

LEVEL 1 COURSE MUSCLE CHART

Muscle / Innervation
HIP REGION
Gluteus Maximus (Inf. Glut L5, S1, S2)
Gluteus Medius (Sup Glut, L4, L5, S1)
Gluteus Minimus (Sup Glut, L4, L5, S1)
Piriformis (sacral plexus, L5, S1, S2)
TFL (Sup Glut, L4, L5, S1)
LUMBAR REGION
Longissimus lumborum (seg. T1-L5)
Iliocostalis thoracis/lumborum (Seg.T11-L5)
Multifidus (segmentally)
THIGH REGION
VL (Fem, L2, L3, L4)
Vastus Intermedius (Fem, L2, L3, L4)
VMO (Fem, L2, L3, L4)
Rectus femoris (Fem, L2, L3, L4)
Sartorius (Fem, L2, L3, L4)
Gracilis (Obt, L2, L3, L4)
Adductor Longus (Obt, L2, L3, L4)
Adductor Magnus (Obt, L2, L3, Tibial L4, L5)
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 GIRDLE
Infraspinatus (Suprascapular C5, C6)
Teres Minor (Axillary C5, C6)
Teres Major (Lower subscapular, (C6, C7)
Latissimus Dorsi (Thoracodorsal C6, C7, C8)
Deltoid (Axillary C5)
Pectoralis major (Lat & medial pectoral C5, C6, C7,C8)

Muscle / Innervation
CERVICAL SPINE
SUPERFICIAL MUSCLES
Trapezius (ventral rami of C3 - C4 and accessory nerve XI)
INTERMEDIATE MUSCLES
Splenius capitus (post rami of C4 - C8)
DEEPEST MUSCLES
Semispinalis Capitus (segmentally by post primary rami C4 - C8)
Multifidi and semi-spinalis cervicis (segmentally by post. Primary rami)
UPPER EXTREMITY
Biceps (C5, C6)
Triceps (Rad, C6, C7, C8, T1)
Brachioradialis (rad, C5, C6)
ECRL (Radial, C6, C7)
ECRB (Rad/post int C6,C7)
Supinator (Rad/PI, C5, C6, C7)
Pronator Teres (Median C6)
LOWER EXTREMITY
Gastrocnemius (Tibial, S1, S2)
Soleus (Tibial, S1, S2)
Tibialis Anterior (Deep peroneal L4, L5)
Peroneus Longus/brevis (Superficial peroneal L5, S1)
Extensor digitorum longus (Deep peroneal L4, L5)