|  |  |  |  |
| --- | --- | --- | --- |
| **Muscle** | **Origin** | **Insertion** | **Action** |
|  |  |  |  |
| Gluteus maximus |  |  |  |
| Gluteus medius |  |  |  |
| Gluteus minimus |  |  |  |
| Psoas major |  |  |  |
| Illiacus |  |  |  |
| Adductor magnus |  |  |  |
| Adductor longus |  |  |  |
| Adductor brevis |  |  |  |
| Pectineus |  |  |  |
| Sartorius |  |  |  |
| Quadriceps Rectus femoris |  |  |  |
| Vastus lateralis |  |  |  |
| Vastus medialis |  |  |  |
| Vastus intermedius |  |  |  |
| Peroneus longus and brevis |  |  |  |
| Hamstrings: |  |  |  |
| Hamstrings Semi tendonosis |  |  |  |
| Hamstrings Semi membranosis |  |  |  |
| Biceps femoris |  |  |  |
| Gastrocnemius |  |  |  |
| Soleus |  |  |  |
| Tibialis anterior |  |  |  |
| Deltoid |  |  |  |
| Bicep |  |  |  |
| Tricep |  |  |  |
| Brachialis  |  |  |  |
| Pectoralis major |  |  |  |
| Latissimus dorsi |  |  |  |
| Rotator cuff muscles |  |  |  |
| * Subscapularis
 |  |  |  |
| * Supraspinatus
 |  |  |  |
| * Infraspinatus
 |  |  |  |
| * Teres major and minor
 |  |  |  |
| Trapezius |  |  |  |
| Sterno-cleidomastoid |  |  |  |
| Serratus anterior |  |  |  |
| Erector spinae |  |  |  |
| Quadratus lumborum |  |  |  |
| Abdominals |  |  |  |
| * Transverse abdominus
 |  |  |  |
| * Rectus abdominus
 |  |  |  |
| * Internal and external obliques
 |  |  |  |