

Muscle / Innervation

POSTERIOR HIP

Piriformis (sacral plexus L5, S1, S2)

TFL (Sup gluteal L4, L5, S1)

LUMBAR SPINE

Quadratus Lumborum (T12-L3/4 segmentally)

Longissimus lumborum (seg. T1-L5)

Iliocostalis thoracis/lumborum (Seg.T11-L5)

POSTERIOR THIGH

Semimembranosis (sciatic /tibial L4,L5,S1,S2)

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

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

SHOULDER

Pectoralis Major (Lat & medial pectoral C5, C6, C7,C8)

Pec Minor (Medial pectoral C6,7,8)

Biceps (C5, C6)

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

ANTERIOR / MEDIAL THIGH

Adductor Brevis (Obturator L2, L3, L4)

Gracilis (Obturator L2, L3, L4)

Pes Group

ADVANCED CERVICAL SPINE

Levator Scapula (C3,4 & Dorsal scap C4,5)

Rhomboids (Dorsal scapula C4,5)

Lower Traps (ventral rami of C3-C4 and accessory nerve XI)

UPPER EXTREMITY

Pronator Teres (Median C6)

Supinator (Rad/PI, C5, C6, C7)

ECRL (Radial, C6, C7)

ECRB (Rad/post int C6,C7)

Extensor Carpi Ulnaris (Rad/PI,C6,C7,C8)

Extensor Digitorum (Rad/PI,C6,C7,C8)

Flexor Carpi Radialis (Median C6,C7,C8)

Flexor Digitorum Superficialis (Median C7,C8,T1)

Flexor Carpi Ulnaris (Ulnar C6,C7)