

Postural Muscles	Phasic Muscles
Neck – Shoulder Girdle - Arm	
Pectoralis Minor & Major	Rhomboids
Levator Scapula	Trapezius (Middle)
Trapezius Upper	Trapezius (Lower)
Biceps Brachii	Triceps Brachii
Scalenes *	Deep Neck Flexors
Subscapularis	Forearm Extensors
Sternocleidomastoids	Supraspinatus
Masticatory	Infraspinatus
Forearm Flexors	Serratus Anterior
Sub-occipitals	Deltoid Posterior
Deltoid Anterior	Longus Capitis & Coli
	Hyoids
Trunk	
Lumbar & Cervical Erectors	Thoracic Erectors
Quadratus Lumborum	Rectus Abdominus
Erector Spinae	Internal & External Obliques
Latissimus Dorsi	Paravertebral (not the Erector Spinae)
	Transverse Abdominus
Pelvis - Thigh	
Hamstrings	Vastus Lateralis
Iliopsoas	Vastus Medialis
Rectus Femoris	Gluteus Maximus
Thigh Adductors, Brevis & Magnus	Gluteus Medius
Piriformis	Gluteus Minimus
Tensor Fascia Latae	
Biceps Femoris	
Lower Leg - Foot	
Gastrocnemius	Anterior Tibialis
Soleus	Peroneal Longus, Medius, Brevis
Tibialis Posterior	Extensor of the Toes

*Scalenes are Equivocal; they start out as Phasic muscles but can end up as postural ones.

	Postural Muscles	Dynamic Muscles
Type	Slow twitch-white	Fast twitch-Red
Respiration	Anaerobic	Aerobic
Function	Static/Supportive	Phasic/Active
Dysfunction	Shorten	Weaken
Treatment	Stretch/Relax	Facilitate/Strengthen
Prone to...	Hyperactivity	Inhibition
Susceptibility to Fatigue	Late	Early