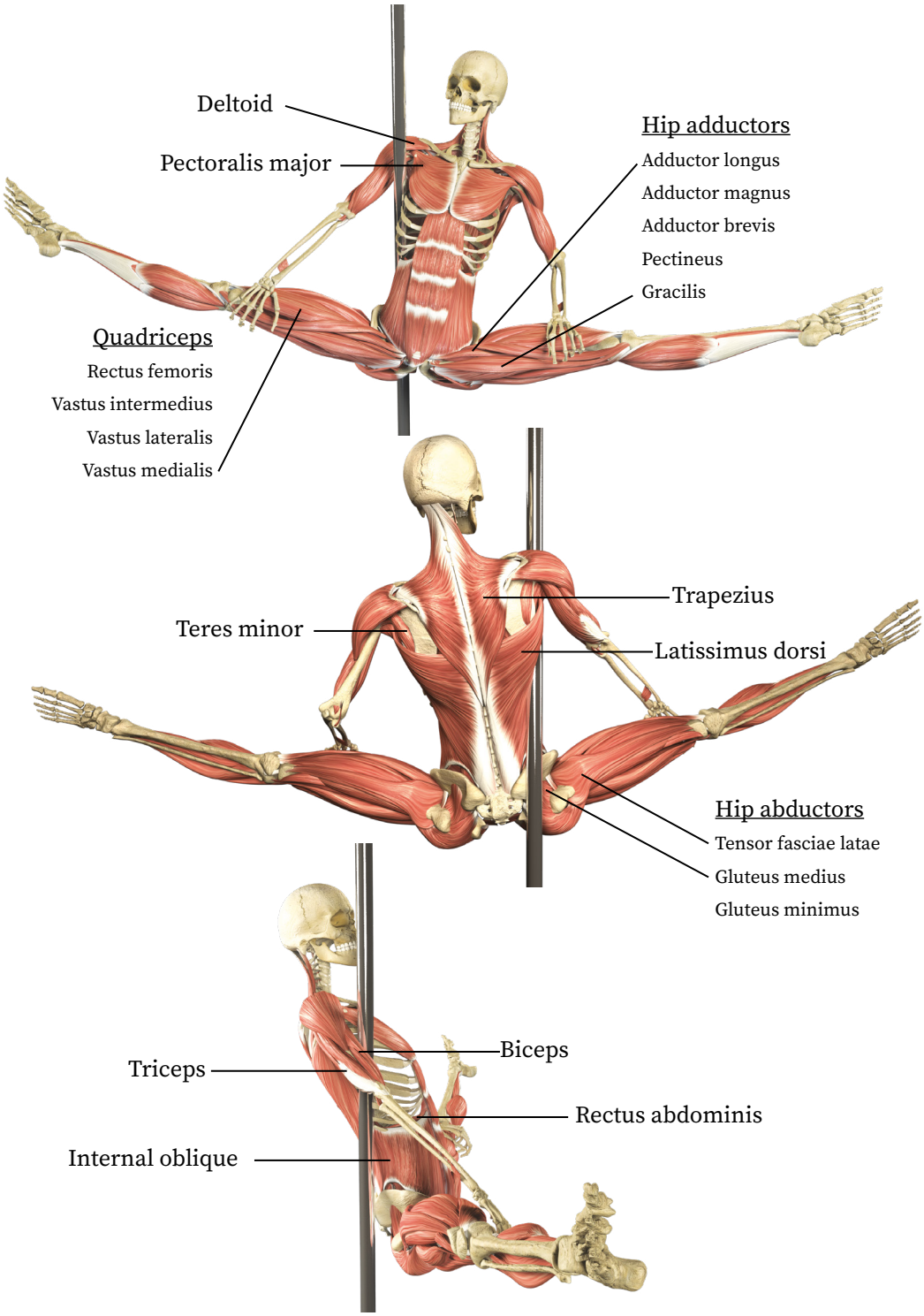
TEDDY


Deltoid
Pectoralis major
Hip adductors
Adductor longus
Adductor magnus
Adductor brevis
Pectineus
Gracilis
Quadriceps
Rectus femoris
Vastus intermedius
Vastus lateralis
Vastus medialis
Trapezius
Teres minor
Latissimus dorsi
Hip abductors
Tensor fasciae latae
Gluteus medius
Gluteus minimus
Biceps
Triceps
Rectus abdominis
Internal oblique

LEGS

Skeletal actions

Hip: flexion, external rotation, abduction
Knee: extension
Ankle: plantar flexion

Muscle actions

Although the leg position is assisted by the hands, which grasp the thighs and take some of the weight of the legs, the position of hip flexion and abduction is still very much an active one, working against gravity. The hip flexors hold the legs towards the torso, while the hip abductors create the wide straddle. The hip rotators stabilise the legs in the externally rotated position while the quadriceps keep the legs straight, and the hamstrings and adductors are lengthened. The gastrocnemius, soleus and tibialis posterior point the feet.

ARMS

Skeletal actions

Shoulder: abduction, internal rotation
Forearm: pronation

Muscle actions

The pronator teres and pronator quadratus pronate the forearms, so the hands can grip the thighs. Holding the thighs means the upper body helps to support the weight of the legs. The biceps and deltoids are working to resist gravity's downward pull on the legs, along with the latissimus dorsi, teres major and minor, and posterior deltoid, which engage to assist the hip abduction.

The arms are abducted slightly out to the sides, but the pectoralis major and latissimus dorsi contract to bring the inside arm close to the pole and internally rotate the shoulder to secure the grip.

With the grip concentrated on one side of the body, and the arm and shoulder secured around the pole, the muscles of the back are also working hard to keep the torso lifted and the scapulae in a neutral position—resisting gravity and preventing the torso 'sinking'. When this starts to happen, we see the shoulders begin to 'shrug' up towards the ears. The lower trapezius works to resist scapula elevation and the rhomboids and middle trapezius muscles resist scapula protraction.

SPINE

Skeletal actions

Lateral flexion

Muscle actions

There is usually a small amount of lateral flexion and thoracic extension which allows the pelvis to be positioned slightly in front of the pole with the shoulder behind it. The transverse abdominis and obliques stabilise the position while the rectus abdominis resists lumbar extension and the spinal extensors maintain the thoracic extension.