

Deltoid muscle

Nathaniel Yomogida, SPT

Chloë Kerstein, SPT

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1 OIAN

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

1.1 Anterior part

1.1.1 Origin

Lateral 1/3 of clavicle¹

1.1.2 Insertion

Humerus (deltoid tuberosity)¹

1.1.3 Innervation

[Axillary n. \(C5, C6\)](#)¹

1.1.4 Action

Flexion, internal rotation, adduction¹

1.2 Lateral part

1.2.1 Origin

Acromion¹

1.2.2 Insertion

Humerus (deltoid tuberosity)¹

1.2.3 Innervation

Axillary n. (C5, C6)¹

1.2.4 Action

Abduction¹

i Note

*Between 60 and 90 degrees of abduction, the clavicular and spinal parts assist the acromial part with abduction¹

1.3 Posterior part

1.3.1 Origin

Scapular spine¹ ### Insertion Humerus (deltoid tuberosity)¹

1.3.2 Innervation

Axillary n. (C5, C6)¹

1.3.3 Action

Extension, external rotation, adduction¹

i Note

*Between 60 and 90 degrees of abduction, the clavicular and spinal parts assist the acromial part with abduction¹

2 Strength Testing

3 Palpation

Dysfunction

1. Gilroy AM, MacPherson BR, Wikenheiser JC, Voll MM, Wesker K, Schünke M, eds. *Atlas of Anatomy*. 4th ed. Thieme; 2020.