flexors – Psoas, iliacus, rectus femoris, tensor fascia latae

#### MUSCLES WHICH EXTEND THE HIP

Hip Extensors – Gluteus maximus, hamstrings

#### MUSCLES WHICH ABDUCT THE HIP

Hip Abductors – Gluteus medius, gluteus minimus, tensor fascia latae

#### MUSCLES WHICH ADDUCT THE HIP

Adductors – adductor longus, adductor magnus, adductor brevis, gracilis, pectineus

#### MUSCLES WHICH Laterally ROTATE THE HIP

Hip Lateral Rotators – piriformis, gemellus inferior, gemellus superior, obturator internus, obturator externus, quadratus femoris, gluteus maximus

#### MUSCLES WHICH Medially ROTATE THE HIP

Medial Rotators – Gluteus medius, gluteus minimus

## PELVIS

### MUSCLES WHICH ANTERIORLY TILT THE PELVIS

Lumbar extensors – Erector Spinae, Iliocostalis, Longissimus  
Hip Flexors – Psoas, Iliacus, rectus femoris, tensor fascia latae

### MUSCLES WHICH POSTERIORLY TILT THE PELVIS

Anterior abdominal muscles – Rectus abdominis, internal obliques, external obliques  
Hip Extensors – Gluteus maximus, hamstrings

### MUSCLES WHICH LATERALLY TILT (HIKE) THE PELVIS

Ipsilateral (same side) Spinal Lateral Flexors – Internal & External Obliques, Quadratus Lumborum  
Ipsilateral Hip Abductors – Gluteus medius, gluteus minimus, tensor fascia latae  
Contralateral (opposite side) Hip Adductors – Adductors Longus/brevis/magnus, pectineus, gracilis

## SPINE

### MUSCLES WHICH ROTATE THE SPINE

Contralateral Obliques (same side internal, opposite side external), quadratus lumborum

### MUSCLES WHICH LATERALLY FLEX THE SPINE

Ipsilateral Obliques, Quadratus Lumborum

### MUSCLES WHICH FLEX THE LUMBAR SPINE

Anterior Abdominal muscles – Rectus Abdominus, Internal & External Obliques

### MUSCLES WHICH EXTEND THE LUMBAR SPINE

Lumbar Extensors – Erector spinae, iliocostalis, longissimus, Psoas (Hip Flexor)

### MUSCLES WHICH FLEX THE THORACIC SPINE

Anterior Abdominal muscles – rectus abdominis, internal & external obliques

### MUSCLES WHICH EXTEND THE THORACIC SPINE

Thoracic Extensors – Erector Spinae

## Shoulder Girdle

### MUSCLES WHICH ELEVATE THE SHOULDER GIRDLE

Trapezius (upper fibres), levator scapulae, rhomboids

### MUSCLES WHICH DEPRESS THE SHOULDER GIRDLE

Latissimus dorsi, teres major, trapezius (lower fibres)

### MUSCLES WHICH PROTRACT THE SHOULDER GIRDLE

Pectoralis major, pectoralis minor, anterior deltoid, serratus anterior

**MUSCLES WHICH RETRACT THE SHOULDER GIRDLE**

Rhomboids, trapezius (middle fibres)

**MUSCLES WHICH LATERALLY ROTATE THE HUMERUS**

Rotator Cuff (infraspinatus, teres minor), posterior deltoid

**MUSCLES WHICH MEDIALLY ROTATE THE HUMERUS**

Rotator Cuff (subscapularis), pectoralis major, pectoralis minor, anterior deltoid

**MUSCLES WHICH UPWARDLY ROTATE THE SHOULDER GIRDLE**

Trapezius (upper & lower fibres together)

**MUSCLES WHICH DOWNWARDLY ROTATE THE SHOULDER GIRDLE**

Rhomboids, levator scapulae, latissimus dorsi

**MUSCLES WHICH FLEX THE SHOULDER**

Deltoid (anterior fibres), pectoralis major (upper fibres), biceps brachii, coracobrachialis

**MUSCLES WHICH EXTEND THE SHOULDER**

Deltoid (posterior fibres), latissimus dorsi, teres major, infraspinatus, pectoralis major (lower fibres)