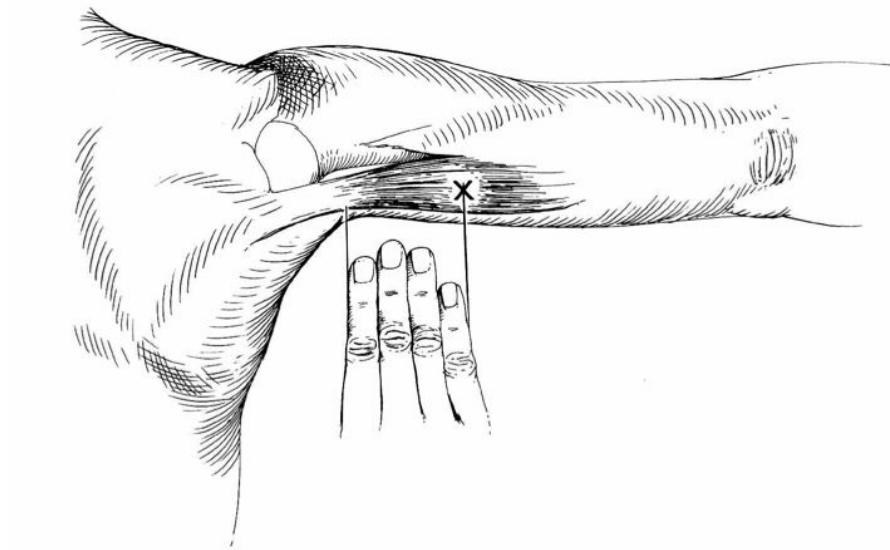


TRICEPS



Long Head

Innervation

Radial Nerve, Posterior Cord, Posterior Division, Middle and Lower Trunk, C7, C8, T1.

Origin

Infraglenoid tuberosity of the scapula.

Insertion

Via a common tendon, the three heads of the triceps insert on the dorsal aspect of the olecranon process of the ulna.

Position

Patient prone with arm abducted to ninety degrees and elbow flexed over edge of plinth.

Electrode Insertion

Four fingerbreadths distal to the posterior axillary fold.

Test Maneuver

Extension of the elbow.

Pitfalls

None.

Comments

- (a) Because of its very proximal innervation through the radial nerve, it is almost never involved in “crutch paralysis” or “Saturday night palsy.”
- (b) The main function of this portion of the triceps is to extend the elbow; however, as it crosses the shoulder joint, it helps in extension and adduction of the arm. A 3rd function is to fix the head of the humerus during abduction of the arm.
- (c) This head of the triceps is the medial boundary of the “quadrilateral space,” through which the circumflex (axillary) nerve and the vessel travel. The other boundaries of this space are: laterally: the surgical neck of the humerus; below: the teres major muscle and above by the teres minor muscle and subscapularis.

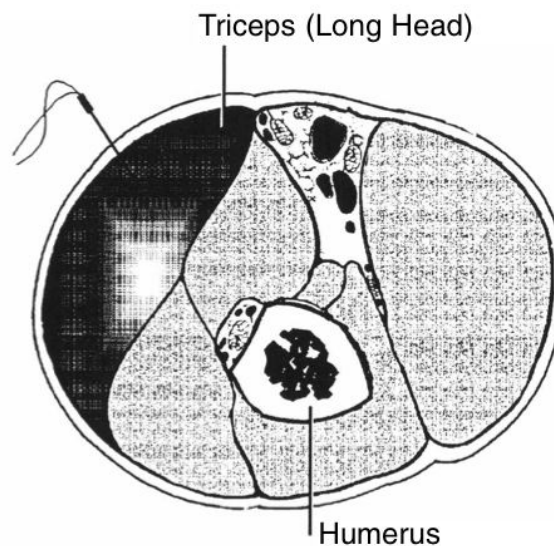
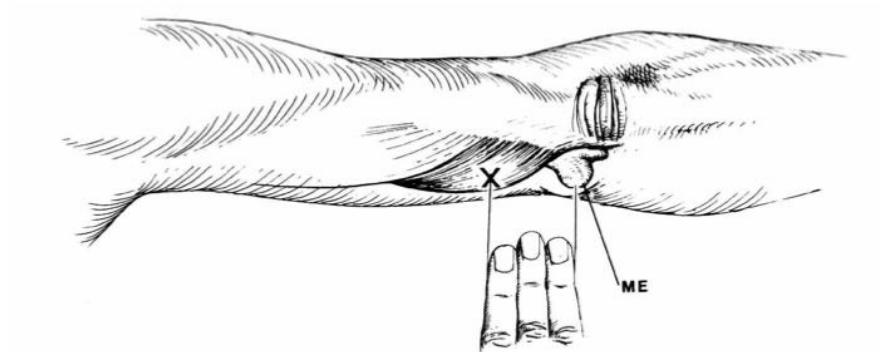


Figure 31. Cross section of the arm through the middle section.

TRICEPS



Medial Head

Innervation

Radial Nerve, Posterior Cord, Posterior Division, Middle and Lower Trunk, C7, C8, T1.

Origin

From the dorsal surface of the shaft of the humerus below the groove for the radial nerve.

Insertion

By common tendon into olecranon processes.

Position

Patient prone with arm abducted.

Electrode Insertion (X)

Three fingerbreadths proximal to the medial epicondyle (ME) of humerus.

Test Maneuver

Extension of elbow.

Pitfalls

If the needle electrode is inserted too anteriorly it will be in the biceps, and there is also the danger of puncturing the brachial artery.

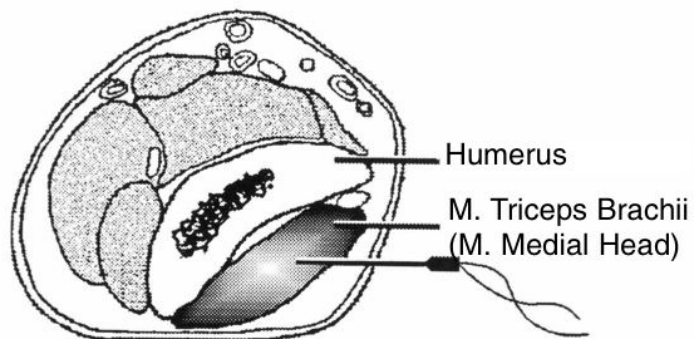


Figure 32. Cross section of the arm just proximal to the elbow joint.