

# Humerus (bone)

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## 1 Sites

### 1.1 Deltoid tuberosity

Deltoid tuberosity Muscular attachments				
Table 1: Deltoid Muscles OIAN				
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
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## 1.2 Greater Tubercle

Greater tubercle Muscular attachments				
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

## 1.3 Lesser Tubercle

Lesser Tubercle Muscular attachments				
Table 3: Lesser tubercle of humerus attachment OIAN				
Muscle	Origin	Insertion	Nerve	Action
Subscapularis	Subscapular fossa of scapula	Lesser tubercle of Humerus	Upper and Lower subscapular nerves (C5, C6)	Internal Rotation

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)	<b>Entire muscle:</b> adduction, internal rotation; <b>Clavicular and sternocostal parts:</b> flexion; assist in respiration when shoulder is fixed
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## 1.4 Lateral Epicondyle of Humerus

Dysfunction:

- Lateral epicondylitis (Tennis elbow)

## 1.5 Humerus in line with crest of less tubercle

Lesser Tubercle 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

## 2 Dysfunction

- Lateral epicondylitis (Tennis elbow)