

Name: _____ Date _____ Details _____

Lower limbs

Hallusis Flexor L.-----	R	Inflam	Weak	Uneven	⚠
Hallusis Extensor L. -----	R	Inflam	Weak	Uneven	⚠
Digitorium Flexor L. -----	R	Inflam	Weak	Uneven	⚠
Digitorium Extensor L. ----	R	Inflam	Weak	Uneven	⚠
Anterior Tibialis -----	R	Inflam	Weak	Uneven	⚠
Fibularis Longus -----	R	Inflam	Weak	Uneven	⚠
Gastronimius -----	R	Inflam	Weak	Uneven	⚠
Soleos -----	R	Inflam	Weak	Uneven	⚠

Quadriceps

Rectus Femoralis -----	R	Inflam	Weak	Uneven	⚠
Vastus Intermedialis -----	R	Inflam	Weak	Uneven	⚠
Vastos Medialis -----	R	Inflam	Weak	Uneven	⚠
Vastos Lateralis -----	R	Inflam	Weak	Uneven	⚠

Addaptors

Pectinius -----	R	Inflam	Weak	Uneven	⚠
Addap Brevis -----	R	Inflam	Weak	Uneven	⚠
Addap Longus -----	R	Inflam	Weak	Uneven	⚠
Addp Magnus -----	R	Inflam	Weak	Uneven	⚠
Gracilis -----	R	Inflam	Weak	Uneven	⚠
Santorios -----	R	Inflam	Weak	Uneven	⚠
Psoas -----	R	Inflam	Weak	Uneven	⚠
Retus abdominalis -----	R	Inflam	Weak	Uneven	⚠

Hamstrings

Bicep Femoralis Long Head	R	Inflam	Weak	Uneven	⚠
Semi-Tendinosus -----	R	Inflam	Weak	Uneven	⚠
Biceps Femoralis Short Head	R	Inflam	Weak	Uneven	⚠
Semi-Membranosus -----	R	Inflam	Weak	Uneven	⚠

Myo-Fascia System mechanical power chains

Observations:



Lumbar

Sciatic Nerve -----	R	Inflam	Weak	Uneven	⚠
Glutius Maximus -----	R	Inflam	Weak	Uneven	⚠
Glutius Medius -----	R	Inflam	Weak	Uneven	⚠
Periformix -----	R	Inflam	Weak	Uneven	⚠
Quadratus Lumbora -----	R	Inflam	Weak	Uneven	⚠
Longuissimus Thorasic ----	R	Inflam	Weak	Uneven	⚠
Spinalis Thorasic -----	R	Inflam	Weak	Uneven	⚠
Splenius group -----	R	Inflam	Weak	Uneven	⚠

Upper Back

Latissimus Dorsi -----	R	Inflam	Weak	Uneven	⚠
Trapecius -----	R	Inflam	Weak	Uneven	⚠
Scapula Elevator -----	R	Inflam	Weak	Uneven	⚠
Romboid -----	R	Inflam	Weak	Uneven	⚠

Sholders

Supra-Spinalis -----	R	Inflam	Weak	Uneven	⚠
Infra-Spinalis -----	R	Inflam	Weak	Uneven	⚠
Sub-scapularis -----	R	Inflam	Weak	Uneven	⚠
Anterior Deltoid -----	R	Inflam	Weak	Uneven	⚠
Mid Deltois -----	R	Inflam	Weak	Uneven	⚠
Posterior Deltoid -----	R	Inflam	Weak	Uneven	⚠
Teres mayor -----	R	Inflam	Weak	Uneven	⚠
Teres minor -----	R	Inflam	Weak	Uneven	⚠
Pectoralis -----	R	Inflam	Weak	Uneven	⚠
Masseter -----	R	Inflam	Weak	Uneven	⚠

Arms

Scalenus -----	R	Inflam	Weak	Uneven	⚠
Coraco-Brachialis -----	R	Inflam	Weak	Uneven	⚠
Biceps Brachialis -----	R	Inflam	Weak	Uneven	⚠
Triceps Brachialis -----	R	Inflam	Weak	Uneven	⚠
Tennis elbow -----	R	Inflam	Weak	Uneven	⚠
Golf elbow -----	R	Inflam	Weak	Uneven	⚠

