**AXIAL Muscles (Head, Neck and Trunk)**

|  |  |
| --- | --- |
| **List all muscles that FLEX** head, neck and/or vertebral column: | **List all muscles that EXTEND** head, neck and/or vertebral column: |
| **List all muscles that ELEVATE** mandible: | **List all muscles that DEPRESS** mandible: |
| **List all muscles that ELEVATE** hyoid bone: | **List all muscles that DEPRESS** hyoid bone or thyroid cartilage: |

**Appendicular Muscles: Upper Limb**

|  |  |
| --- | --- |
| **List all muscles that ELEVATE** scapula: | **List all muscles that DEPRESS** (pull down) scapula |
| **List all muscles that FLEX** arm/shoulder joint | **List all muscles that EXTEND** arm/shoulder joint: |
| **List all muscles that ADDUCT** the arm: | **List all muscles that ABDUCT** the arm: |

Note: make up a similar table/list for muscles that flex and extend the forearm/elbow joint, flex and extend the wrist, abduct and adduct the wrist, flex and extend the MP joints, etc.

## Appendicular Muscles: Upper Limb

|  |  |
| --- | --- |
| **Muscles that FLEX** thigh/hip joint | **Muscles that EXTEND** thigh/hip joint |
| **Muscles that ADDUCT** thigh/hip joint: | **Muscles that ABDUCT** thigh/hip joint: |
| **Muscles that FLEX** leg/knee joint: | **Muscles that EXTEND** leg/knee joint: |

**Note**: **make up a similar table/list for muscles that dorsiflex and plantarflex the foot and toes; pronate and supinate the foot, etc.**