

POSTERIOR MUSCLE SYSTEM

Anatomical Reference & Assessment Chart

UPPER POSTERIOR

Muscle Group	Primary Action
Trapezius	Scapular elevation/rotation
Rhomboids	Scapular retraction
Latissimus Dorsi	Shoulder extension/adduction
Teres Major	Internal rotation
Posterior Deltoid	Horizontal abduction

SPINE & TRUNK

Muscle Group	Primary Action
Erector Spinae	Spinal extension
Multifidus	Spinal stability
Quadratus Lumborum	Lateral flexion

LOWER POSTERIOR

Muscle Group	Primary Action
Gluteus Maximus	Hip extension
Gluteus Medius	Hip abduction
Biceps Femoris	Knee flexion/Hip ext.
Semitendinosus	Knee flexion
Semimembranosus	Knee flexion

LOWER LEG

Muscle Group	Primary Action
Gastrocnemius	Plantar flexion
Soleus	Plantar flexion
Tibialis Posterior	Inversion

Clinical Observations / Training Notes:

Template Only – Professional Anatomical Reference Chart – Posterior Chain