

TABLE 3-5

Examples of Interaction between Monoarticular and Biarticular Muscles

Muscle Group	Action	Biarticular Muscle Link	Resultant Action
Quadriceps	Knee extension	Hamstrings	Hip extension
Dorsiflexors	Dorsiflexion	Gastrocnemius	Knee flexion
Gluteals	Hip extension	Rectus femoris	Knee extension
Gluteals	Hip extension	Iliopsoas	Spine flexion
Gluteals	Hip extension	Rectus femoris and gastrocnemius	Plantarflexion