


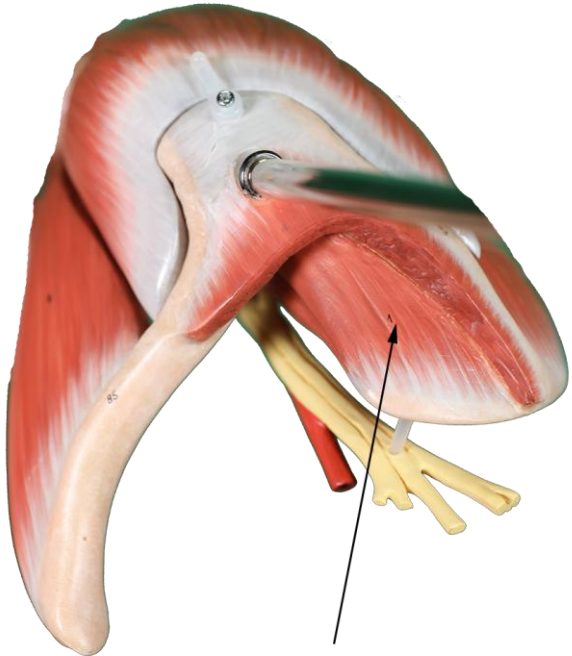
Muscles of the Upper Extremity

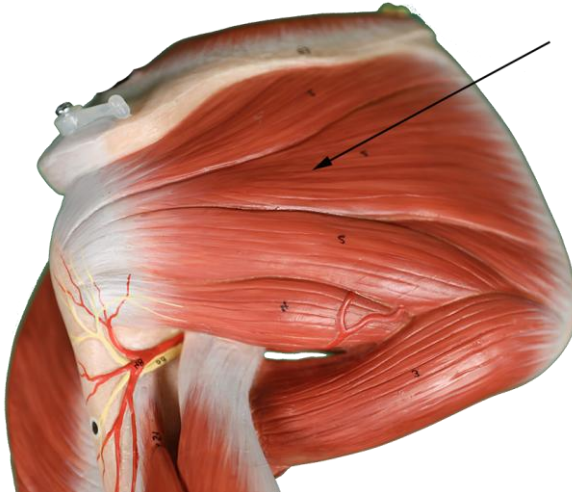
You are expected to be able to identify a required muscle on any model it can be seen. The terms in **gray** you are **NOT required** to know. They are included to help you identify the muscles.

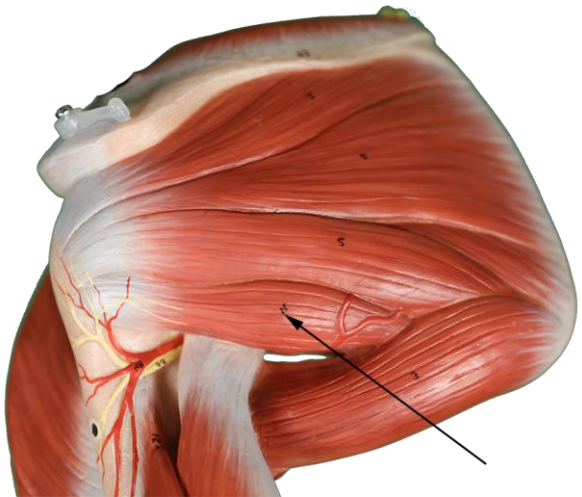
Muscles of the Shoulder

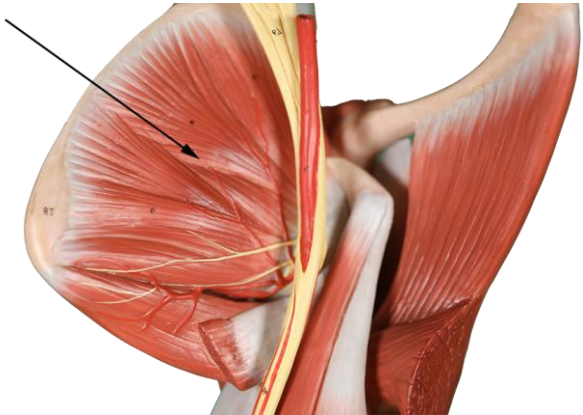
Name	Deltoid Name meaning - shaped like Greek letter delta, Δ	
Origins (3)	Acromial end of clavicle Acromion process of scapula Spine of scapula	
Insertion	Deltoid tuberosity of humerus	
Actions	Abducts arm (humerus) Portions can extend or flex arm (humerus)	

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)	

