



Janda's Muscle Imbalance Syndromes

Tonic Muscles Prone to Tightness or Shortness	Phasic Muscles Prone to Weakness or Inhibition
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Gastroc-Soleus	Peroneus Longus, Brevis
Tibialis Posterior	Tibialis Anterior
Hip Adductors	Vastus Medialis, Lateralis
Hamstrings	Gluteus Maximus, Medius , Minimus
Rectus Femoris	Rectus Abdominus
Iliopsoas	Serratus Anterior
Tensor Fascia Lata	Rhomboids
Piriformis	Lower Trapezius
Thoraco-lumbar extensors	Deep neck flexors
Quadratus Lumborum	Upper limb extensors
Pectoralis Major	
Upper Trapezius	
Levator Scapulae	
Scalenes	
Sternocleidomastoid	
Upper limb flexors	