

Muscle / Innervation

POSTERIOR HIP

Glute Maximus (Inf. Glut L5, S1, S2)

Glute Medius (Sup Glut, L4, L5, S1)

Glute Minimus (Sup Glut, L4, L5, S1)

POSTERIOR THIGH

Semimembranosus (sciatic/Tibial L4, L5, S1, S2)

Semitendinosus (sciatic/Tibial L4, L5, S1, S2)

Biceps Femoris (sciatic Tibial/CPN L4, L5, S1, S2, S3)

ANTERIOR THIGH / GROIN

Rectus Femoris (Fem, L2, L3, L4)

Vastus Lateralis (VL) (Fem, L2, L3, L4)

Vastus Medialis (VMO) (Fem, L2, L3, L4)

Adductor Longus (Obt, L2, L3, L4)

POSTERIOR SHOULDER

Infraspinatus (Supascapular C5, 6)

Teres Minor (Axillary C5, 6)

Teres Major (Lower Subscapular C6, 7)

Latissimus Dorsi (Thoracodorsal C6, 7, 8)

Deltoid (Axillary C5, 6)

CERVICAL SPINE

Trapezius (Ventral Rami C3, 4 and Accessory nerve x1)

UPPER EXTREMITY

Biceps (C5, C6)

Triceps (Rad, C6, C7, C8, T1)

ECRL (Radial C6, 7)

ECRB (Radial / Post Int C6, 7)

Brachioradialis (Radial C5, 6)

LOWER EXTREMITY

Gastrocnemius (Tibial S1, 2)

Soleus (Tibial S1, 2)