

# Scapula (Bone)

Nathaniel Yomogida, SPT

Chloë Kerstein, SPT

## Table of contents

<b>1</b>	<b>Sites</b>	<b>1</b>
1.1	Spine of Scapula . . . . .	1
1.2	Supraspinous fossa . . . . .	1
1.3	Infraspinous fossa . . . . .	2
1.4	Lateral border of Scapula . . . . .	2
1.5	Subscapular fossa of scapula . . . . .	2
1.6	Coracoid process . . . . .	2
1.7	Acromion . . . . .	3

## 1 Sites

### 1.1 Spine of Scapula

Muscle	Origin	Insertion	Nerve	Action
Lower Trapezius	SP of T5–T12	Scapular Spine	<b>Motor:</b> CN XI <b>Accessory n.</b> and <b>Proprioception:</b> 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
<a href="#">Supraspinatus</a>	Supraspinous Fossa of <a href="#">scapula</a>	Greater tubercle of <a href="#">Humerus</a>	<a href="#">Suprascapular nerve</a> (C4-C6)	Initiates abduction

### 1.3 Infraspinous fossa

Muscle	Origin	Insertion	Nerve	Action
<a href="#">Infraspinatus</a>	Infraspinous Fossa of <a href="#">scapula</a>	Greater tubercle of <a href="#">Humerus</a>	<a href="#">Suprascapular nerve</a> (C4-C6)	External rotation

### 1.4 Lateral border of Scapula

Muscle	Origin	Insertion	Nerve	Action
<a href="#">Infraspinatus</a>	Infraspinous Fossa of <a href="#">scapula</a>	Greater tubercle of <a href="#">Humerus</a>	<a href="#">Suprascapular nerve</a> (C4-C6)	External rotation

### 1.5 Subscapular fossa of scapula

Table 5: Muscular attachments of the Subscapular Fossa

Muscle	Origin	Insertion	Nerve	Action
<a href="#">Subscapularis</a>	Subscapular fossa of <a href="#">scapula</a>	Lesser tubercle of <a href="#">Humerus</a>	<a href="#">Upper and Lower subscapular nerves</a> (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
<b>Insertions</b>				
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	<b>Motor:</b> CN XI <b>Accessory n.</b> and <b>Proprioception:</b> Cervical plexus (C2, C3, C4)	Draws scapula medially