

Name -

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subject - Biomechanics -
program -

DPT

Teacher -

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(1)

Ans: (1)

Hip Flexors:

These are the muscles which perform the hip flexion.

- Rectus femoris
- Iliacus
- psoas
- iliopsoas
- sartorius muscle

Hip Extensors:

- Gluteus maximus
- semitendinosus
- semimembranosus
- Biceps femoris

Accessory muscles:

- Adductor magnus (inferior)
- Gluteus medius (inferior)

(2)

Hip adductors -

Crucialis

- obturator externus
- adductor brevis
- adductor longus
- adductor magnus

Hip abductors:-

- Gluteus medius
- Gluteus minimus
- Tensor fasciae latae (TFL)

Hip Rotator muscles -

External Rotator:-

- piriformis
- gemellus superior and inferior
- obturator internus and externus
- quadratus femoris
- Gluteus maximus medius and minimus.

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- psoas major and minor
- sartorius

Internal Rotator -

- Tensor Fasciae latae
- Gluteus medius and minimus
- adductor longus
- brevis
- magnus
- pectineus

(4)

Ans - (2)

Knee Flexors -

- Biceps Femoris
- Semimembranosus
- Semitendinosus
- Gastrocnemius
- plantaris
- Sartorius

Knee Extensors -

- Rectus Femoris
- vastus lateralis
- vastus medius
- vastus intermedius.