

FORM 5.5 JAM Chart: Knee Joint Muscles and Their Actions

Muscles	Flexion	Extension	Medial rotation	Lateral rotation
Semitendinosus	PM		PM	
Semimembranosus	PM		PM	
Biceps femoris	PM			PM
Rectus femoris		PM		
Vastus lateralis		PM		
Vastus intermedius		PM		
Vastus medialis		PM		
Sartorius	AM		AM	
Gracilis	AM		AM	
Popliteus			PM	
Gastrocnemius	AM			

Note: PM = prime mover; AM = assistant mover.

From J.C. Griffin, 2015, *Client-centered exercise prescription*, 3rd ed. (Champaign, IL: Human Kinetics).