

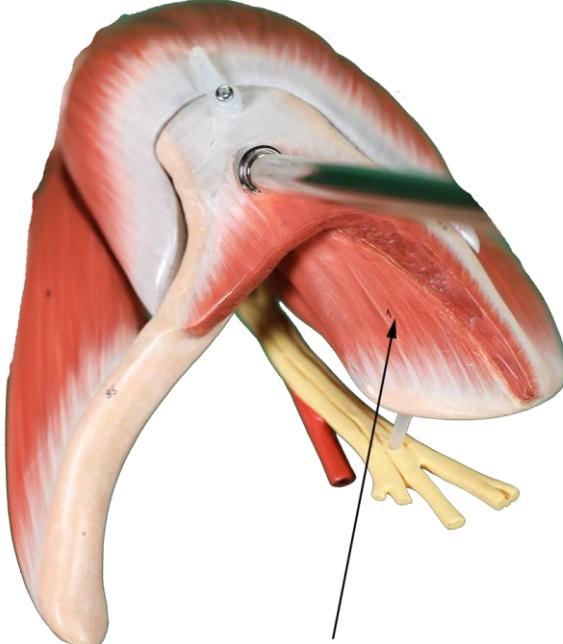
Muscles of the Upper Extremity

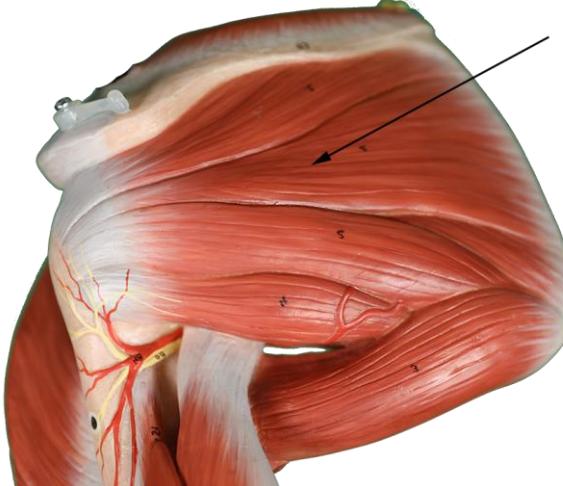
You are expected to be able to identify a required muscle on any model it can be seen. The terms in **gray** you are **NOT required** to know. They are included to help you identify the muscles.

Muscles of the Shoulder

| | | |
|-------------|---|---|
| Name | Deltoid Name meaning - shaped like Greek letter delta, Δ |  |
| Origins (3) | Acromial end of clavicle Acromion process of scapula Spine of scapula | |
| Insertion | Deltoid tuberosity of humerus | |
| Actions | Abducts arm (humerus) Portions can extend or flex arm (humerus) | |

Rotator Cuff - 4 muscles

| | | |
|-----------|--|--|
| Name | Supraspinatus Name meaning - superior to the spine of the scapula |  |
| Origin | Supraspinous fossa of scapula | |
| Insertion | Greater tubercle of humerus | |
| Action | Initiates abduction of arm (humerus) | |

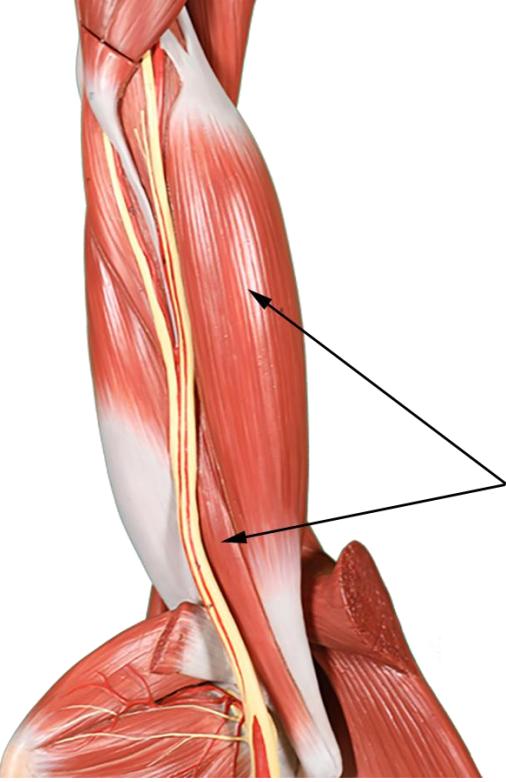
| | | |
|-----------|--|--|
| Name | Infraspinatus Name meaning - inferior to the spine of the scapula |  |
| Origin | Infraspinous fossa of scapula | |
| Insertion | Greater tubercle of humerus | |
| Action | Rotates arm (humerus) laterally | |

| | | |
|-----------|--|--|
| Name | Teres Minor Name meaning - teres, rounded; minor, smaller of a muscle group | |
| Origin | Lateral border of scapula | |
| Insertion | Greater tubercle of humerus | |
| Actions | Adducts arm (humerus) Extends arm (humerus) Rotates arm (humerus) laterally | |

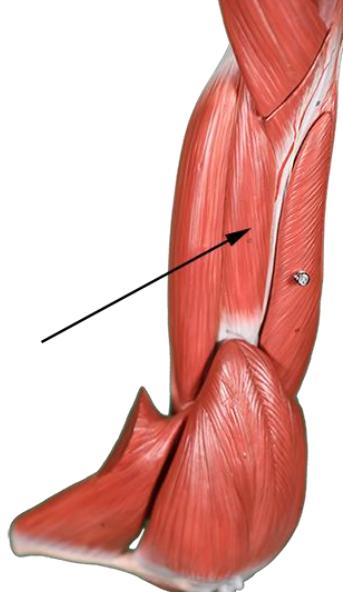
| | | |
|-----------|---|--|
| Name | Subscapularis Name meaning - below the scapula | |
| Origin | Subscapular fossa of scapula | |
| Insertion | Lesser tubercle of humerus | |
| Action | Rotates arm (humerus) medially | |