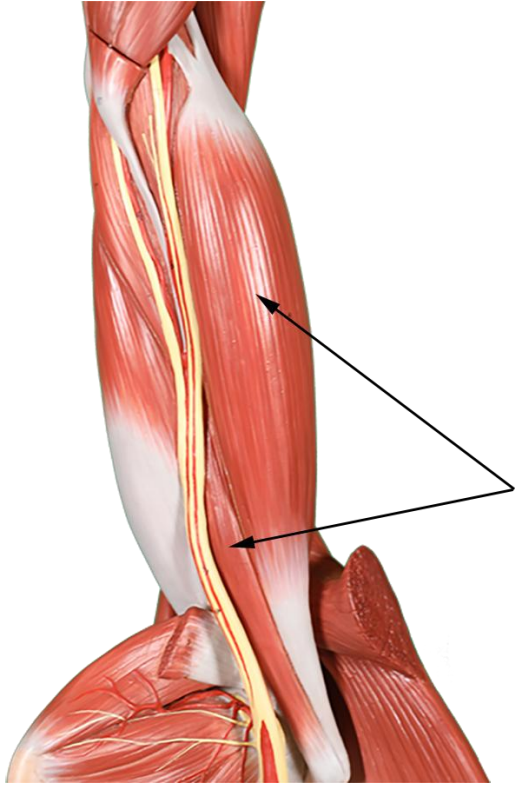
Name	Infraspinatus Name meaning - inferior to the spine of the scapula	
Origin	Infraspinous fossa of scapula	
Insertion	Greater tubercle of humerus	
Action	Rotates arm (humerus) laterally	

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

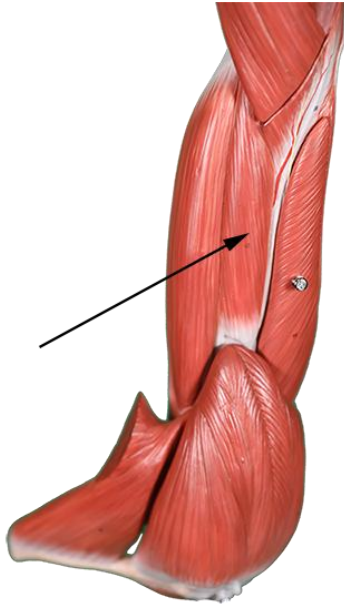
Name	<p>Subscapularis</p> <p>Name meaning - below the scapula</p>	
Origin	Subscapular fossa of scapula	
Insertion	Lesser tubercle of humerus	
Action	Rotates arm (humerus) medially	

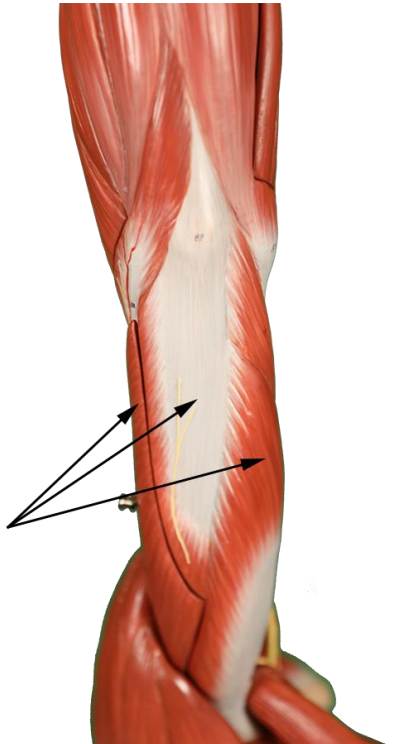
Muscles of the Arm

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	

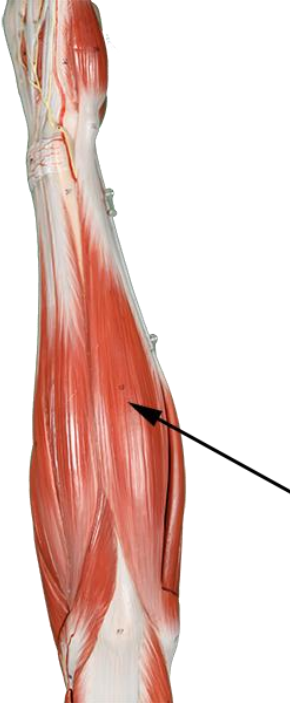
Muscles of the Forearm

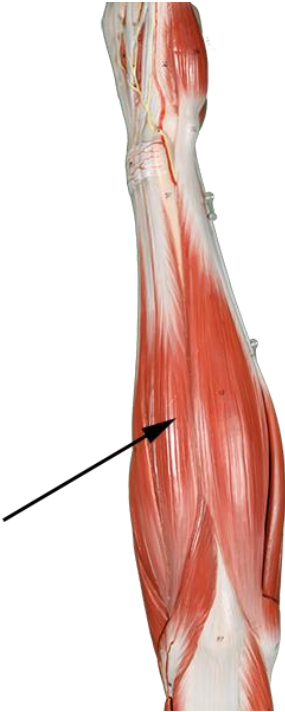
The term forearm refers to the portion of the upper extremity between the elbow and wrist.


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

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

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

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