

Name				Date							
	R	L	B		R	L	B		R	L	B
Straight Leg Raise				Thoracic Rotatores				Iliofemoral Ligament			
Vastus Lateralis				Thoracic Multifidus				Ischiofemoral Ligament			
Vastus Intermedius				Semispinalis Thoracis				Zona Orbicularis			
Vastus Medialis				Thoracic Inter/Suprasp Ligaments				Ligamentum Teres			
Rectus Femoris				Lumbar Inter/Suprasp Ligaments				Quadratus Femoris			
Anterior Gluteus Medius				Iliocostalis Lumborum							
Tensor Fascia Lata				Iliocostalis Thoracis							
Gluteus Medius				Spinalis Thoracis				Posterior Tibial-Fibular Ligament			
Gluteus Minimus				Longissimus Thoracis				Tibialis Posterior			
Psoas				Lumbar Multifidus				Plantaris			
Iliacus				Lumbar Rotatores				Soleus			
Psoas, Diaphragmatic				Lumbar Intertransversarii				Gastrocnemious, Lateral Head			
Iliopsoas Tendon				Quadratus Lumborum				Gastrocnemious, Medial Head			
Inguinal Ligament				Lumbosacral Multifidus/Sacral Lig				Tendo Calcaneus			
Iliopectineal Arch				Thoracolumbar Aponeurosis				Achilles Tendon			
Pubofemoral Ligament				Lower Costal Unit				Peroneus Longus			
								Peroneus Brevis			
				Posterior Sacroiliac Ligaments				Peroneus Tertius			
				Anterior Sacroiliac Ligaments				Calcaneotibial ligament			
Patellar Retinaculum Medial				Interosseous Sacroiliac Ligament				Calcaneofibular ligament			
Patellar Retinaculum Lateral				Oblique Sacroiliac Ligament							
Transverse Ligament of the Knee				Sacral Interspinous Ligaments							
Anterolateral Ligament of Knee				Coccygeoiliac Ligament				Bifurcate Ligament			
Tibial Collateral Ligament				Lumboiliac Ligament				Inteross. Talocalcaneal Ligament			
Fibular Collateral Ligament								Deltoid Ligaments			
Patellar Ligaments 1 2 3 4				Iliolumbar Ligament				Lisfranc Ligament			
Anterior Tibial Fibular Membrane				Lumbocostal Ligament				Plantar Calcaneonavicular Ligament			
Anterior Tibial Fibular Ligament				Iliotibial Band				Plantar Calcaneocuboid Ligament			
				Posterior Gluteus Medius/Minimus				Quadratus Plantae Medial			
				Quadratus Femoris				Quadratus Plantae Lateral			
				Gluteus Maximus				Flexor Digitorum Longus			
Piriformis Rotation				Piriformis				Flexor Hallicus Longus			
Pectineus				Internal Obturator				Flexor Digitorum Brevis			
Quadratus Femoris				Superior Gemellus				Flexor Hallicus Brevis			
Sartorius				Inferior Gemellus				Abductor Hallicus			
Gracilis				External Obturator				Adductor Hallicus, Transverse			
Pes Anserine				Sacrotuberous Ligament				Adductor Hallicus, Oblique			
Popliteus				Sacrospinous Ligament				Long Hallicus Ligament			
				Sacrococcygeal Ligament				Long Plantar Ligament			
				Iliococcygeus				Flexor digiti minimi			
								Abductor digiti minimi			
Extensor Digitorum Longus				Biceps Femoris, Long Head				Opponens Digiti Minimi			
Tibialis Anterior				Biceps Femoris, Short Head							
Tibiotalar Capsule				Semitendinosis							
Tibionavicular Ligament				Semimembranosis							
Talofibular Ligament				Hamstring Central Tendon				Transverse Abdominals			
Calcaneofibular Ligament				Adductor Magnus				Rectus Abdominus			
Calcaneotibal Ligament				Adductor Longus				Internal Oblique Abdominals			
Plantar Calc.Nav/Spring Ligament				Adductor Brevis				External Oblique Abdominals			
Extensor Hallucis Longus				Adductor Minimus				Posterior Abdominal Oblique			
Extensor Digitorum Brevis				Popliteus				Anterior Intercostals			
Extensor Hallucis Brevis				Oblique Popliteal Ligament				Posterior Intercostals			
Superior Lisfranc Ligament				Arcuate Popliteal Ligament				Transversus Thoracis			
				Popliteal Femoral Ligament				Serratus Anterior			
				Post. Meniscofemoral Lig				Latissimus Dorsi			
				Menscal Lig (Root) M L				Superior Transverse Scapular Lig			
				Anterior Cruciate Ligament				Inferior Transverse Scapular Lig			
				Posterior Cruciate Ligament							