

Posterior I/O and Action Review ----- Brian J. Piccolo, NCTMB

Infraspinatus	O: Infraspinous fossa of scapula. I: Greater tubercle of humerus.	Action: Laterally rotates the shoulder. Adducts the shoulder. Extends the shoulder. Horizontally abducts the shoulder. Stabilizes head of humerus in glenoid cavity.
Supraspinatus	O: Supraspinatus fossa of scapula. I: Greater tubercle of humerus.	Action: Abducts shoulder. Stabilizes head of humerus.
Rhomboid Major	O: Spinous process of T-2 to T-5. I: Medial border of scapula between spine of the scapula and inferior angle.	Action: Adducts the scapula. Elevates the scapula. Downwardly rotates the scapula.
Trapezius	O: External occipital protuberance, medial portion of superior nuchal line of occiput, ligamentum nuchae, and spinous processes of C-7 through T-12. I: Lateral one-third of clavicle, acromion, and spine of the scapula.	Action: <i>Upper Fibers/Bilateral</i> Extends the head and neck. <i>Upper Fibers/Unilaterally</i> Laterally flex the head and neck to same side. Rotate the head and neck to the opposite side. Elevate and upwardly rotate the scapula. <i>Middle Fibers:</i> Adduct the scapula Stabilize the scapula. <i>Lower Fibers:</i> Depress scapula. Upwardly rotate scapula.
Teres Major	O: Later side of inferior angle and lower half of lateral border of scapula. I: Crest of the lesser tubercle of the humerus.	Action: Extends shoulder. Adducts the shoulder. Medially rotates the shoulder.
Quadratus Lumborum	O: Posterior iliac crest, iliolumbar ligament. I: Last rib, transverse processes of the first through fourth lumbar vertebrae.	Action: <i>Unilaterally</i> Elevates hip. Laterally flexes the vertebral column. Assist to extend the vertebral column. Action: <i>Bilaterally</i> Fixes the last rib during respiration.
Gluteus Maximus	O: Coccyx, posterior sacrum, posterior iliac crest, sacrotuberous and sacroiliac ligaments. I: Gluteal tuberosity (upper fibers) and iliotibial tract (lower fibers).	Action: Extends the hip (coxal joint). Laterally rotates the hip (coxal joint). Abducts the hip (coxal joint) Lower fibers adduct the hip (coxal joint).
Piriformis	O: Anterior surface of sacrum. I: Greater trochanter.	Action: Laterally rotates the hip (coxal joint). Abducts the thigh when the hip is flexed.
Gluteus Medius	O: External surface the ilium between iliac crest and posterior and anterior gluteal lines. I: Greater trochanter.	Action: Abducts the hip (coxal joint). Flexes the hip (coxal joint). Extends the hip (coxal joint). May medially rotate and laterally rotate the hip (coxal joint).
Tensor Fascia Latae	O: Iliac crest, posterior to the ASIS. I: Iliotibial tract.	Action: Flexes the hip (coxal joint). Medially rotates the hip (coxal joint). Abducts the hip (coxal joint).

Posterior I/O and Action Review ----- Brian J. Piccolo, NCTMB

Vastus Lateralis	<p>O: Lateral lip of linea aspera, gluteal tuberosity. I: Tibial Tuberosity.</p>	<p>Action: Extend the Knee.</p>
Triceps Brachii	<p>O: <i>Long Head:</i> Infraglenoid tubercle of scapula. <i>Lateral Head:</i> Posterior surface of proximal half of humerus. <i>Medial Head:</i> Posterior surface of distal half of humerus. I: Olecranon process of ulna.</p>	<p>Action: <i>All Heads:</i> Extend the elbow. <i>Long Head:</i> Extends the shoulder. Adducts the shoulder.</p>
Semitendinosus	<p>O: Ischial tuberosity. I: Proximal, medial shaft of the tibia at <i>pes anserinus</i> tendon.</p>	<p>Action: Flex the knee. Extend the hip. Tilt the pelvis posteriorly. Medially rotates the hip. Medially rotates the flexed knee.</p>
Semimembranosus	<p>O: Ischial tuberosity. I: Posterior aspect of medial condyle of tibia.</p>	<p>Action: Flex the knee. Extend the hip. Tilt the pelvis posteriorly. Medially rotates the hip. Medially rotates the flexed knee.</p>
Peroneus Longus	<p>O: Proximal two-thirds of lateral fibula. I: Base of the first metatarsal, medial cuneiform.</p>	<p>Action: Everts the foot. Assist in plantar flexion of the ankle</p>
Gastrocnemius	<p>O: Posterior condyles of the femur. I: Calcaneus via calcaneal tendon.</p>	<p>Action: Flexes the knee. Planter flexes the ankle</p>
Levator Scapula	<p>O: Transverse processes of first through fourth cervical vertebrae. I: Medial border and superior angle of scapula.</p>	<p>A: <i>Unilaterally</i> Elevates the scapula. Downwardly rotates the scapula. Laterally flexes head and neck. Rotates head and neck to the same side. A: <i>Bilaterally</i> Extends the head and neck.</p>
Anterior Serratus	<p>O: Surfaces of upper eight or nine ribs. I: Anterior surface of medial border of scapula.</p>	<p>Action: Abducts the scapula. Depresses the scapula. Holds the medial border of scapula against the rib cage.</p>
Latissimus Dorsi	<p>O: Spinous processes of last six thoracic vertebrae, last three or four ribs, thoracolumbar aponeurosis, and posterior iliac crest. I: Crest of the lesser tubercle of the humerus.</p>	<p>Action: Extends the shoulder. Adducts the shoulder. Medially rotates the shoulder.</p>
Biceps Femoris	<p>O: Ischial tuberosity and (short head) lateral lip of linea aspera. I: Head of the fibula.</p>	<p>Action: Flexes the knee (all). Extend the hip (all). Tilt pelvis posteriorly (all). Laterally rotates the hip. Laterally rotates the flexed knee</p>