


Action	Muscles 
Flexion	iliopsoas, rectus femoris, and sartorius
Extension	gluteus maximus and the hamstring muscles
Abduction	gluteus medius and minimus, assisted by the sartorius, tensor fasciae latae, and piriformis
Adduction	adductor longus and brevis and the adductor fibers of the adductor magnus. These muscles are assisted by the pectineus and the gracilis
Lateral rotation	short lateral rotator muscles and assisted by the gluteus maximus
Medial rotation	anterior fibers of the gluteus medius and gluteus minimus and the tensor fasciae latae
Done 😊	<p>”وَإِذَا سَأَلَكَ عِبَادِي عَنِّي فَإِنِّي قَرِيبٌ أُجِيبُ دَعْوَةَ الدَّاعِ إِذَا دَعَانِ فَلْيَسْتَجِيبُوا لِي وَلْيُؤْمِنُوا بِي لَعَلَّهُمْ يَرْشُدُونَ“.</p>

