

MUSCULATURE INVOLVED IN THE KABAT DIAGONALS OF ARMS

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Diagonal: FLEXION + ABD + ROT. EXT.
Scapulae:

MUSCULATURE	MOVEMENT
Trapezium Levator scapulae Serratus anterior	Elevation post. Scapulae

Shoulder:

MUSCULATURE	MOVEMENT
Deltoid (anterior fibres) Biceps brachii Coracobrachialis Supraespinous Infraespinous Teres minor	Flexion + ABD + ext. Rot.

Elbow:

MUSCULATURE	MOVEMENT
Triceps Anconeus	Extension

Forearm:

MUSCULATURE	MOVEMENT
Biceps Brachial Supinator	Supination

Wrist:

MUSCULATURE	MOVEMENT
1st radial 2nd radial	Extension towards radial side

Fingers:

MUSCULATURE	MOVEMENT
Extensor digitorum Radial Interosseous	Extension + deviation

Thumb:

MUSCULATURE

Short thumb Extensor
Long thumb Extensor
ABD long thumb

MOVEMENT

Extension + ABD

**Diagonal: EXTENSION + ABD + INNER ROT.
Scapulae:**

MUSCULATURE

Rhomboid

MOVEMENT

Descensus posterior

Shouler:

MUSCULATURE

Latissimus dorsi
Deltoids (medium and posterior)
Triceps
Teres major
Subscapularis

MOVEMENT

Extension + ABD + rot.

Elbow:

MUSCULATURE

Triceps
Anconeus

MOVEMENT

Extension (maintained position)

Forearm:

MUSCLE

Brachial
Subscapularis
Pronator teres

MOVEMENT

Pronation

Wrist:

MUSCULATURE

Extensor carpi ulnaris

MOVEMENT

Extension towards cubital side

Fingers:

MUSCULATURE

Extensor digitorum
Lumbrical
Interosseous

MOVEMENT

Extension + cubital deviation

Thumb:

MUSCULATURE

ABD pulgaris
Extensor pulgaris

MOVEMENT

ABD + extension

Diagonal: EXTENSION + ADD + INNER ROT.

Scapulae:

MUSCULATURE

Serratus anterior
Pectoralis minor
Rhomboids

MOVEMENT

Anterior descensus

Shoulder:

MUSCULATURE

Pectoralis major
Teres major
Subscapularis ext.

MOVEMENT

Extension + ABD. + Rot.

Elbow:

MUSCULATURE

Triceps Extension
Anconeus

MOVEMENT

Extension

Forearm:

MUSCULATURE

Brachial
Pronator teres
Pronator quadratus

MOVEMENT

Pronation

Wrist:

MUSCULATURE

Anterior Cubital

MOVEMENT

Flexion towards cubital side

Fingers:

MUSCULATURE

Flexor digitorum superficialis
Flexor digitorum profunda Flexion + deviation
Lumbrical
Interosseous

MOVEMENT

Flexion + cubital deviation

Thumb:

MUSCULATURE

Long thumb flexor
Short thumb flexor
ADD thumb
Thumb oppositor

MOVEMENT

Flexion + ADD + opposition

Diagonal: FLEXION + ADD + ROT. EXT.

Scapulae:

MUSCULATURE

Serratus anterior
Trapezium

MOVEMENT

Anterior elevation

Shoulder:

MUSCULATURE

Pectoralis major (clavicular fibres) Anterior Deltoids
Coracobrachial
Biceps

MOVEMENT

Flexion + ADD + ext. rot.

Elbow:

MUSCULATURE

Triceps
Anconeus

MOVEMENT

Extension

Forearm:

MUSCULATURE

Brachial
Supinator minor

MOVEMENT

Supination

Wrist:

MUSCULATURE

Palmaris longus
Palmaris major

MOVEMENT

Flexion towards radial side

Fingers:

MUSCULATURE

Flexor digitorum (superf. and prof.)
Radial Lumbrical
Interosseous

MOVEMENT

Flexion + deviation

Thumb:

MUSCULATURE

Long thumb flexor
Short thumb flexor
ADD thumb
Thumb oppositor

MOVEMENT

Flexion + ADD + opposition