

Scapula (Bone)

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1 Sites

1.1 Spine of Scapula

Muscle	Origin	Insertion	Nerve	Action
Lower Trapezius	SP of T5–T12	Scapular Spine	Motor: CN XI Accessory n. and Proprioception: Cervical plexus (C2, C3, C4)	Draws scapula medially downward

1.2 Supraspinous fossa

Table 2: Muscles attachments to Supraspinous fossa of scapula

Muscle	Origin	Insertion	Nerve	Action
Supraspinatus	Supraspinous Fossa of scapula	Greater tubercle of Humerus	Suprascapular nerve (C4-C6)	Initiates abduction

1.3 Infraspinous fossa

Muscle	Origin	Insertion	Nerve	Action
Infraspinatus	Infraspinous Fossa of scapula	Greater tubercle of Humerus	Suprascapular nerve (C4-C6)	External rotation

1.4 Lateral border of Scapula

Muscle	Origin	Insertion	Nerve	Action
Infraspinatus	Infraspinous Fossa of scapula	Greater tubercle of Humerus	Suprascapular nerve (C4-C6)	External rotation

1.5 Subscapular fossa of scapula

Table 5: Muscular attachments of the Subscapular Fossa

Muscle	Origin	Insertion	Nerve	Action
Subscapularis	Subscapular fossa of scapula	Lesser tubercle of Humerus	Upper and Lower subscapular nerves (C5, C6)	Internal Rotation

1.6 Coracoid process

Table 6: Coracoid process muscular attachments

Muscle	Origin	Insertion	Nerve	Action
Coracobrachialis	Scapula (coracoid process)	Humerus (in line with crest of lesser tubercle)	Musculocutaneous n. (C5–C7)	Flexion, adduction, internal rotation
Insertions				
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

1.7 Acromion

Table 7: Coracoid process muscular attachments

Muscle	Origin	Insertion	Nerve	Action
Insertions				
Middle Trapezius	Aponeurosis at T1–T4 SP	Acromion	Motor: CN XI Accessory n. and Proprioception: Cervical plexus (C2, C3, C4)	Draws scapula medially