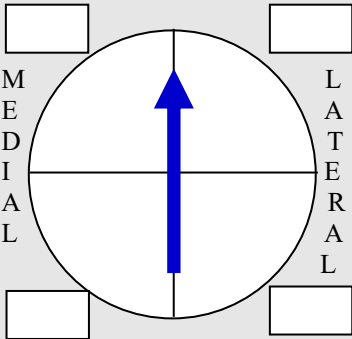
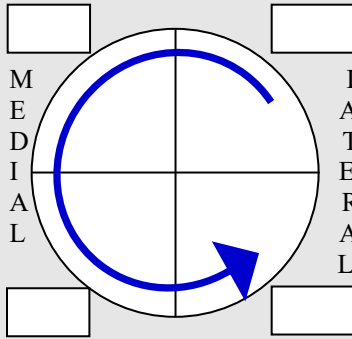


Muscle System Specialist™
LIMB/TRUNK ROM WORKSHEET W/ ANATOMICAL MUSCLES (MIOMETRIC)

ROM REVIEW: # 1 SUPINE, KNEE EXTENDED, FULL FEMUR INTERNAL ROTATION

Macro Configuration: SUPINE RELAXED

	First Motion – KNEE EXTENDED	Second Motion – FEMUR INTERNAL ROTATION
Position and Intended Motion Intention/Description	<u>Non-Moving System Levers</u> FEMUR, PELVIS, TRUNK <u>Moving System Levers</u> TIBIA, FIBULA, FOOT	<u>Non-Moving System Levers</u> PELVIS, THORAX, SPINE <u>Moving System Levers</u> FEMUR, TIBIA, FIBULA
Plane of Motion:	SAGITTAL	TRANSVERSE
Contraction Mode	MIOMETRIC	MIOMETRIC CO-CONTRACTION
AXES	AXIS 1: M→L	AXIS 2: S→I
Direction of Motion:	R Superior/ AN terior L  Inferior/ POS terior	R Superior/terior L  Inferior/terior
Muscles w/moment	prioritize by the largest to smallest	moment and in the plane of the motion
1	RECTUS FEMORIS RH	TFL
2	RECTUS FEMORIS ST	GLUTEUS MED ANT DIV
3	VASTUS INTERMEDIUS	PSOAS
4	VASTUS LATERALIS	ILLIACUS
5	VASTUS MEDIALIS	PECTINEUS
6	SARTORIOUS	ADDUCTOR BREVIS
7	* TFL	ADDUCTOR LONGUS
8	ARTICULARIS GENU	GRACILIS
9	GLUTEUS MAXIMUS	
10	GRACILIS	
11		