

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)

Piriformis (sacral plexus, L5, S1, S2)

TFL (Sup Glut, L4, L5, S1)

LUMBAR SPINE

PSIS

Longissimus lumborum (seg. T1-L5)

Multifidus (segmentally)

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)

Adductor Magnus (Obt, L2, L3, Tibial L4, L5)

POSTERIOR THIGH/LEG

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

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

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

Gastrocnemius (Tibial, S1, S2)

Soleus (Tibial, S1, S2)

Tibialis Anterior (Deep peroneal L4, L5)

Peroneus Longus/Brevis (Superficial peroneal L5, S1)