

MUSCLES TO KNOW FOR TEST

Serratus anterior
External oblique
Internal oblique
Rectus abdominus
Transversus abdominus
Linea alba

Tensor fascia latae
Sartorius
Rectus femoris
Vastus lateralis
Vastus medialis
Gracilis
Biceps femoris
Semimembranosus
Semitendinosus
Gluteus medius
Gluteus maximus

Peroneus longus (Fibularis longus)
Extensor digitorum longus
Tibialis anterior
Soleus
Gastrocnemius

Brachioradialis
Flexor carpi radialis
Palmaris longus
Extensor digitorum

Biceps brachii
Triceps brachii
Deltoid

Pectoralis major
Sternocleidomastoid
Trapezius
Latissimus dorsi

Orbicularis oris
Buccinator
Masseter
Platysma
Zygomaticus
Orbicularis oculi
Frontalis
Temporalis
Occipitalis