

POSTERIOR MUSCULAR SYSTEM

MUSCLE GROUP

PRIMARY ACTION

Trapezius

Scapula elevation/rotation

Deltoid (Post)

Arm extension/rotation

Triceps Brachii

Elbow extension

Latissimus Dorsi

Adduction/Extension of arm

Gluteus Maximus

Hip extension/rotation

Hamstrings

Knee flexion/Hip extension

Gastrocnemius

Plantar flexion

Soleus

Plantar flexion

CLINICAL OBSERVATIONS & NOTES