# Muscles of the Shoulder and Arm

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## Table of contents

## 1 Deltoid Muscles

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 |

## 2 Rotator Cuff

Table 2: Rotator Cuff OIAN

| 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 |