

Sterno-Clavicular Joint

Abduction: Pectoralis Major, Pectoralis Minor, (bench press)

Adduction: Trapezius, Rhomboids (bench press)

Rotation Upwards

Rotation Downwards

Elevation: Trapezius, Levitator Scapula (shoulder shrugs)

Depression: Trapezius, (returning from shrug).

Glenohumeral Joint (Shoulder Joint)

Flexion

Extension: Rear Deltoid, Latissimus Dorsi (rows and pull ups)

Abduction: Deltoids, Upper Trapezius (lateral raise)

Adduction: Teres Major (returning from lateral raise)

Horizontal Flexion

Horizontal Extension

Outward Rotation

Inward Rotation

Elbow Joint

Flexion: Biceps Brachii, Brachialis, Brachioradialis (biceps curl)

Extension: Triceps (tricep extension)

Forearm (Humero-Ulnar Joint)

Pronation: Pronator Teres, Pronator Quadratus

Supination: Supinator, Biceps Brachii, Brachioradialis.

Wrist

Flexion: Radial Flexor, Ulnar Flexor, Long Palmer Muscle

Extension: Long + Short Radial Extensors, Extensor Carpi Ulnaris, Extensor Carpi Radiialis Longus and Brevis.

Radial Deviation: Radial Flexors and Radial Extensors

Ulnar Deviation: Ulnar Flexors and Ulnar Extensors

Thumb

CMC Flexion: Long and Short Thumb Flexors

CMC Extension: Long and Short Thumb Extensors, Extensor Pollicus Longus and Brevis

CMC Abduction: Abductor Pollicus Longus

CMC Adduction: Adductor Policis, First Palmer Intereossi

PIP Flexion:

PIP Extension:

DIP Flexion: Long Thumb Flexor (Flexor Pollicus Longus)

DIP Extension:

Fingers

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MCP Flexion: Lumbricals, Interossei against resistance
MCP Extension: Common Finger Extensors, Index Finger Extensor
MCP Abduction: Dorsal Interossei
MCP Adduction: Palmer Interossei
PIP Flexion: Superficial Flexor of the Fingers
PIP Extension: Lumbricals, Interossei
DIP Flexion: Deep Flexor of the Fingers
DIP Extension: Lumbricals, Interossei

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MCP Flexion: Lumbricals, Interossei against resistance
MCP Extension: Common Finger Extensor
PIP Flexion: Superficial Flexor of Fingers
PIP Extension: Lumbricals, Interossei
DIP Flexion: Deep Flexor of Finger
DIP Extension: Lumbricals, Interossei

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MCP Flexion: Lumbricals, Interossei against resistance
MCP Extension: Common Finger Extensor
MCP Abduction: Dorsal Interossei
MCP Adduction: Palmer Interossei
PIP Flexion: Superficial Flexor of Fingers
PIP Extension: Lumbricals, Interossei
DIP Flexion: Deep Flexor of Fingers
DIP Extension: Lumbricals, Interossei

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MCP Flexion: Lumbricals, Interossei against resistance
MCP Extension: Little Finger Extensor, Common Finger Extensor
MCP Abduction: Abductor of the Little Finger
MCP Adduction: Palmer Interossei
PIP Flexion: Superficial Flexor of the Fingers
PIP Extension: Lumbricals
DIP Flexion: Deep Flexor of the Fingers
DIP Extension: Lumbricals