

Upper Extremity

	Spine	Neck	S Girdle	GH Joint	Elbow	Radio-Ulnar	Wrist	Fingers	Thumb
Median	Flexion	CL Lat Flexion	Depression	ABD / ER	Extension	Supination	Extension	Extension	Extension
Ulna	Flexion	CL Lat Flexion	Depression	ABD / ER	Flexion	Supination	Extension	Extension	Ignore
Radial	Flexion	CL Lat Flexion	Depression	ABD(<60) / IR / Ext	Extension	Pronation	Flexion	Flexion	Flexion

Lower Extremity (Posterior)

	Spine	Lateral Trunk	Hip	Knee	Talocrual	Subalor
Sciatic	Flexion	CL Lat Flexion	Flex / ADD / IR	Extension	Dorsiflexion	Neutral
Tibial	Flexion	CL Lat Flexion	Flex / ADD / IR	Extension	Dorsiflexion	Eversion
Common Peroneal	Flexion	CL Lat Flexion	Flex / ADD / IR	Extension	Plantar Flexion	Inversion
Sural	Flexion	CL Lat Flexion	Flex / ADD / IR	Extension	Dorsiflexion	Inversion

Lower Extremity (Anterior)

	Spine	Lateral Trunk	Hip	Knee	Talocrual	Subtalor
Femoral	Flexion	CL Lat Flexion	Extension	Flexion	Ignore	Ignore
Obturator	Flexion	CL Lat Flexion	Ext / ABD	Flexion	Ignore	Ignore
Lateral Cutaneous	Flexion	CL Lat Flexion	Ext / ADD	Flexion	Ignore	Ignore
Saphenous	Flexion	CL Lat Flexion	Ext / ABD / ER	Extension	Dorsiflexion	Ignore

CL = Contralateral