

Head/Neck

Flexion	Extension	Abduction	Adduction	Medial Rotation	Lateral Rotation
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Shoulder

Flexion	Extension	Abduction	Adduction	Medial Rotation	Lateral Rotation
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Abdominal/Trunk Movement

Flexion (spine)	Extension (spine)	Lateral Flexion (spine)	Rotation (spine)
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Muscles for Hip Movement

Flexion	Extension	Abduction	Adduction
Psoas	Glutes	Glutes	Adductors
Rectus Abdominus	Hamstrings		

Please note not all information is in at the moment.

Muscles for Lower Leg Movement

Flexion (knee)	Extension (knee)	Dorsiflexion (ankle)	Plantar Flexion (ankle)	Invert (ankle)	Evert (ankle)
Biceps femoris	Rectus femoris	Tibialis Anterior	Gastronemius	Tibialis Anterior	Fibularis Muscles
Semitendosus	Vastus Medialis	Extensor hallucis longus	Soleus		
Semimembranosus	Vastus Lateralis	Extensor digitorum longus	Fibularis Muscles	-	
-	Vastus Intermedialis	-			

Movements

Concentric contraction - Shortening muscle to create movement

Eccentric contraction - Lengthening muscle to control movement



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