

Muscle	Group	Flexion	Extension	Internal Rotation	External Rotation
Semitendinosus	Hamstrings	Primary		Primary*	
Semimembranosus		Primary		Primary*	
Biceps Femoris		Primary			
Rectus Femoris	Quadriceps		Primary		
Vastus Intermedius			Primary		
Vastus Lateralis			Primary		
Vastus Medialis			Primary		
Sartorius		Assistant		Assistant	
Gracilis		Assistant		Assistant	
Popliteus		Assistant		Primary	
Gastrocnemeus		Assistant			
Soleus		Assistant			
		*Note: Only when leg is flexed and non-weight bearing			