

Muscles of the Shoulder and Arm

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Table of contents

1 Deltoid Muscles	1
2 Rotator Cuff	1
3 Pectoral Girdle	2

1 Deltoid Muscles

Table 1: Deltoid Muscles OLAN

Muscle	Origin	Insertion	Nerve	Action
Anterior Deltoid	Lateral 1/3 of clavicle	Humerus (deltoid tuberosity)	Axillary n. (C5, C6)	Flexion, internal rotation, adduction
Lateral Deltoid	Acromion	Humerus (deltoid tuberosity)	Axillary n. (C5, C6)	Abduction
Posterior Deltoid	Scapular spine	Humerus (deltoid tuberosity)	Axillary n. (C5, C6)	Extension, external rotation, adduction

2 Rotator Cuff

Table 2: Rotator Cuff OLAN

Muscle	Origin	Insertion	Nerve	Action
Supraspinatus	Supraspinous Fossa of scapula	Greater tubercle of Humerus	Suprascapular nerve (C4-C6)	Initiates abduction
Infraspinatus	Infraspinous Fossa of scapula	Greater tubercle of Humerus	Suprascapular nerve (C4-C6)	External rotation
Teres Minor	Lateral border of scapula	Greater tubercle of Humerus	Axillary n. (C5, C6)	External rotation, weak adduction, stabilizes GHJ
Subscapularis	Subscapular fossa of scapula	Lesser tubercle of Humerus	Upper and Lower subscapular nerves (C5, C6)	Internal Rotation

3 Pectoral Girdle

Table 3: Anterior Appendicular Muscles

Muscle	Origin	Insertion	Nerve	Action
Pec Major	Clavicle (medial half), sternum, costal cartilages 1–6, rectus sheath (anterior layer)	Humerus (crest of greater tubercle)	Lateral pectoral nerve and Medial pectoral nerve (C5-T1)	Entire muscle: adduction, internal rotation; Clavicular and sternocostal parts: flexion; assist in respiration when shoulder is fixed
Coracobrachialis	Scapula (coracoid process)	Humerus (in line with crest of lesser tubercle)	Musculocutaneous n. (C5–C7)	Flexion, adduction, internal rotation
Subclavius	1st rib	Clavicle (inferior surface)	N. to subclavius (C5, C6)	Steadies the clavicle in the sternoclavicular joint

Muscle	Origin	Insertion	Nerve	Action
Pectoralis Minor	3rd to 5th ribs	Coracoid process	Medial Pectoral n. (C8, T1)	Draws scapula downward, causing inferior angle to move posteromedially; rotates glenoid inferiorly; assists in respiration