

FORM 5.6 JAM Chart: Ankle and Foot Muscles and Their Actions

Muscles	Dorsiflexion	Plantar flexion	Inversion	Eversion
Gastrocnemius		PM		
Soleus		PM		
Tibialis posterior ^a		AM	PM	
Peroneus longus ^a		AM		PM
Peroneus brevis		AM		PM
Flexor digitorum longus ^a		AM	AM	
Flexor hallucis longus ^a		AM	AM	
Tibialis anterior	PM		PM	
Peroneus tertius	PM			PM
Extensor digitorum longus	PM			PM
Extensor hallucis longus	AM		AM	

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

^aThese muscles also support the arch.

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