

# MMT

MANUAL MUSCLE TESTING

## MUSCLE LIST DEMONSTRATED

### **Core:**

Rectus abdominis  
Transverse abdominis  
Quadratus lumborum  
Lumber erectors

### **Hips:**

Psoas  
Rectus femoris  
Tensor fasciae latae (TFL)  
Glute maximus (on and off the table)

### **Hip Rotators:**

Piriformis  
Obturator internus  
Obturator externus  
Quadratus femoris

### **Adductors:**

Pectineus  
Adductor brevis  
Adductor longus  
Adductor magnus  
Gracilis

### **Knee:**

Popliteus  
Biceps femoris  
Semitendinosus / semimembranosus

**Ankles:**

Tibialis anterior

Tibialis posterior

Peroneus longus / brevis

Peoneus tertius

**Rotator cuff of the shoulder:**

Supraspinatus

Infraspinatus

Subscapularis

Teres minor

**Neck:**

Longus colli

Sternocleidomastoid (SCM)

Scalenes (anterior)

Scalenes (middle)

Trapezius (upper fibers)

Levator scapulae

**Shoulder:**

Rhomboid

Pectoralis major (clavicular)

Pectoralis major (sternal)

Latissimus dorsi

Trapezius (middle fibers)

Trapezius (lower fibers)

Serratus anterior (upper and lower fibers)