

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)

LUMBAR SPINE

Longissimus lumborum (seg. T1-L5)

Iliocostalis thoracis/lumborum (Seg.T11-L5)

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)

Superior Nuchal Lines

UPPER EXTREMITY

ECRL (Radial C6, 7)

ECRB (Radial / Post Int C6, 7)

Brachioradialis (Radial C5, 6)

LOWER EXTREMITY

Gastrocnemius (Tibial S1, 2)

Soleus (Tibial S1, 2)