

FORM 5.3 JAM Chart:

Elbow and Radioulnar Joint Muscles and Their Actions

Muscles	Flexion	Extension	Pronation	Supination
Biceps brachii	PM			AM
Brachialis	PM			
Brachioradialis	PM		AM	AM
Pronator quadratus			PM	
Pronator teres			AM	
Supinator				PM
Triceps brachii		PM		
Wrist extensors (posterior forearm)		AM		
Wrist flexors (anterior forearm)	AM			

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

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