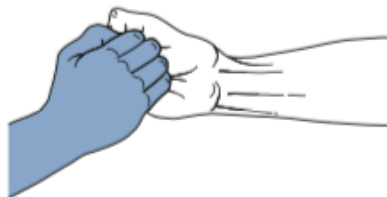




Shoulder abduction
Deltoid
Axillary nerve
C5



Elbow extension
Triceps
Radial nerve
C7



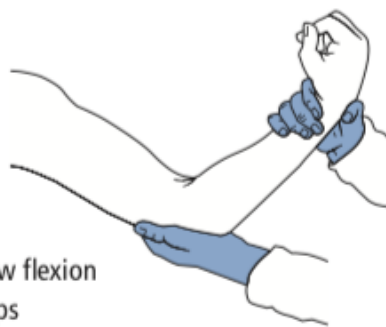
Wrist flexion
Flexors carpi radialis,
C7, median nerve and
ulnar, C8,
ulnar nerve



Finger extension
Extensor digitorum
Radial nerve
C7



Thumb abduction
Abductor pollicis brevis
Median nerve
T1



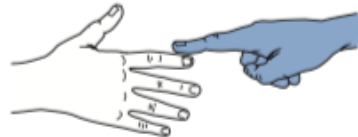
Elbow flexion
Biceps
Musculocutaneous nerve
C5, C6



Wrist extension
Extensors carpi radialis,
C6 and ulnar, C7,
Radial nerve



Finger flexion
Flexors digitorum
profundus and
superficialis
Median and ulnar nerves
C8



Finger abduction
Dorsal interossei
Ulnar nerve
T1



Hip flexion
Iliopsoas
Lumbar plexus and
femoral nerve
L1/L2



Knee flexion
hamstrings
Sciatic nerve
L5, S1, S2



Ankle dorsiflexion
Tibialis anterior
Deep peroneal nerve
L4, L5



Dorsiflexion of great toe
Extensor hallucis longus
Deep peroneal nerve
L5



Hip extension
Gluteus maximus
Inferior gluteal nerve
L5, S1, S2



Knee extension
Quadriceps femoris
Femoral nerve
L3, L4



Ankle plantar flexion
Gastrocnemius and soleus
Sciatic nerve
S1, S2



Ankle inversion
Tibialis posterior
Tibial nerve
L4, L5



Ankle eversion
Peronei
Superficial peroneal nerve
L5, S1

XI, C3, C4 roots → spinal acc + roots → Trapezius → elevates shoulder, abducts arm >90°
 C5, C6 roots → S trunk → P cord → axillary nerve → deltoid → Shoulder abduction
 C6 → MCN → biceps → Elbow flexion
 C7 → radial nerve → triceps → Elbow extension
 C6 → ulnar nerve → extensor carpi ulnaris → Wrist extension
 C7 → radial nerve → extensor carpi radialis → Wrist extension
 C7 → radial nerve → flexor carpi radialis → Wrist flexion
 C7, 8, T1 roots → M, I trunk → M cord → ulnar nerve → Wrist flexion
 C7 → Radial nerve → extensor digitorum → Fingers extension
 C8 → median & ulnar nerve → deep & superficial flexor digitorum → Fingers flexion
 T1 → ulnar nerve → dorsal interosseus → Fingers abduction
 T1 → median nerve → abductor pollicis brevis → thumb abd.
 L1, 2, 3 roots → L plexus → femoral & L1, 2, 3 nerve → Iliopsoas → hip flexion
 L2, 3, 4 roots → L plexus → femoral nerve → Quadriceps femoris → knee extension
 L2, 3, 4 roots → L plexus → obturator nerve → Thigh add. (longus, brevis, magnus) → thigh adduction
 L5, S1, 2 roots → sciatic nerve → Hamstrings → leg flexion (& assist thigh extension)
 L4/L5 → Peroneal nerve → Ankle dorsiflex. (hamstrings, tibialis ant.)
 S1, 2 roots → S plexus → tibial nerve → Gastrocnemius → knee flexion, ankle P-flex