

FORM 5.4 JAM Chart: Hip Joint Muscles and Their Actions

Muscles	Flexion	Extension	Abduction	Adduction	Medial rotation	Lateral rotation
Iliacus	PM ^a					AM
Psoas	PM ^a					AM
Rectus femoris	PM ^a					
Pectineus	PM ^a			PM	AM	
Sartorius	AM		AM			AM
Tensor fasciae latae			PM		AM	
Gluteus medius			PM			
Gluteus minimus			AM		PM	
Gluteus maximus		PM	AM			PM
Semitendinosus		PM				
Semimembranosus		PM				
Biceps femoris (LH)		PM				
Adductor longus				PM		
Adductor brevis				PM		
Adductor magnus				PM		
Gracilis				PM		
Six lateral rotators						PM

PM = prime mover; AM = assistant mover; LH = long head.

^aThese muscles may indirectly cause hyperextension of the low back by tilting the pelvis forward.

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