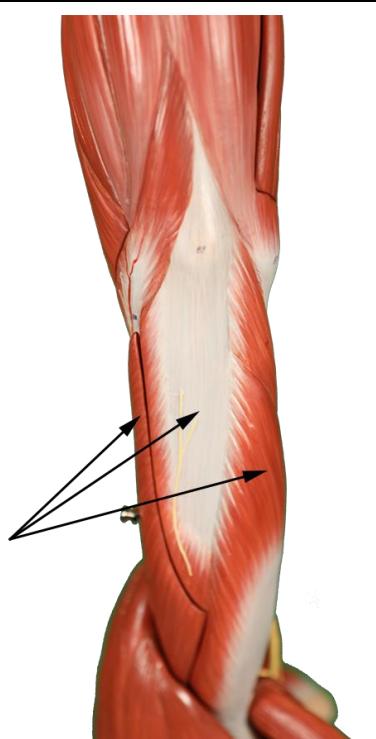
Muscles of the Arm

The term arm refers to the portion of the upper extremity between the shoulder and elbow.

| | | |
|-------------|---|---|
| Name | Biceps brachii Name meaning - biceps, two heads; brachi (G), arm |  |
| Origins (2) | Supraglenoid tubercle of scapula Coracoid process of scapula | |
| Insertion | Radial tuberosity of radius | |
| Actions | Flexes supinated forearm Supinates forearm Flexes arm | |

The terms in gray you are NOT required to know. They are included to help you identify the muscles.

| | | |
|-----------|--|--|
| Name | Brachialis Name meaning - brachi (G), arm |  |
| Origin | Humerus | |
| Insertion | Coronoid Process of Ulna | |
| Action | Flexes pronated forearm | |

| | | |
|-------------|---|--|
| Name | Triceps brachii Name meaning - triceps, three heads; brachi (G), arm |  |
| Origins (3) | Infraglenoid tubercle of scapula Proximal third of humerus Distal half of humerus | |
| Insertion | Olecranon process of ulna | |
| Actions | Extends forearm Extends arm | |

Muscles of the Forearm

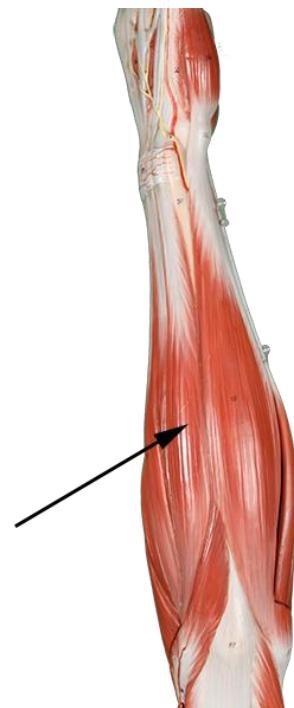
The term forearm refers to the portion of the upper extremity between the elbow and wrist.

The terms in gray you are NOT required to know. They are included to help you identify the muscles.

| | | |
|-------------|---|---|
| Name | Pronator teres Name meaning - rounded muscle that pronates the forearm |  |
| Origins (2) | Medial epicondyle of humerus Coronoid process of ulna | |
| Insertion | Mid-lateral surface of radius | |
| Actions | Pronates forearm Flexes forearm | |

| | | |
|----------------|--|--|
| Name | Flexor carpi radialis Name meaning - muscle which attaches in the wrist on the radial side that flexes the hand | |
| Origin | Medial epicondyle of humerus | |
| Insertions (2) | Metacarpals 2 & 3 | |
| Actions | Flexes hand Abducts hand Flexes forearm | |

| | | |
|----------------|--|--|
| Name | Flexor carpi ulnaris Name meaning - muscle which attaches in the wrist on the ulnar side that flexes the hand | |
| Origin | Medial epicondyle of humerus | |
| Insertions (2) | Medial carpals Metacarpal 5 | |
| Actions | Flexes hand Adducts hand | |

| | | |
|-----------|---|--|
| Name | Extensor carpi ulnaris Name meaning - muscle which attaches in the wrist on the ulnar side that extends the hand |  |
| Origin | Lateral epicondyle of humerus | |
| Insertion | Metacarpal 5 | |
| Actions | Extends hand Adduct hand | |

| | | |
|------------|--|--|
| Name | Extensor digitorum Name meaning - muscle which extends the digits (fingers) |  |
| Origin | Lateral epicondyle of humerus | |
| Insertions | Middle and distal phalanges of each finger | |
| Action | Extends fingers (phalanges) | |

| | | |
|-----------|---|--|
| Name | Extensor carpi radialis longus Name meaning - longer muscle which attaches in the wrist on the radial side that extends the hand | |
| Origin | Lateral epicondyle of humerus | |
| Insertion | Metacarpal 2 | |
| Actions | Extends hand Abducts hand | |

| | | |
|-----------|---|--|
| Name | Brachioradialis Name meaning - muscle which attaches to the humerus and the radius | |
| Origin | Proximal to the capitulum of humerus | |
| Insertion | Proximal to the styloid process of the radius | |
| Action | Flexes semi-pronated forearm | |