

Subscapularis Muscle

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1 OIAN

Table 1: Subscapularis OIAN

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

1.1 Origin

Subscapular fossa of scapula¹

1.2 Insertion

Lesser tubercle of Humerus¹

1.3 Innervation

Upper and Lower subscapular nerves (C5, C6)

1.4 Action

Internal Rotation¹

2 Test

- Lift-off test
- Bear hug test
- Belly press test
 - “performed by having the patient place the affected hand on the abdomen and attempt to move the elbow anteriorly. The test was considered positive if the patient could not move the elbow forward”²

1. Gilroy AM, MacPherson BR, Wikenheiser JC, Voll MM, Wesker K, Schünke M, eds. *Atlas of Anatomy*. 4th ed. Thieme; 2020.
2. Gill HS, El Rassi G, Bahk MS, Castillo RC, McFarland EG. Physical examination for partial tears of the biceps tendon. *The American Journal of Sports Medicine*. 2007;35(8):1334-1340. doi:[10.1177/0363546507300058](https://doi.org/10.1177/0363546507300058)